

# The Midwife.

## GETTING THE BABY OFF THE BREAST.

One of the problems which young mothers find most troublesome is getting the young baby on to solid foods. At the same time doctors often find the child of one to five years is being given the wrong kind of food.

The B.B.C. autumn talks during October and November, therefore, have been planned to try to help the mother with advice on weaning and the correct diet for a child up to five years. Two doctors will give not only general rules, but also try to be practical by turning their advice into suggestions for the daily meals. And, in order to assist listeners who find it inconvenient to take down notes during the broadcast, they have prepared a pamphlet giving specimen menus of a week's meals for children of different ages. The booklet, "The Day's Food," just issued, can be obtained from Broadcasting House, London, W.1, or any local B.B.C. offices.

Other talks before Christmas will deal with the cooking of food for babies and the problems which the doctor himself often encounters when visiting sick children.

Talks are on October 19th, "Preparing the way for weaning"; on October 26th, "Getting the baby off the breast."

## NICOTINE IN BREAST MILK.

Excessive smoking should be forbidden the nursing mother, due to possible unproved effects upon the digestive process of the child, according to William B. Thompson, M.D., Dept. of Pharmacology, University of Southern California School of Medicine, who has reported experiments demonstrating the elimination of nicotine from lactating breasts.

In one instance—a primipara, six days' postpartum, who smoked nine cigarettes (nicotine percentage 2.17) and attempted three pipefuls between 7 a.m. and 6 p.m.—there was sufficient nicotine to have given two positive frog tests, or at least 0.02 mg. Milk was collected at 10 a.m., 2 p.m. and 6 p.m.—total amount 180 c.c. The patient, therefore, probably eliminated in her milk from 0.06 to 0.24 mg. of nicotine in twenty-four hours at the time of the particular test.

As a routine Dr. Thompson has advised his patients to moderate their smoking during pregnancy and to abstain entirely during lactation.

## MATERNITY AND "SLIMMING."

In a letter to a contemporary, Mr. Clement W. Jewitt writes on the "present habit of slimming":—

"As an artist who has studied the figure with the object of learning what God intended it to be like, that is, what

are the normal healthy forms, may I suggest that at least a powerful contributory cause of death from child-birth is the present habit of slimming.

"Nature has endowed woman with a larger amount of fat than man, as a reservoir of nourishment and latent energy, particularly in relation to her functions as a mother, but apparently fifty per cent. of the young women of the present day have, by dieting and drugs, got rid of more than the whole of this reserve. It is quite usual to see girls at least two stones below normal weight.

"Doubtless, the use of contraceptives and worse things may be a primary cause, but the staying-power having been already sapped, the death-roll from them must be vastly increased."



By courtesy of the Church Missionary Society.

Dolitiya and Juko, Maternity Training School, Mengo, Uganda.

## PIONEERS.

An important step forward in the development of African womanhood is marked, says the *Church Missionary Outlook*, by the recent success of two nurses, trained at Ndeje, who together came out first in the July examination of the Uganda Midwives Board. They are the first two African girls in the Uganda Protectorate to hold the double certificate of general nursing and midwifery. The picture shows one of these pioneers, Dolitiya, holding Juko, a "Caesarean" baby born in the Maternity Training School, who gained second prize in the class for African babies under six months in the first baby show to be held in Uganda. The baby show was an important feature of the Health Exhibition held in Kampala last May. Uganda came second in the competition for the Imperial Baby Week Shield.

The achievements of these African women exemplify the possibilities of their race-given opportunities for development.

## THE DIET OF THE EXPECTANT MOTHER.

In connection with their propaganda on nutrition, the National Baby Week Council, 117, Piccadilly, London, W.1, have done a useful work in publishing at a very low cost a four-page leaflet (price 1d.), "The Diet of the Expectant Mother," and "Thoughts on Food and Feeding," a single leaflet 1s. 3d. per 100, or 7s. 6d. per 1,000 copies.

"The Diet of the Expectant Mother," by Professor S. J. Cowell, Professor of Dietetics, University of London, is specially planned for midwives, and the majority of Local Supervising Authorities distributed this to midwives during National Baby Week this year.

"Thoughts on Food and Feeding" is a propaganda leaflet intended to help mothers and housewives to become interested in the whole problem by securing the best nutrition at the lowest expenditure.

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