

bulk-forming roughage to ensure natural bowel movement. Proteins and natural sugars are essential at all times.

The circulation and muscular structure should be stimulated to activity by adequate but not violent exercise accompanied by easy deep breathing, but at the same time sufficient rest must be enjoyed to offset any fatigue.

One of the most important factors to be observed is the elimination of all the waste products of the body, therefore attention should be given to the nature of the food and liquid taken throughout the pregnant period.

Only a sufficiency of food should be eaten and whilst it is sensible to eat the foods which make an appeal, it is wise to limit sweets and highly-spiced dishes to the very minimum. As a rule a craving for these latter items indicates that the digestive processes are not functioning properly, or that certain elements in the dietary are lacking.

Should sickness or over-fatigue present themselves, the diet should be lightened by living entirely for a few days on fresh fruits, vegetables and milk, keeping away from the more solid proteins and bulky foods.

Milk is a wonderful food for the expectant mother as it contains in a perfectly balanced and easily assimilable form, all the food elements necessary to maintain health. It should always be consumed in its natural state, cold or warmed according to taste, but never boiled. It should be of the T.T. grade, preferably from one of the Channel Island breeds, because of the high butterfat content and easy digestibility. It should be always considered and used as part of a meal and not, as is so often the case, as a drink between meals. Milk is a food and not a drink as such and must be treated accordingly.

Some women do not take raw milk easily, but this tendency can often be overcome if it is combined with raw fruits or else diluted for about a third of its bulk with water. It is wise to remember that the steady use of milk during the pregnancy period assists the nursing of the child after delivery.

Accepting the fact that pregnancy should be a perfectly natural function, only a little extra care and attention to health observations and diet should be necessary during the period.

The following suggestions for one day in a normal pregnancy may be taken as a general guide.

First thing in the morning a drink of lemon juice diluted with raisin water should be taken. This is made by putting two table-spoonsful of seeded raisins and the juice of half a ripe lemon into a standard sized tumbler, filling with water and allowing it to stand overnight. Stir before drinking.

This may be followed by a few minutes deep breathing—with conscious movement of the abdominal region, performed whilst lying down. Rest a moment or two, rise quietly and proceed to have a wet friction rub all over, followed by a fairly brisk rub down with a rough towel.

The foregoing movements stimulate the bowels, bladder and the blood circulation and activate the skin.

Breakfast can consist of a combination of any fresh fruits, except bananas, accompanied by a glass of fresh raw milk. No sugar but honey can be used if desired. Grapes provide a valuable source of fruit sugar.

Bowel evacuation should be observed before or after breakfast as convenient.

During the morning normal activities can be indulged in, but the lifting of heavy articles or vigorous shaking of rugs and such like should be avoided. An hour's exercise in the open air whatever the weather, such as walking or gardening, should become a regular daily ritual, never to be missed.

A drink of clear vegetable soup taken during the morning acts as a tonic and refresher, but no food should be taken until lunchtime. The latter can consist of almost anything in reasonable quantities with the exception of peeled boiled potatoes, heavy puddings, flour products such as pastries, etc.

Rest for an hour lying down, after this meal, followed by another hour's outdoor walking—not strolling—in the later afternoon.

A drink of weak tea at teatime without food can be taken whilst resting again with the feet up. Take from half to a full hour on this period of relaxation.

The evening meal should consist of salads with wholemeal bread and butter, or cereals with honey, and a glass of raw milk. As a change a baked potato, cooked in its skin, with lightly grilled tomatoes can be introduced occasionally.

As bedtime approaches, which should be at an early hour, another drink of clear vegetable soup may be welcomed followed by a further bowel evacuation.

The final act of the day should be a warm bath—not hot—and then to bed for sound, undisturbed, refreshing sleep. This completes the routine for one complete day.

The foregoing suggestions may require a little self-discipline at first, but as times goes on they become second nature, with the result that the nine months of pregnancy will pass quietly and smoothly with the prospect of an easy confinement without complications, and what is more important to most women, without excessive and protracted labour pains.

Again, adherence to the outlined regime means moderate weight, healthy babies which are not overfat, and so they do well from the very start. They are in fact born without the handicaps of weight and fat.

As a final help to healthy easy delivery all heavy foods should be cut down to the minimum, or omitted altogether, during the last month of pregnancy, with an increase in the intake of fresh fruits, particularly oranges. This ensures that when the baby is born it is assured of an ample supply of good milk from its mother.

The woman who prepares her body for motherhood carries out a duty to the future generation and the deliverance of a healthy child into the world is surely the greatest and most satisfying event of all to most women.

### Maternity Nursing in South Africa.

A VERY ESTEEMED READER of this Journal for many years, now retired, sends us this most interesting account of her work, when Night Sister, amongst the babies of Durban.

King Edward VII Hospital, Durban, for Non-Europeans, has, if not the largest, then the second largest, Maternity Ward in the Union of South Africa.

It is divided into two large Wards, Native and Indian, with four Side Wards, three Nurseries, a kitchen (no cooking done), two sanitary units and patients' clothes rooms, and a Labour Unit, which consists of one single bedded room, one two-bedded, one three-bedded labour rooms, an instrument room used for instrumental deliveries, breeches, or any abnormal cases, including second degree or larger

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