

Once during my home visits, I came across an ante-natal patient who was four months pregnant and aged 22 years. It was her second pregnancy, her first was a normal delivery. She was now an osteomalacia case, could not walk by herself, was helped by a servant. Her calves were just bones only, she was pale and thin and complained of pain in her legs and hips. She was a Zamindar's wife but she said she had come to Gorakhpore, two days previously from her village, on hearing of this new centre. She said she had been suffering like this for over nine months. She had lost her first baby at ten months, with fever. I at once advised hospital, but she would not hear of it, as she had had some difference with a nurse when she went to hospital during her sister-in-law's illness some years before. However, I advised cod liver oil massage and a sun bath daily. Cod liver oil and calcium by mouth; diet—1 seer of milk, 1 chhitak of butter green, fresh vegetables and plenty of fruit, plus her usual diet. Although she was a Hindu, she agreed to take cod liver oil and even eggs. She followed my advice strictly. After a month I found her looking much better, and got the doctor of the Dufferin Hospital to examine her. She said I was to continue with what I had been doing for her, and that she would be all right; although she might have to come into hospital for her confinement.

She then went back to her village and promised me she would continue the same treatment right through and would return a month before her confinement, and she kept her promise.

One clinic morning, I saw a fine, plump, healthy looking woman with bright eyes, well dressed and walking quite smartly coming into the room. She said "Namastie", but I couldn't think who she was, though I was very much struck by her appearance and friendly manner. She laughed and putting her hand on my shoulder said "Bahin kya Bhul Gaien". I said "I can't quite place you". When she said "I am 'Rani'", I was quite taken aback. She looked so very different to the "Rani" I had seen only a few months before. She looked as if she had never suffered with anything. She said, "I am quite well now, and am not going to have any one for my confinement but you." I tried to explain that hospital was better for her, but it was in vain. Anyway, I got the doctor again to examine her. She was very pleased to see how much she had improved and after a P. V. examination, she told me she thought it would be quite safe for me to take her case at home. After 20 days, she was confined of a 6½ lb. baby boy. Her labour was normal and easy and after two months both mother and baby went back to their village quite happy. I too felt very happy to think at least one mother was able to follow my advice, with good results, and so I put this case in my report, as an example of quick and good results of work amongst the middle class, if not upper class of people. This convinced the committee that I had been right in insisting upon working amongst the middle class as well as the lower class people, and I leave you to judge the result for yourselves.

Baby Show at Baitalpur

Dr. (Mrs.) C. PATRICK, L.S.M.F. (U.P.)

Under the auspices of the American Evangelical Mission Hospital, Baitalpur, a Maternity and Child Welfare Clinic has been conducted during the past six months.

Once a month children were brought to hospital for examination, marks were given on general appearance, cleanliness, weight, growth and condition of various systems of the body. These examinations were conducted by Dr. Patrick and Dr. Isaac. A seventh and final examination was conducted by the Medical Superintendent, Dr. H.H. Gass. The average of the six months' examination and the final constituted the final marks. A very sympathetic and helpful attitude was at all times shown by the hospital staff towards the mothers and the babies.

The babies were divided into four groups according to their ages, and the fifth group constituted children from Kanpa—a neighbouring village.

At each clinic special lectures were delivered by the sister-in-charge, Miss Kroehler, the graduate nurse from America. Mrs. Gass—wife of the Medical Superintendent, Mrs. Baur—wife of the Superintendent, Chankhuri Leper Homes, and Nurse Gottlieb. The lectures were on proper care of infants.

The Baby Show at which the prizes were distributed took place on the 16th of Dec., 1942. Rao Bahadur Nagundkar, Deputy Commissioner, Drug, C.P. graced the occasion and delivered an inspiring and stimulating speech. He showed that the future of India depended on healthy babies and congratulated the working committee.

The Secretary, Dr. Patrick, gave his report regarding the clinic. The Medical Superintendent, Dr. H. H. Gass, gave his final report and announced the results. The prizes were distributed by the Deputy Commissioner. For each group there were three prizes. Rs. 40 were spent for the prizes. Apart from these, regular attendance and consolation prizes were also given to each child.

Another feature of the programme was a drama on health which was performed by a group of local people. It was very interesting and at the same time educative, too.

A large number of guests were present who added to the festivities of the occasion. Amongst these was Mr. Thakur, D.S.P. of Drug, C.P.

Through the instruction given at the baby clinic the general health of the babies of Baitalpur and Kampa has improved, and it has also helped to reduce the maternal and infantile mortality.

Formula for Making Peanut Milk

Editor's Note.—This article was sent to us by Miss A.C. Munro with a most interesting letter from a friend of hers in Wembo Nyama. She says—

"Yes, yaws is widespread here, though it is being gotten under control. Not many new cases are developing. We use bismuth and 'neo.' Our hardest fights are against sleeping sickness, intestinal parasites and malaria.

"Our work is among the Atetela Tribe; it covers a territory of 35,000 square miles, and is $3\frac{1}{2}^{\circ}$ south of the equator. Our mission has been here for 26 years. Our inland port is Lusambo, which is on a tributary of the Congo River. Actually we are in the very heart of Africa.

"I would be delighted if you could use my formula with your babies. As you notice, the first printing of this article was in 1934, after we had experimented with it for four years. However, the young babies always had to pass through that 'old man stage' of malnutrition. Therefore for the past five years, we have been starting new babies on goat's milk and gradually adding the peanut milk until by the 3rd or 4th month when the baby will be getting pure peanut milk. For babies of 6 months of age, we do not remove the red skin of the peanut as most of it can be sifted out. I have sixteen of the fattest, cutest 'peanut babies' one could possibly imagine."

We publish the article in spite of the fact that Dr. Aykroyd of Coonoor is inclined to be sceptical; he says:—

"Peanut meal is only one of the ingredients in the 'Peanut milk' and any good results obtained with the mixture might as reasonably be ascribed to the ingredients other than peanut as to the peanut itself. This applies to the case of the infant described on P. 2. It is incorrect (P. 2) to say that plantains are rich in vitamin A.

"However, it is all to the good that trials should be made of various methods of infant feeding, and the publication of the note in your Journal is justifiable from this point of view."

We personally are inclined to believe that—"The proof of the pudding is in the eating!"

FORMULA

(This formula for making the milk, and also the feeding-charts, have all been worked out by the Medical Department of the Methodist Episcopal Congo Mission in collaboration with Johns Hopkins Hospital.)

1. Preparation of Peanut Meal.—Shell the peanuts and dry in the sun for several days. If you desire the milk for young babies, remove the skins by pouring boiling water over the shelled peanuts and allowing them to stand until the water cools. When cool the skins may be easily removed by hand.