

that in most milk teeth the part formed before birth was well calcified even when the rest of the teeth was defectively developed. This observation suggests that, during pregnancy, the modern child is better provided for, as far as the teeth are concerned, than after birth.

'Mrs. Mellanby found caries to be much more common in defectively developed teeth than in others. This means that if only the perfectly normal development of teeth can be assured by a suitable dietary, the need to rush to the dentist repeatedly for the stopping of holes will diminish greatly. What is such a dietary? As a result of countless investigations, Mrs. Mellanby has come to the conclusion that if the incidence of dental disease is to be substantially reduced, especially in temperate zones, it is necessary during the whole of life to consume much more milk, eggs, cheese, animal and fish fats, and vegetables than we have done in the past. There should be a corresponding reduction in the consumption of cereals which, for some obscure reason, seem to promote caries. A diet with a large cereal content is however compatible with perfect dental development provided the child is breast-fed and plenty of milk and Vitamin D are given after weaning. The longer a child is breast-fed the better will be the development of his teeth. Breast-feeding should therefore be general and prolonged. In some cases it may be prolonged up to a year or longer, provided a supplementary diet is given after about six months. It should include some iron and Vitamin D. Codliver oil or some other source of fat-soluble vitamins should be given to all infants.

'These, then, are the general principles of feeding which will certainly result in the formation of more perfect teeth regularly arranged in well-grown jaws. With the better structure of the teeth resistance to bacterial infection will be increased, and dental caries and pyorrhoea will cease to be the scourge they are now.

'Until, however, Mrs. Mellanby's revolutionary findings are fully confirmed and more is known about the development of teeth and the conditions under which they become diseased, it would surely be unwise to discard old lamps for new, and to disregard all the local devices we have practised in the past in order to keep our mouths healthy.'

This gives us an added reason for making every effort to get foods containing Vitamin D into the children's dietaries, while we must still continue to teach the importance of proper attention to hygiene of the mouth.

Yours sincerely,
MURIEL E. RAYNOR.

THE MOTHERCRAFT SECTION

Articles for this section will be welcomed by the Editor,
Miss Diana Hartley

THE TREATMENT OF HERNIAS IN INFANTS

Umbilical hernias often occur in newly born infants due to traction on the cord, inguinal hernias are more frequently seen in boys than girls, and both are much more inclined to persist in thin, under-nourished babies, often vanishing as they get stronger and fatter.

The old method of placing a pad over the umbilicus necessitates a tight abdominal binder, while the wool truss for an inguinal hernia seldom does any good.

The following method is both simple and efficacious :—

- (1) Cut strips of $\frac{1}{2}$ inch pure zinc adhesive plaster 2 inches long.

R₇ HORLICK'S

During the recent epidemic of malaria in Ceylon, Horlick's was of the greatest value. It is very easily digested and rapidly assimilated. It contains a relatively low fat content, adequate first-class protein and the easily utilised carbohydrates, maltose and dextrin.

Horlick's has also been successfully used in the feeding of patients suffering from epidemic diarrhoea, and bacillary and amoebic dysentery.

As regards summer diarrhoea, a physician says "I have obtained excellent results with Horlick's."



HORLICK'S

THE ORIGINAL MALTED MILK

Available Everywhere

(2) Reduce hernia by pressing gently with one finger and strap firmly from above downwards and across, then leave the strapping until it gradually peels off.

The baby may be bathed as usual, no harm will come to the skin, and by the time the strapping falls off, the hernia will have usually vanished.

It is sometimes necessary to use an inch wide plaster instead of the half inch.

THE "QUIET HOUR"

A Special Sermon for Nurses

By the Rev. F. PATON-WILLIAMS, at St. Ann's Church, Manchester.

THE ADDRESS

It is not always realised that the work of Christianity in the world is not merely to make people good, though that, of course, is its supreme purpose, but to make people whole. Whenever the Master of Christianity met with people, His question to them was not, 'Do you want to be good?' but 'Wilt thou be made whole?' And what He meant was this, that you can never achieve a complete personality unless your body, mind and spirit are brought into harmonious relationship with God.

You see what we have done is to cut a man up as an individual into three parts—body, mind and spirit. We hand over the body to the physician, the mind to the professor and the spirit to the priest, and there is very little interworking between the doctor, the professor and the priest in the consideration of the individual as a whole.

But once we begin to realise that Christianity is out to make a complete personality, and that your ministry is just as much a part of the Christian ministry as mine, then we shall bring together the doctor and the parson and the professor, not as each doing a separate job, but each doing a piece of work that is necessary to the making of the whole. Whenever a sick case was brought into the presence of Jesus Christ, He did not simply heal the body, but He said things like this, 'Son thy sins are forgiven thee.' Jesus never healed anybody in body without going straight for their spiritual life as well; and He was right, because you cannot have a sound body if you have not got a sound mind. You know how closely the body is connected with the central nervous system. You know how easily the glandular secretions are affected by thought. And so, as you know, a little more or a little less of any one of these secretions might make all the difference, not only to a person's physical make-up, but to his mental outlook. So we are led to see that just as you must have body and mind working in harmony if you are going to get well, so you must have the spiritual life working in harmony with the mind and body if you are going to get wholeness. You cannot have health if you have a diseased mind in the most healthy body, nor can you have perfect health if you have got a diseased soul, although you may have a seemingly healthy body.

Time for the Funeral Cards

Now this has been realised more than ever in the psychical world. We have learned a lot about psychoanalysis through Freud and Jung. It is a very simple thing, nowadays, to take a mind to pieces, but very difficult to put it back, and your really big men like Jung are coming to the Church—to the parson—and they are saying to us, 'We have reached the stage in the reconstruction of our patients in which we can get no further; we have got to hand the case on to you.'

Now, of course, that is all very different from what it used to be. When a patient was ill, they sent for the doctor, as was quite right; then you