

the ruins of the Tower of Babel. Port Suez was only seen from the boat. The Canal busy with shipping but as this was the mail boat we had the right of way. Port Said 8 p.m. but most of us went ashore and looked round the stores. At Marseilles it was bitterly cold, but we enjoyed the day looking at the shops and visiting places of interest. Malta was delightfully sunny and made one think a bit of Venice. At Gibraltar a large number of us were shown over the lighthouse. The keeper said it was a great responsibility, looking after it and keeping the glass absolutely clean. Tangiers was seen from the boat. The Moors crowded round in their picturesque but rather dirty garments selling most attractive articles in leather work. The Bay kept up its title. It was wet, windy, foggy and a very rough sea. The crew were kept on the alert to the early morning. After passing the Isle of Wight, it became calmer and clearer. All up the Thames it was gay and busy. The sun shone when we eventually reached Tilbury.

Since then I've visited a very busy Welfare Centre, and the doctor kindly allowed me to sit with him while he was examining the babies and gave me one or two bits of advice. I shall certainly be able to do more when I return to Panvel.

I've visited Wolverhampton, Birmingham, Oxford and Torquay and soon I hope to go to London and there get into touch with things pertaining to Maternity and Infant Welfare work.

Yours sincerely,
SISTER SALLIE.

HYGIENE OF PREGNANCY—(concluded)

By MISS G. H. LALA, B.P.N.A.,

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Rest is greatly essential to a pregnant woman. This does not mean just sitting in a chair. Mental rest is as essential as rest to the physical body. To obtain this she should take off her shoes, loosen her clothing and lie in the bed. She should then relax every muscle of the body, lie limp and keep her mind as quiet as she possibly can. It will be all the better if in such condition she falls asleep. This complete relaxation is of untold value in strengthening and toning the entire nervous system.

Sleep for at least eight hours is necessary and nothing should prevent this. If household duties demand early rising, she should go to bed early. Sleep taken before midnight is more restful and beneficial than that taken in the small hours of the morning. A pregnant woman should have undisturbed sleep, and if any children require looking after during the night, someone else should take the responsibility. The woman should not be made to share her bed, not even with a child.

Food plays an important part in maintaining good health of the expectant mother, and fortunately, the general public is learning to realize the need of knowledge of food values. Popular slogans as 'Drink more milk' and 'Eat more fruit' should be rigidly followed.

The diet should consist of plain wholesome, easily digestible food, rice, dal, meat in moderation, fish and eggs, being of good value. Milk and fruit are essential and should be taken in good quantity. Plenty of water should be taken, a glass on rising being very beneficial for clearing the system. Drinking water at meals should be avoided, but 5 or 6 glasses between meals is very healthy. People suffering from acidity should avoid fatty foods but should take plenty of sugar.

Animal protein is necessary for body building and the muscles. A mutton chop or lean steak when eaten and acted upon by the digestive juices forms the same kind of tissue in the human body as it originally existed in that of the animal, i.e. it forms flesh. Protein is also found in other foods, e.g. fish, eggs, cheese, milk, dal, etc.

Vegetable protein is found in peas, beans, etc.

During pregnancy the kidneys are liable to get out of order and should therefore be well looked after. The waste products given off from digested proteins are eliminated from the body, by the action of the kidneys and hence the larger the amount of proteins consumed, the greater the amount of work the kidneys have to perform.

Fat is necessary for the production of heat and for strengthening and stabilising the nervous system. As the fat of milk and eggs is of the very best kind and as these foods also contain protein and mineral salts, the expectant mother should be encouraged to live largely on dairy produce. Carbohydrates are required for the production of energy and as they form the staple food of the working class people, much care is needed in the selection of the food. Bread, cornflour, potatoes, and rice are valuable food to the poor.

Mineral salts are found in almost all foods and a sufficient quantity of them can be obtained from a good mixed diet. Of the mineral salts, lime is essential to the expectant mother and a sufficient quantity of it can be obtained from a pint of milk taken daily from the commencement of pregnancy. Iron is found in the yolk of eggs, spinach, apples, etc. It is necessary to form the red cells of the blood. Vitamin A protects the mucus membranes and can be obtained from butter, milk, yolk of eggs, cod liver oil, water cress, etc.

Vitamin B prevents beri-beri, deficiency disease. It is chiefly found in the seeds of plants and in the internal organs of animals.

Vitamin C prevents scurvy, a disease resulting from the absence of fresh fruit and vegetables. It is found in oranges, lemons, tomatoes and salads.

Vitamin D prevents rickets. It is found together with Vitamin A in green vegetables and in all fresh animal fats.

Personal Hygiene

It is essential that the skin should be kept in a healthy condition by washing and rubbing the body all over daily. An extra strain is placed during pregnancy over the skin as an excretory organ. (The private parts should be washed thoroughly with soap and hot water daily.) The teeth should be cleaned with brush or stick and the gums rubbed well. Any carious teeth should be removed and this can be done without risk from the end of the 4th month to the end of the 7th month.

During pregnancy the breasts should receive careful and special attention at the time of bathing. The breasts should be cleaned with soap and warm water. The application of warm water followed immediately by cold water has a tonic effect and if performed daily, will do much towards providing a good supply of milk after the baby is born.

Clothing.—Three things are necessary in regard to clothing.

- (a) They must be light in weight, since heavy clothing are tiring.
- (b) They must be warm. Woollen material should be worn during the cold season and cellular material during warm months.
- (c) They should hang from the shoulders. Corsets should not be worn after the third month, as even light corsets compress the abdomen and do harm. If the breasts become very heavy they should be supported by a bodice which would just lift them and not press them against the chest. Shoes should be broad and have low heels.

Common ailments of pregnancy

1. Constipation is one of the evils of the age due to our unnatural way of living. It is due to improperly cooked foods, instead of fresh foods and to unbalanced diet; it is also due to lack of exercise. A walk in the open air will be beneficial.

2. *Flatulence, Heartburn.*—This is a common complaint specially during the latter months of pregnancy. To prevent this, a glass of hot water should be sipped slowly about half an hour before meals. No fluid should be taken with meals.

3. *Morning Sickness.*—This is nausea, sometimes with vomiting of bile and water, occurring on rising in the morning. This can be avoided by taking a cup of tea and a dry biscuit and resting for a short time before getting up in the morning. If vomiting of food is experienced, medical advice should be sought.

4. Varicose veins is a painful complication and can be avoided by not standing very long at a time. The legs should be gently stroked from the ankle to the thigh and a woollen bandage should be applied. Raising both feet above the level of the knee will do a lot of good.

5. *Haemorrhoids or Piles.*—These are varicose veins in the lower part of the rectum. They may be troublesome due to the pressing of the foetus on the large pelvic veins. Constipation aggravates the trouble. Keeping the bowels open gives much relief. A mild laxative is advised.

6. *Headaches.*—These can be easily avoided by leading a normal natural life, and keeping the system clean.

7. *Sleeplessness.*—Can be avoided by having a comfortable bed and a well-ventilated room. Evening meals should be taken long before going to bed and should not be heavy. A cup of warm milk before going to bed gives a sound sleep.

The hygiene of pregnancy is simple though important. It is easy to carry out and often bridges the gap between healthy life and perpetual disease.

STUDENT NURSES' ASSOCIATION SECTION

Reports and Articles for this Section will be welcomed by the Hon. Organising Secretary, Miss J. ROBSON, S.R.N., D.N., Rainy Hospital, Royapuram, Madras.

NURSING

By STUDENT NURSE K. ENOS,

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Every one will agree with me when I say that nursing has been a boon of great bliss from the earliest ages to the sick and needy. It has its roots in the needs of humanity and is founded on the ideal of service.

Nursing has always been regarded as one of the noblest professions in life because every one who chooses this profession strives to imitate closely their great pioneer Florence Nightingale whose noble example has fallen nothing below perfection. Her life comes back to each individual member