

amongst the Irish. Sometimes a post is held on to or to a rope or belt from the post. Sometimes a kneeling or rather a crouching position is assumed naturally, the knees pressing on the abdomen. This pressure corrects mal-position; or one knee may be fully flexed on the floor, the other pressing on the side of the uterus and displacing the child on that side. It is recommended as a method of preventing and of correcting a transverse presentation.

The different forms of 'squatting' seem to be of real use where delay has occurred—not due to a contracted pelvis—and the use of the forceps seems to be indicated. It is suggested that the 'squatting position' should always be tried before the forceps. As soon as the head reaches the perinaeum the horizontal position should be assumed. It is, of course, not called for when the pains are frequent and the head advancing.

A special chair, 'the Obstetrical Chair' was used for deliveries during many centuries. It was even carried about with the midwife. A chair going by the name of Savonarola's Chair was in use in 1547. It was V-shaped, three-legged, with an extension from the angle. The husband sat on the extension, grasping his wife—who sat in front of him—round the abdomen, while she supported her thighs on the arms of the 'V'. Another form of Obstetrical Chair had high sides, with a hole in the centre of the seat, like a modern W.C. seat, the hole prolonged forwards to aid the birth of the child in a manner convenient to the midwife. This chair is named after van Deventer, who used it in 1701. A very crude form of Obstetrical Chair, is used in Central Africa, where the woman sits on a tree stump, and her legs are supported on two separated forked boughs.

It is as well to remember that in London and other large cities and their neighbourhoods, the population is of a very mixed type, and the disproportion between head and pelvis may be due to the pelvis of one race not permitting the head of another race to pass. Thus an Anglo-Indian woman may have the pelvis either of a European or of a Bengali type. The European head may well fail to pass through a small Bengali pelvis.

*(From Nursing Notes and Midwives' Chronicle, September 1936.)*

## THE MOTHERCRAFT PAGE

### Acorn Dried Skimmed Milk with Buffalo's Milk Mixtures

#### *Leaflet No. IV*

Miss Worth of the Zenana Mission, Sholapur, who contributed an excellent article to our August *Journal*, upon the use of a mixture of Acorn Brand Dried Milk and buffalo's milk, which she has found most successful in Infant Feeding, writes further :—

'In modifying the buffalo's and Acorn Brand Dried Skimmed Milk Mixtures, I use the following formulas :—

Formula I, for babies under three months, and at present I have a baby of nearly 7 months old upon Formula III, one of 9 months and another of 12 months on Formula V. I make up the buffalo's and powdered milk, and then use it in the proportions given in the mixtures for ordinary cow's milk.

I do not give the added fat as suggested, as it is far too much for this climate, but just half to one teaspoon of Cod Liver Oil a day, according to the size of the baby.

If I want to use Ideal Milk, to a 6 oz. tin of milk, I add 9 ozs. of water, and then use it as you would cow's milk. The standard measures are

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like those found in tins of Lactogen, tablespoon and teaspoon combined, and sets of standard spoons can be bought at any good shop. They are pressed down and levelled off with a knife.

I am a great believer in baked flour for babies of over 6 months, at which age they are able to take starch, and I am using it now for some of them.

It is a saving in sugar and babies do well on it, and they seem to do better on a mixed carbohydrate. I have a 7 months baby on Formula III and in the place of the full amount of cane sugar I give him 1 tablespoon and 3 teaspoons of cane sugar, and 1 tablespoon and 1 teaspoon of baked flour, to 30 ozs. of mixtures. That brings the carbohydrate up to the 6·7 it should be. For the babies on Formula V, I give baked flour 2 tablespoons 3 teaspoons, cane sugar  $3\frac{1}{2}$  teaspoons, to 40 ozs. of milk mixture. All mixtures containing baked flour are simmered for 5 minutes to cook the flour.

*To Prepare Buffalo's and Acorn Dried Skimmed Milk Mixture.*

|                                   |         |        |         |              |
|-----------------------------------|---------|--------|---------|--------------|
| Buffaloe's Milk                   | C. 4·4  | F. 7·7 | P. 4·8  | 9 ozs.       |
| Prepared Acorn Dried Skimmed Milk | C. 5·13 | F. 1   | P. 3·56 | 7½ ozs.      |
| Water                             | ...     | ...    | ...     | 3½ ozs.      |
| Cane Sugar or                     | ...     | ...    | ...     | 2 teaspoons. |
| Sugar or Milk                     | ...     | ...    | ...     | 2½ "         |
| Total                             | ...     | ...    | ...     | 20 ozs.      |

Percentage Composition ... C. 5. F. 3·5. P. 3·5.

*(Prepare the Acorn Dried Milk first by heating 1 oz. into 10 ozs. of water. Of this add 7½ ozs. to the above mixture.)*

*Formula I*

*(For young infants) Milk  $\frac{2}{3}$  of total solution.*

|                                       |        |     |                              |
|---------------------------------------|--------|-----|------------------------------|
| Milk Mixture                          | ...    | ... | 4 ozs.                       |
| Cane Sugar or                         | ...    | ... | 1 tablespoon and 1 teaspoon. |
| Sugar of Milk or                      | ...    | ... | 1 tablespoon 1½ teaspoons.   |
| Mellin's Food                         | ...    | ... | 1 tablespoon 3 teaspoons.    |
| 50 per cent Cod Liver Oil Emulsion or | ...    | ... | 2½ teaspoons.                |
| Cod Liver Oil                         | ...    | ... | 1½ teaspoons.                |
| Water to make total                   | ...    | ... | 10 ozs.                      |
| Calories per oz. with full fat        | 17·27. |     |                              |
| " " without fat                       | 13·3.  |     |                              |

*Formula II*

*(For Infants over 3 months old) Milk and Water equal parts.*

|                               |     |     |                            |
|-------------------------------|-----|-----|----------------------------|
| Milk Mixture                  | ... | ... | 12½ ozs.                   |
| Cane Sugar or                 | ... | ... | 2 tablespoons 1½ teaspoon. |
| Sugar of Milk or              | ... | ... | 2 tablespoons 3½ "         |
| Mellin's Food                 | ... | ... | 3 tablespoons 3½ "         |
| 50% Cod Liver Oil Emulsion or | ... | ... | 1 tablespoon ¼ "           |
| Cod Liver Oil                 | ... | ... | 2 teaspoons.               |
| Water to make total           | ... | ... | 25 ozs.                    |

Calories per oz. with full fat 17·24.

Calories per oz. without fat 14·3.