

THE MOTHERCRAFT AND INFANT WELFARE SECTION

The Expectant Mother

The expectant mother should realize that pregnancy is a normal event, not an illness, but a doctor should be consulted early, especially for a first baby. He can then detect any slight abnormalities and put them right, thus preventing what might prove to be serious trouble if these were neglected.

In India many of the auxiliary food factors i.e., the vitamins, calcium, phosphorous etc., are often missing even in an otherwise wholesome and well balanced diet, and the Doctor may advise, Calcium Lactate, Kalzana, Glucose D., Halibut Liver oil or Radiostoleum to make up for these deficiencies.

Teeth

Sufficient calcium is most important if a mother is to save her own teeth, build good bones and teeth and have plenty of milk for her baby.

A dentist should be visited not later than the fourth month, as this is the best time to have the teeth attended to.

Bad teeth are a great danger, often causing auto-intoxication or self-poisoning and an aching or rotten tooth is a frequent cause of the breast milk failing.

Fresh Air and Sunshine

Fresh air and sunshine are most essential, windows should be wide open day and night, and if possible, it is most beneficial to sleep out of doors.

Exercise

The accustomed amount of exercise including an open air walk, should be taken daily and special exercises to strengthen the abdominal muscles are beneficial; but over fatigue, lifting and carrying heavy weights should be avoided.

Rest

A definite afternoon rest should be taken.

Diet

Food is most important. The diet should be well balanced, containing the correct proportion of sugar, fat, protein, and auxiliary food factors, viz. calcium, phosphorous and vitamins.

It should include plenty of fresh fruit and vegetables, dried fruit especially raisins, and fish, butter, eggs and milk.

Meat should be taken in moderation, but if omitted altogether it is essential to take sufficient protein containing vegetables, such as spinach, lettuce, sorrel, whole wheat flour (cutta), oatmeal, barley, ragi, cholam, cambu, peas, beans, dhal, gram, nuts, root vegetables etc. Eggs, cheese, curds and milk have an excellent protein content, but the subject of diet is so important that it must have a special leaflet.

Marmite is a yeast extract and although purely vegetable, is most beneficial, especially in cases of anæmia.

Fluids

Two pints of boiled water should be taken daily, and also plenty of orange and tomato juice, but strong tea or coffee and alcohol should be avoided.

A few people cannot take oranges, but find it easy to tolerate tomato and grape fruit juice.

These juices contain properties which guard against colds and disease, therefore it is quite wrong to imagine they cause them.

Aperients

Constipation should be avoided by taking plenty of laxative foods, such as brown bread, raisins, prunes, dates, spinach, nuts, raw oatmeal, fruit, vegetables etc., and extra water.

A raw apple and a glass of water are beneficial if taken one hour before breakfast.

If an aperient is necessary, 5-20 drops of Liquid Cascara Evacuant should be taken, three times a day, or ordinary Liquid Cascara if the latter is too expensive.

Petrolagar, Liquid Medicinal Paraffin or four to seven senna pods, covered with four ounces of boiling water, allowed to stand for twelve hours and taken at night, are most useful, but the smaller quantity should be tried first.

Any good aperient to which the individual is used, may be taken if not too strong, but Castor Oil, Epsom's salts and all strong purgatives are dangerous and should be avoided.

Bathing

A cool bath should be taken in the morning, and if possible a warm one before going to bed at night.

The skin should be well lathered with good soap to open the pores, rinsed and dried briskly and then oiled, especially over the abdomen, to prevent striæ or marks due to the stretching of the skin.

A little good borated talcum powder is useful to prevent chafing.

Clothing

Clothing should be loose, light and porous. All garments should be supported from the shoulders and loose round the waist, and there should be no pressure on the breasts.

Towards the fifth month, an abdominal support should be worn. These are best made from strips of strong porous material, put on like a binder, fastened with safety pins and supported with shoulder straps.

If stockings are worn they should be kept up, with suspenders but no garters, and shoes should be well fitting, giving good support to the instep, with strong, medium or low heels.

Preparation of the Breasts

The breasts should be prepared two months before the baby is expected, the nipples and their bases rubbed daily with a soft nail brush and superfatted soap to harden them.

If the nipples are retracted or flat, they should be pulled out and formed between the finger and thumb, but it may be necessary to use a breast pump, and it is wise to consult your Doctor or Midwife.

Morning Sickness and Indigestion

Morning sickness may be troublesome during the first weeks of pregnancy, but this can usually be overcome by taking a small weak cup of tea with a dry biscuit or toast, half an hour before getting up in the morning.

Meals should be taken dry and fluids between them, a quarter of a teaspoonful of bi-carbonate of soda, taken ten minutes before a meal will usually help, but fried foods, anything greasy and all fats except butter should be avoided.

Glucose, barley sugar or sugar candy should be eaten, especially before getting up in the morning.

Indigestion can often be overcome by taking bismuth or bi-carbonate of soda before meals, and the diet should be adjusted. Glucose is often beneficial, but if either of these conditions persist, a doctor should be consulted.

Abnormalities

If there is headache, sleeplessness, persistent vomiting or indigestion, swelling of hands or feet, vaginal discharge or varicose veins a doctor's advice should be sought.

Bleeding should never be ignored, however slight, but the patient should go to bed at once and send for a doctor immediately.

Ante-natal Clinics

Whenever possible an ante-natal clinic should be visited, from the first. All expectant mothers should have their urine examined regularly and their blood pressure should be taken.

[To be obtained in leaflet form.]

NEW MEMBERS' LIST FOR JULY 1935

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Common Colds, Grippe, Intestinal Flu, Nature's S.O.S. Signal

A vicarious elimination of toxins through some portion of the mucous membrane, which fails to be eliminated through the natural channels.

A teaspoonful of

SALVITAE

in a glassful of water every four hours, stimulates elimination through the natural channels, prevents toxic absorption, relieves congestion, allays fever, sterilizes the Intestinal and Urinary tract and prevents the numerous complications.

Samples and literature to the medical profession on application to Sole Agents in India:

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PRINTED AND PUBLISHED AT THE DIOCESAN PRESS, VEPERY, MADRAS
FOR THE TRAINED NURSES' ASSOCIATION OF INDIA