



THE MIDWIVES' UNION SECTION

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Members are asked to report any helpful notes
of cases, and send articles for this section to the
Secretary.

Diet in Pregnancy

(Reprinted from the *Nursing Mirror and Midwives' Journal*.)

In formulating a dietary for the pregnant woman not only must the needs of the infant be considered, but those of the mother also, as the developing embryo draws from the body of the woman materials necessary for its growth, and if these needs are not covered by an increase in the diet her body and that of the child as well will show evidences of lack of nourishment.

If the diet of the mother is deficient in those materials which produce growth, or is lacking in mineral salts, such as phosphorus and calcium, which are necessary for the growth of bones in the infant, the mother's bones and teeth will show this loss, and in all probability the baby will sooner or later also show a like deficiency.

A woman during pregnancy is under both a physical and mental strain, and she must not be encouraged to eat beyond her needs or the digestion will be disturbed.

The nutritional disturbance manifested by nausea and vomiting in the early morning is due to the fact that a mild form of poisoning occurs, resulting from the substances produced through the formation of the placenta reaching the general circulation on account of the incomplete establishment of the connection between the embryo and the mother. As soon as this connection is complete and foetal circulation is established this 'morning sickness' disappears.

In the dietetic treatment of normal pregnancy the building foods which are necessary for the developing child must be given in the simplest form; milk and eggs should be used liberally and meat sparingly to avoid any unnecessary tax being placed upon the kidneys. Fruit and green vegetables to supplement the milk and eggs should also be given. It has been found advisable at such times to give small meals frequently rather than the regular meals three times a day.

Restriction of Meat

It is wise to restrict the meat in the diet, and in cases where albumen is found in the urine it may be necessary to place the patient upon a milk diet for a time until the urine clears up.

Cereals must be used liberally. Gruels made with milk are valuable additions to the dietary.

The prospective mother must be urged to eat sparingly at night, and to drink plenty of water.

Diet in Lactation

The diet of the nursing mother must not only cover her own requirements, but must also be adequate to furnish the extra requirements imposed by the nursing infant. The average diet for the normal woman is safe for the nursing mother. If her supply of milk is deficient it may be at times increased or stimulated by the drinking of a glass of milk between meals.

The Government of Bengal have launched a new experiment to ascertain its efficacy in stamping out Malaria. They have selected a malarious tract in Burdwan district where 20,000 people will be treated with quinine and plasmoquine during April, May and June this year, in which months anopheline mosquitoes remain uninfected in nature. The chief principle of the test is that if the community can be freed of malaria parasites there will be no chance of reinfection by infected mosquitoes.

With the advent of the rainy season the mosquitoes will increase in number and the temperature and humidity will be favourable for the development of parasites in them. But, there being no parasite in the community, the carrier species will not be able to create new cases of malaria.

Quinine, which has been the specific for a long time past, has acquired the reputation of curing the malaria patient, but unfortunately it cannot kill the gametocytes of malignant tertian malaria. The resistant sexual forms of the parasite circulate in the peripheral blood for further development in the carrier mosquito in order to enter a new host through their bites.

The Director of Public Health, Burma, reports that crows are suffering from a bacillus belonging to the plague group. Hundreds are dying daily from this plague. Also a distressing form of distemper has broken out in epidemic form among dogs in the Ruby Mines area, of which an almost invariable complication is a form of paralysis which begins with the hind legs, extends to the fore legs and then spreads to the whole body.

The effects of this paralysis, though fatal in all cases, are extremely slow, the dog generally surviving for three weeks, dragging itself about painfully on its fore paws.