

the draught coming," she said. Then the baby cried, and the mother said it had stopped. "That is not a long enough feed, is it?" she asked. "Are you sure there is no more?" I asked. "Yes, quite sure." "Let me see," I said. In pressure a good supply of milk flowed from that breast, showing that the mother's feelings and impressions about there not being any more milk are often misleading. It was amusing to see her look of astonishment.

"Now," I said, "you came for my advice, will you do as I ask you?" Go home and nurse the baby for fifteen minutes, every two and a half hours during the day, and once between 10 p.m. and 6 a.m., and come and see me in three days' time, and if I find you have not enough milk when you have not given the baby more than baby could digest, then I will order humanised milk for you." This she promised to do.

At the end of the three days she returned with a smiling face. "Well, how is baby," I said. "Oh! baby is splendid. I did as you said and I have plenty of milk, and baby's motions are all right, and she sleeps, and coos, and we have got our good little baby back again. Someone told me I can be a member of the Society for 5s, so here is my subscription."

I could go on citing cases, but this, I think, is sufficient to show that reducing the quantity enables babies to digest their mother's milk. I have not yet found a baby unable to digest its mother's milk when the quantity has been reduced to its digestive capabilities.

I do not mean to imply that all mothers' milk will sufficiently nourish a baby. There may be some of the necessary constituents missing, or be not in proper proportion. There are cases where babies suffer from malnutrition and marasmus, though fed on mothers' milk, but they are the exception, and the cases I have named are the rule so far as my experience has gone.

This seems to point to the fact that it is the overfeeding in breast-fed infants which has done the mischief. Also, I think we have let the idea get too great a hold upon us that anxieties and work upset the milk for the babies. We think if women lived as native women used to do, that mothers could still nurse their babies as they did. Yet when we think of the wars between the different tribes, and how the men they loved and the fathers of their babies had to go and fight, and might never return alive, we cannot say

those women were free from anxieties, seeing womens' hearts in all ages have ever been the same; yet they were able to nurse their babies successfully.

It seems to me that this great question as to mothers nursing their babies or not, depends mostly upon us nurses. The doctor only sees the baby a few minutes a day, or every other day. If the nurse says the milk does not agree, or is not sufficient, the doctor must either take the nurses' word for it, or practically act as if the nurse does not know her work. With the fact before us, as stated by those in a position to know, that malnutrition in infants tends to the imperfect development of the brain, which in later life may develop insanity, and with the important fact also before us that the brain grows more in the first twelve months of life than in the whole of the after life, surely we can realise the importance of babies being nursed by their mothers, when we remember that in mothers' milk there is special provision made to supply the materials for the growth and development of the brain. Dr. Gow says: "An infant's brain grows faster than a calf's, and science has not yet been able to extract from the cow's milk the brain feed that is necessary for the growth of an infant's intellect." If science has not yet been able to extract from cow's milk the brain food necessary for the growth of an infant's brain, how infinitely less likely is it to be extracted from patent food. There never were so many artificially-fed babies in the world's history, and we know insanity is on the increase. Have these two things any connection with the other? One hears a great deal about the unnatural mothers who could, and yet will not, for selfish reasons, nurse their babies. I am pleased to say I have not met them yet; but I have met many who ceased to nurse their babies because of the curdy green motions, which made them think their milk did not agree, whereas I have proved to my own satisfaction that it was the over-feeding that did not agree. Personally, I think the indigestion is started by the very first feed. I think if the baby was allowed to drink for five minutes only the first feed, and within six hours of its birth (if the mother was in a fit condition) it would be better, the length of time being increased according to the digestion of the baby. Sometimes the baby is not put to the breast until the third day, because "the milk has not come in." Yet nature has provided a weaker milk those