

without having seen her knees for months. Her confinement when it did occur was a lingering tedious affair, lasting five or six days. (It was the custom here to charge no more than five dollars, whether you travelled ten rods or ten miles, and whether you remained ten minutes or a week). This woman's pains were almost entirely uterine. Forceps might have been useful here in terminating the third stage, but it was my invariable rule never to interfere so long as the woman could manage by herself. It must be an impossible delivery before I would interfere. I have never used forceps more than two or three times, and I have never lost more than two or three women in confinement. Some thirty or thirty-five years ago I saw a letter written by a missionary returned from China in which he stated that the Chinese women went out in the rice fields to work, would give birth to their child, and immediately go on with their work as though nothing had occurred. Considering this as a fact, I thought it must be due to rice as a diet. I at once began to recommend rice cooked in water alone, and fruit, preferably apples, either raw or cooked, to pregnant women at a diet. I soon discovered that women who had given birth to eight and ten-pound children would produce a baby of about five pounds and the bones of the head yielding and compressible and the confinement very soon over.

During this time my patient, who had not seen her knees for months before her confinement, had lost her husband and after waiting ten years married again to a widower with a family of three or four girls. She had become pregnant again, and as before, helpless. I at once put her on a generous diet of rice and fruit, with forced exercise of one-half to three-quarters of an hour three times a day. When I was called I hurried to her side and was kept less than an hour before a girl baby was born that weighed less than five pounds. She was strong and lively and could have got up the next day if she had so wished, instead of being obliged to remain in bed five or six weeks after her five to six-day confinement. This child less than five pounds in weight grew up to a woman larger and stronger than any of her half-dozen half-sisters. From my observations I am of the opinion that the children born from rice and fruit-fed mothers are stronger and healthier and ten or fifteen per cent. more of them would be alive at the end of the first year. The difference in the effect on the hard-working woman, like her of the rye-binding 18½-pound boy's mother getting up and washing her child next day, and that of the Chinese woman in the rice field mentioned by the missionary, and of the widow who became helpless while her confinement lingered on five or six days then being obliged to remain in bed five or six weeks. The point here is that every