

we cannot get them in July. With respect to the latter, they can be taken cooked or uncooked with great benefit by women who like them. They are more nutritious eaten raw, and make a nice lunch, with some brown bread and butter. What is the best to drink with them? You do not want much, but I recommend a glass of Chablis as about the best and most wholesome. A simple way to cook oysters for those of our patients who cannot eat them uncooked is the following: Have a dozen of natives freshly opened at home, beard them, strain the liquor that comes from them, and mix it with equal parts of cream or milk; thicken it with flour, into which you have rubbed a little fresh butter; then put the mixture into a perfectly clean block-tin saucepan, and let it come to a boil, stirring the while; add a pinch of white pepper; then put in the oysters, lightly floured, but do *not* let them boil, or you will spoil them and make them "leathery" and indigestible; they only require to be warmed through. Some people like spice to this stew, but to my mind it spoils the delicate flavour of the oyster, and is not suited to a sensitive stomach. This preparation comes in well for lunch or supper any time during convalescence, taken with bread and the wine I mentioned, or sherry if preferred.

Cod (in season), soles, whiting, smelts, grey mullet (in the summer) are all suitable. Many practitioners recommend plaice as being good for lying-in women to eat (boiled in preference to fried), and some allow skate; but I think you will find the fish I first mentioned about the best and most liked. If the lady is to have fish for her dinner, I should give her a cup of beef-tea or chicken-broth for lunch, and a farinaceous pudding or porridge for supper. Keep to cocoa for breakfast as a beverage; the less tea that is taken at this period of lactation the better, and afternoon the best time to take it. For flesh food, the white meat of fowls is the most delicate, roast or boiled, preferably the former, which should be served with bread-sauce, as at this time vegetables are not altogether prudent eating. Mutton is the lightest meat, roast or boiled, especially the former. It should be cut from the saddle or middle of the leg, and plenty of gravy with it and some vegetables, such as potatoes, kidney or French beans, if fresh, and young cabbage, well cooked (this applies to all vegetables). We assume we have got well into our second week of convalescence, and all things are well.

There used to be a prejudice against giving suckling women vegetables, but I think that must be giving way to more common-sense views. What better for the blood than *fresh* vegetables of the simple sort? I have recommended them

to my patients for many years, and do not recollect any harm coming from them. With respect to beef, that can be eaten later on, the under-cut of the sirloin being the tenderest and most full of gravy. Eat any vegetable you like best with it. I know it is said "babies" do not like vegetables, as they do not agree with them; but as *they* have *not* told me so, I incline to the opinion that they are maligned!

All things being favourable at the beginning of the second week, the lady will be well enough to leave her bed (not her room), and recline for a few hours on her couch. This change will refresh her, especially if there is a copious milk supply, when the bed is heating and I believe weakening. A Nurse must be careful how all this is done. There must be no dressing for the first move—in the right direction, I hope! After the lady is washed and changed, a warm woollen petticoat must be put round her waist, woollen stockings on her feet, and slippers that have warmed at the fire; a long wrapper (cashmere or flannel) put on instead of the bed-jacket. Have the couch brought close to the bedside—longwise to it; cover it over with an Austrian blanket or travelling rug, that has been put to the fire for some time before it is wanted; place the pillows at the head of the couch in the manner I have just told you of. Get someone to help you lift the lady from the bed to the couch; at once cover her over with the rug, wrapping her feet well up; take the eiderdown coverlet, or another blanket, and place it over the rug; put a shawl over her shoulders and prop her up comfortably on the pillows. Wheel the couch to the fireplace, putting the patient's feet towards the fire and her back to the window; screen her face from the fire heat, as it may make her head ache. Bring the reading-easel or table close to the couch to be handy for her use. You can place on it a bottle of any perfume she likes, or smelling salts, and a fan (as she may feel a little faint at first), and one or two pocket-handkerchiefs. Of course, you will not get the lady up until she feels well enough and you have the Doctor's sanction for the step. The best time for the move is between breakfast and dinner. As she may feel a little fatigued, it is as well for you to have some light refreshment handy, such as a cup of the warm calves'-foot jelly if the weather be cold, or cold if it be warm, or a sponge cake dipped into milk or sherry and water. Do not let her get over-faint by keeping her waiting for restoratives.

(To be continued.)

If your mind is not upon your work, you cannot expect to accomplish it with any degree of satisfaction to others or credit to yourself.

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