

amount of the experience and knowledge necessary for the execution of such procedures. Meanwhile it is interesting, as well as amusing, to observe that this power to recover fees for Midwifery operations, and the empty right of holding a public appointment as a Midwife—if they can gain such a post—are the sole and only “privileges” which the Midwives are granted by this Bill. The power of handling a two-edged sword, and the right to hold offices—of which there are hardly any in existence—are “privileges” which require considerably more than a “fair elementary education” to completely appreciate.

OBSTETRIC NURSING.

— BY OBSTETRICA, M.B.N.A. —

PART I.—MATERNAL.

CHAPTER VII.—THE LOCHIAL PERIOD (DUTIES DURING).

(Continued from page 101.)

SO far we have seen how milk can be adulterated with water, impoverished by the loss of cream, “muddled” by “mixing,” contaminated by dirty vessels; but there is another and graver evil to be feared—organic pollution. The added water may be infected, the dairy vessels may be washed in it, and in my judgment aerial impurities may affect it, and “germs” find a nidus in its midst, for we know that of all animal substances milk the soonest becomes putrescent. There is another point that to my mind we are apt to overlook. In Nature’s plan milk was not destined to be *kept*, but formed and taken fresh and fresh for the nutrition of the mammalian young, human or animal. Butter, cheese, and cream have been stolen by man for his own use, and to obtain these products milk has to be kept or stored.

Assuming then a Nurse is fortunate to have half a gallon of *pure* milk, she takes what she requires for *immediate* use of her patients—mother and infant. How will she deal with the rest? If nursing in the country it may be put into a *clean glass* vessel, if possible, and placed in a cool larder, and may, perhaps, be kept sound from night till morning and from morning to night, if it be winter or spring; but if you are nursing a town, or say a London case, what will you do with your milk then? There is but *one* way to deal with it to give you the slightest chance of *keeping* it sweet—you must boil it at once.

There was a time when I used to scald milk in

a thin glass vessel I had for the purpose, and to my mind it is nicer that way; but eminent sanitarians say that, to be on the safe side, we must have the milk boiled to keep it, and that nothing less than a temperature of 212 degs. could be depended upon to destroy organic germs. I recommend you to boil the milk in a perfectly clean tinned iron saucepan that should be kept for that purpose alone. Before putting the milk in it rinse it out with clean cold water. I prefer iron to tin saucepans, as the latter is apt to burn, which of course spoils the milk. Boil it as quickly as possible, no coddling. Put the saucepan over clear bright fire, or you may have the milk smoked. Keep the lid on the saucepan to prevent smuts or dust getting to it. The best way to boil milk is to put it over a gas-stove, but we do not always meet with them. I only wish we did. I object to enamelled saucepans for milk; they look clean, but the enamel is a deadly poison, and when it cracks is bad for the milk or anything else. Nor are copper vessels to be commended for the purpose.

When the milk has *boiled* up (and be quite sure about that matter), pour it out *at once* into a clean jug. When it has cooled down so that no steam is rising from it, have it placed in a cool larder or cellar, and put a piece of clean writing paper over it, and use it as you require. You may have to refrigerate it by packing it in ice, which I prefer to putting ice *into* it. By these simple measures I think you will find that milk can be kept sweet for twenty-four hours. In my judgment, fresh pure milk is *not* improved in flavour by boiling; we *coagulate* what albumen it contains, which can scarcely be said to enhance its nutritive *value*, especially for our infants, but we cook it as a matter of sense and safety. As we cannot get possible germs out of the milk we must destroy them in it. As a “milk-sop,” I regret the necessity, for I infinitely prefer a draught of uncooked milk, and am of opinion I get *more* sustenance out of it.

(To be continued.)

PRACTICAL LESSONS IN ELECTRO-THERAPEUTICS.
—The last of this series will appear in our next.

Too many children never accomplish anything because they fear both their parents and their teachers; too many never succeed because they are made to feel they never can. Many a child who is full of animation and life and fun and happiness is made to hate his school and school-books because his teacher does not take the time and trouble to study his disposition, and thus learn how to govern him.

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