

I will now just digress a little, to bring before my young Nursing readers some of the effects of *tubal* or modern bottle feeding at the time of its first introduction into Obstetric Nursing, more than a quarter of a century ago, that they may the better judge for themselves as to how far we have advanced, or retrograded, since those early days of the invention.

There is one point indisputable: the popularity of the new method was immense, and in a comparatively short period of time the bottle was almost universally adopted by all classes of the community. Evidently, then, the new contrivance met a general want, and it is much to be regretted, though scarcely surprising, that it came to be misused and abused in careless and ignorant hands. The food used was, of course, cow's milk, the routine proportions being, for newly-born infants, *one-third* milk and two-thirds hot water, sweetened with loaf sugar; and as the "lumps" are not *invariably* the same size, it came down to the cookery-book direction—"sweeten to taste" (Nurse's). The quantity mixed for a feed was, one tablespoonful milk, *two* water—an ounce and a-half altogether. This was sometimes given at birth, and sometimes not until many hours afterwards. The directions as to repetition were not often laid down by the Doctor, so the matter rested with Nurse and baby. I have known infants kept on this scale of diet for two or *three* weeks after birth, so great appeared the apprehension of giving the milk too strong! At the fourth week they ventured to increase the proportion to half and half, and many Nurses never gave it any *stronger* during their time of attendance. We may take this formula as fairly representing, almost universally, the method of infantile feeding in England about twenty years ago, and we must remember that it was a substitution for the *solid food* that up to that time was but too frequently given to infants *in all classes of the community*. A great advance it was, but not advanced enough.

Let us see how it worked. And here I must remark that every Obstetric Nurse should understand and have provided for her use a lactometer and test-glass, and be able to subject the milk bought for baby to *daily* examination. A Nurse may as well be without her clinical thermometer and *guess* temperatures as attempt to *judge* of milk by observation alone; but we know that not so very long ago our "Monthlies" knew *nothing* about either of these scientific contrivances.

(To be continued.)

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TASTY TIT-BITS AND DISHES DAINTY, FOR INVALIDS AND CONVALESCENTS.

Compiled specially for "The Nursing Record"

BY

LADY CONSTANCE HOWARD.

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AMONG the latest importations from America is "Bailey's Concentrated Clam Juice and Extract of Clams," made from fresh-cultivated clams on the shore where the *clams* are produced. It is sold by the Bailey Canning and Preserving Company, Orleans (Barnstable Company), Mass., the inventor and patentee being Arthur H. Bailey. Bailey's Concentrated Clam Juice has the full natural flavour of the clams, so that in a few minutes a deli-



cious, refreshing drink, whether broth or Clam Bouillon, can be prepared. For years, its highly valuable and medicinal properties have been known to the public and the medical profession. Each quart of the juice means twenty times its weight in clams; so it is infinitely cheaper to use than in the shells. It is found useful in dyspepsia, and in malarial or gastric trouble. People leading a round of fashionable dissipation until late hours, find great benefit by taking hot Clam Juice before breakfast; and those troubled with insomnia have been benefited by one or more glasses, taken cold before going to bed. When taken hot a dash of soda may be added to it. It is one of the most nourishing of foods, and only requires to be more known in England to, what the Americans call, "catch on." Clam Juice is already very popular, and is largely used by the medical profession and by the general public, so I feel convinced that it has a wide field of usefulness and popularity before it. The sole consignee for Europe is Mr. George H. Fuller, Tower Chambers, Moorgate Street, E.C.

The following will show some of the ways of using it:—

AMERICAN CLAM BROTH OR BOUILLON.

Take one part of Clam Juice, one of fresh milk, a little fresh butter, and ground *white* pepper; *never* use *black pepper*. Heat quickly; it must not boil. Serve very hot, with crackers or toasted dice of bread. An enamelled saucepan should always be used, and it should be sent up in a breakfast-cup or small tureen.

ENGLISH CLAM BROTH

(Mr. G. E. Legge Pearse's Recipe).

Two parts of fresh milk to one of Clam Juice, with *cream* instead of butter; proceed as above. English people not being used to clams cannot take it as strong as it is taken in the States; and the butter floating on the top presents a greasy appearance.

NOTICE.—Messrs. Baelz and Co. respectfully invite correspondence from the members of the Nursing profession, to whom they will be happy to forward full particulars of Messrs. Loefflund and Co.'s products, and quote special terms in such cases as may be found conducive to a thorough and practical test of these "excellent preparations." 14-20, St. Mary Axe, E.C.

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