

clothing in the way of wraps about the chest, nor must the free movements of the arms be in any way impeded—*never neglect* this point, for the little patient has to fight for his breath. The movements of the arms assist the respiratory efforts by keeping the chest walls free; I have seen a baby brought to the point of suffocation by being pinned down by wraps, *because*, having a cold, he must be kept warm—quite so! but that is not the way to do it.

In coryza, the nostrils are distended, and the skin of the face stretched over the bridge of the nose, which is very tender. The best lubricant to relieve the tension and tenderness is white vaseline, frequently applied. The inhalation of *warm moist* air also relieves "the stuffiness" which is so distressing to the infant in coryza, and I have found the following little plan for administering it simple and efficacious. Take a small *flat*-shaped piece of sponge—old being preferable to new—and thoroughly cleanse it, in the way I told you of, in a previous paper; dip it into hot water, squeeze it almost dry, and when sufficiently cooled down, place all over the nose and mouth of the infant, and keep it there until it requires re-dipping in the hot water; the sponge being soft, light, and porous, you can pack it round the nose as it were, and extemporize an inhaler. You can continue this application half an hour at a time, two or three times in the day, when the infant is awake. Be careful to wring the sponge out dry, otherwise baby's clothes will get wet, and the comfort of the manipulation be nullified. You must put a bib or handkerchief under the chin whilst bathing the nose; when that is over, wipe the face dry with a soft, *warm* napkin, and apply the white vaseline. The warmth and moisture loosens the mucus which flows from the nostrils to the great relief of the "snuffling"; sometimes the discharge is mucopurulent, which marks inflammation of the nasal mucous membrane, which occurs in severe or *neglected* cases of coryza. There is sometimes a "clogging" of the nostrils by dry pieces of mucus, which is irritating to the infant. The best thing to clear out the obstruction is the quill end of a *small* poultry feather, stripped a short distance up, washed, smeared with white vaseline, and gently passed up the nostrils. You may do this every morning until the baby gets well of his malady. In simple cases medication is hardly necessary, but where the affection is purely catarrhal—the result of a chill—I have seen the breathing relieved by minute doses of carbonate of ammonia and Tolu.

(To to continued.)

Palatable Fat is most conveniently taken and digested in the form of Loefflund's Malt and Cod Liver Oil. The latter is tasteless and exceedingly pleasant. By far the best flesh-former, and very suitable for children. Sold by Chemists or apply—Loefflund, 14, St. Mary Axe, E.C.

Tasty Tit-Bits and Dishes Dainty, FOR INVALIDS AND CONVALESCENTS.

Compiled specially for "The Nursing Record"

BY

LADY CONSTANCE HOWARD.

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Gravy Soup.

TAKE one pint of gravy or beef-tea, and bring to the boil. When almost boiling add $\frac{1}{2}$ oz. cornflour mixed with a little water and boil eight minutes.

This will be found a most wholesome dish for children who are just beginning to take butcher's meat.

Jelly for Invalids.

MIX in a tumbler a tea-spoonful of cornflour with a little cold water. Pour upon it sufficient boiling water to form a clear jelly, stirring it well during the time the water is being poured on it. Then add a glass of sherry and a little sugar if desired.

Cock-a-Leekie.

BOIL 6lbs. of good shin of beef well broken, until the liquor is very good. Strain it, put in a good capon, and when it boils, put in one bunch of leeks, well cleaned and cut in inch lengths or longer if liked. The first part of the leeks, that is to say one bunch, must be boiled down until the liquor becomes a green, lubricous compound. Skin this *very carefully*. In half-an-hour add one more bunch of leeks, and season to taste with salt and ground white pepper. The soup must be *thick* with the leeks. A very excellent and most sustaining soup.

White Soupe Maigre.

For Lent.

ONE pint of milk, two of boiling water, three table-spoonfuls of flour, two onions, pepper and salt. Let the flour thicken in the milk, stir in the yolks of two eggs. Add a few carrots cut into dice, and serve with *croûtons*.

Soupe Maigre au Tapioca.

MINCE one onion finely, fry it in plenty of butter until a golden colour, add pepper and salt to taste, and one and a-half-pints of water. When the water boils, strain, and put it back into a clean saucepan with two table-spoonfuls of tapioca. Let it boil until almost dissolved, then serve with straws of fried potatoes.

De Jong's Cocoa.—"The British Medical Journal" says, "De Jong's pure soluble Cocoa is a most excellent preparation. In flavour, solubility, purity, and strength it would be exceedingly difficult to surpass it."

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