

render the vapour more diffusible, and minimise the effects of *condensation*. The cot should be brought near the fire and *back* to it, so that the radiant heat from it does not fall upon the infant's head and face. As the vapour from the bronchitis (or other) kettle condenses and cools, it is apt to moisten the cot pillows, bed-clothes, and curtains, which it not altogether desirable—you can protect the infant's head from the moisture by placing a piece of *soft* flannel on the pillow, and drying it from time to time; but the head (which is always hot when fever sets in) should on no account be smothered up with "wraps," nor the chest, for any increased difficulty in the way of breathing cannot be borne in bronchitis.

As well as warmth and moisture, I should recommend an occasional Condy spray as an aerial purifier, or, for the same purpose, fumigation with Aromatic Vinegar, poured upon an iron shovel or tin dish made red hot, and passed about the room. *Foliage* plants, such as the oak-leaved geranium or other odoriferous plants, give freshness and fragrance to the air, especially if we have the ever welcome sunshine to warm and cheer the apartment we convert it into a miniature conservatory. Of course, these little simple measures I have pointed out are necessary only in town houses; in the country they are but little wanted, for the deodorizer has yet to be invented that can compare with the pure fresh air of the country, but in respiratory diseases of infancy, purity of the air is necessary as well as warmth and moisture to aid recovery.

One distressing feature of infantile bronchitis is restlessness. The hurried, painful breathing, the teasing cough, the accumulation of mucus in air passages, the feverishness, break the infant's sleep, and soothing remedies are required. Narcotics (as I have mentioned before) are not desirable in lay hands. They are nerve poisons at the best, and tend to lower the *vitality* of the infant system, and thereby its recuperative power, which, under *unembarrassed conditions*, is simply marvellous, as all mothers and nurses know. As far as my observation goes, I have seen good results of minute doses of Chloral Hydrate, given by medical direction, as a sedative; it quiets the tumult of the circulatory system, and relieves the infant from the ceaseless pain and strain put upon it; small doses of Carbonate of Ammonia, of Camphor, and other diffusible stimulants, are beneficial, though, of course, these remedies are not to be used by lay hands; still, as Obstetric Nurses, you will become familiar with them in infantile bronchitis. How-

ever, whatever the medical treatment may be—and it differs considerably—there is no doubt upon one point, the imperative necessity of good nursing for the little patient.

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

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BY  
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#### CELERY.

##### *Pied de Céleri Frit.*

Trim and thoroughly clean the celery, cut it into pieces about three inches long, dip them into butter, and fry them in plenty of very fresh butter a nice golden brown. Serve very hot, garnished with fried parsley.



##### *Another Way.*

Trim and prepare very carefully several heads of celery, without separating them, only cutting them down so that they will stand upright in a silver or other deep dish, scald them for five minutes, strain them. Line the bottom of a saucepan with bacon, over this place the celery; add some slices of ham, half a bay leaf, three slices of lemon, and a large onion studded with cloves, cover the whole with a large slice of fat bacon. Just cover the celery with very good stock or gravy, and cool over a slack fire, with hot embers on the lid of the saucepan. Serve the celery upright in a deep dish, strain the liquor, thicken it over the fire with the yolk of one egg, and pour it into the dish.

##### *Celeriac (to cook).*

Peel the celeriac and slice it, throwing it into water flavoured with lemon juice or a little of Barto Vallé's French vinegar, cook it in plenty of salted boiling water, and when done lift it out, drain thoroughly, and serve white sauce, *i.e.*, melted butter, into which has been stirred (off the fire) the strained yolk of two eggs beaten up with the juice of a lemon. This is also excellent, if after being boiled as above, it is allowed to stew gently for a little with some very good brown sauce.

##### *Another Way.*

The roots should be fully grown before they are taken from the ground, the size of celery, from which it can hardly be distinguished. Wash well, take off all the outside leaves, and cut the celeriac into lengths of about six or seven inches; tie them together and put them to cook in a saucepan of boiling water with a little salt; boil for five minutes and strain; serve as celery on toast, and pour a little brown sauce or melted butter over it.

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