

placing a pad of cotton between the breasts in order to equalize the pressure. The shoulder flaps should be pinned last. Care must always be taken, however, not to make the pressure too great—it should be just tight enough to be snug. As a rule, nothing further is needed; the milk disappears naturally, and no inconvenience is experienced on the part of the patient.

The following rules will be found useful to those who do not understand how a breast-binder should be cut:—

RULES FOR CUTTING A BREAST-BINDER.

Materials.—Sixteen inches of strong, unbleached cotton or calico, one yard wide.

1. Fold the selvage edges together, then fold in the same direction again. Your cloth is now four thicknesses, and must remain so until all cutting is finished.

2. Your first cut will be on the side opposite the selvage edges. Place the scissors two inches from the edge and cut downward eight inches (this will be just one half), taking a circular direction

outward, after cutting seven inches; this forms the armhole. The straight edge, thirty-six inches long, is now the bottom, and the opposite side the top.

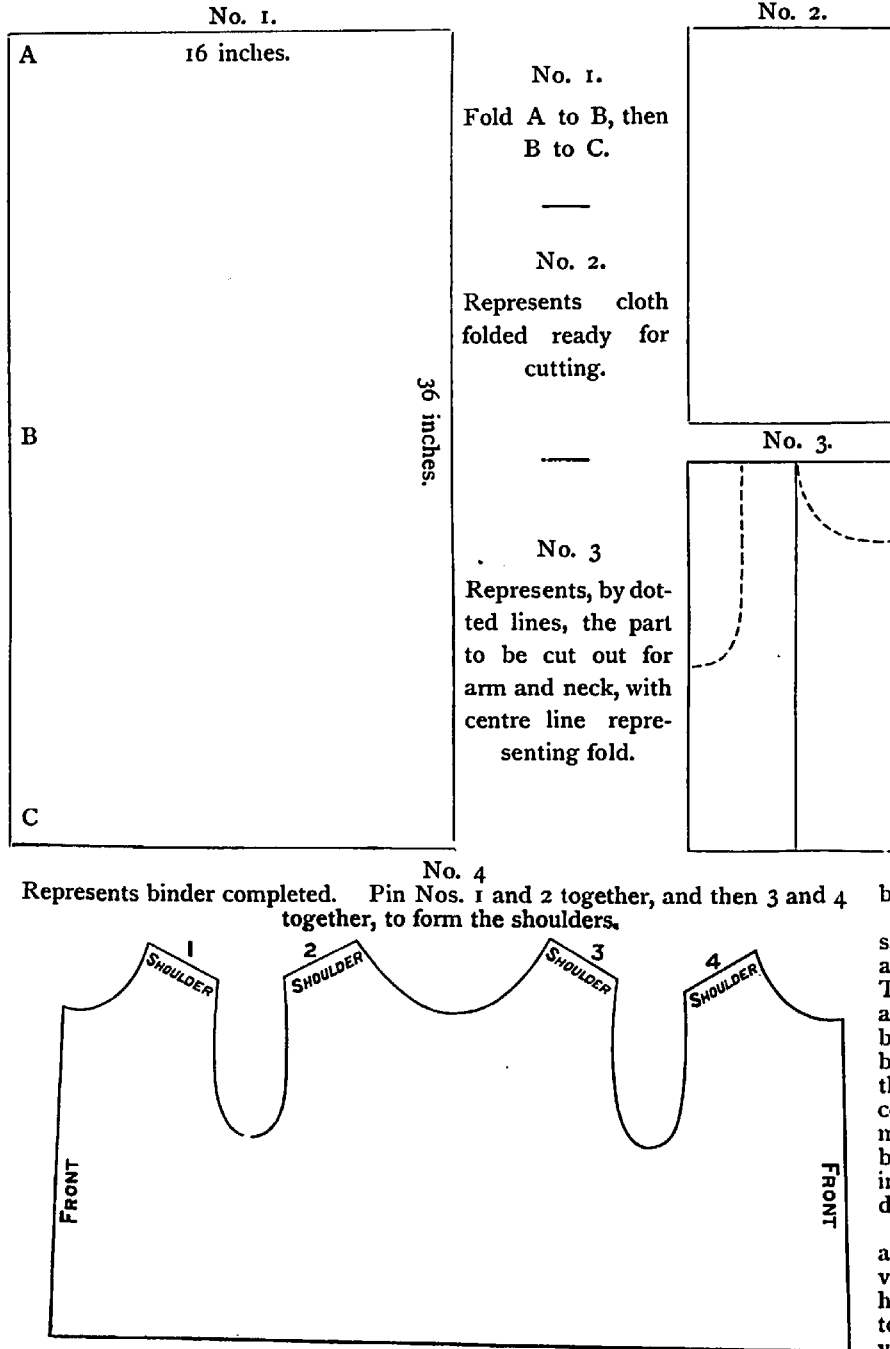
3. Fold the four thicknesses over about four inches. This will bring the selvage edge even with the first seven inches of the opening first made for the arm. Press this firmly with the hand, so as to leave the mark of the fold, then unfold. Place scissors three inches from top on selvage side, and cut in a semi-circular direction upward toward the top of the mark of the fold—this forms the neck.

4. Place scissors one inch from top, at opening made for arm, cut diagonally upward four inches to top of fold or crease, remembering that while you *begin* by cutting off one inch, you gradually cut less and less as you approach the top of the crease—this forms the shoulders.

N.B.—No. 4 is not important, as the binder can be made to fit without this cut.

5. In applying binder, use safety pins for the shoulders, and ordinary pins for the front. The front can be turned in so as to fit the patient—no sewing being required. Should the breast measure more than thirty-six inches, a piece of cotton can be cut length-wise, making it the required number of inches long, and sixteen inches wide. Then cut as directed in Rules 1, 2, and 3.

NOTE.—The Breast-Binder and Antiseptic Pad were invented by Miss Snively, and have been in use in the Toronto General Hospital for several years.



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