

Notes on Practical Nursing.

DISINFECTION OF DWELLINGS.

In reply to an enquiry from "A Parish Nurse," as to the general disinfection of dwellings, and especially as applied to the household with reference to combating disease, we send her the following conclusions which were presented at the last meeting of the American Public Health Association by Professor F. C. Robinson, viz. :—

"1. Household disinfection after infectious diseases should combine the use of formaldehyde with other means. It can be safely relied upon for all exposed surfaces, and these only.

"2. Formaldehyde requires moisture enough in the air to merely saturate it for its most efficient working.

"3. There is much disagreement among experimenters as to the disinfection of tuberculous matter. One says a 2 per cent. solution of formaldehyde disinfects it; another, that even a 10 per cent. solution does not. Several say that formaldehyde gas applied as above destroys it;

others deny this. Further experiments are needed.

"4. Soap is a poor disinfectant, but 1. per cent. caustic alkali, or 20 per cent. carbonate of alkali, is efficient.

"5. Carbolic acid, less than 5 per cent. solution, has little scientific value.

"6. The creosotes, as used in creolin, lysol, and solutol, are safe disinfectants.

"7. Alcohol at from 50 to 75 per cent. has considerable disinfecting power, but not at other strengths.

"8. Most metallic salts, except those of mercury, have little disinfecting action.

"9. Bichloride of mercury, or corrosive sublimate, should be used in strength of at least 5 to 1,000 if tuberculous matter is to be disinfected. A fresh solution is more active than one which has stood for some weeks. The addition of salts does not increase the strength of a fresh solution, but prevents it from losing its strength as rapidly.

"10. Bright sunlight kills the tubercle bacillus in a few hours, and, as a rule, pathogenic bacteria keep their greatest virulence only when kept in the dark."

FEEDING SCHEDULE FOR BABIES.

AGE OF BABE.	QUANTITY EACH FEEDING.	FREQUENCY OF FEEDING.	TOTAL NO. FEEDINGS IN 24 HOURS.	TOTAL QUANTITY FED IN 24 HOURS.
1st-2 weeks feed	1 ounce	Every 2 hours from 6 A.M. to 10 P.M. and once at night.	10	10 ounces
2nd-2 weeks feed	1½ ounce		10	15 ounces
2nd month feed	1½ or 2 ounces	As above	10	15 or 20 ounces
3rd month feed	2½ ounces	As above	10	25 ounces
4th month feed	3 ounces	As above, and begin to postpone feeding at night.	10	30 ounces
5th month feed	3 ounces	As above, and omit feeding at night when possible.	10 or 9	30 or 27 ounces
6th month feed	4½ or 5 ounces	Every 3 hours from 6 or 7 A.M. to 9 or 10 P.M. Do not feed at night.	6	27 or 30 ounces
7th month feed	6 ounces	As above	6	36 ounces
8th month feed	6 ounces	As above	6	36 ounces
9th month feed	7 ounces	As above	6	42 ounces
10th month and after feed	7½ or 8 ounces	As above	6	45 or 48 ounces

NOTE.—This schedule will not over-feed healthy babes, and it gives them, and everybody else, rest at night. But it must not be blindly followed. It is intended as a safe, general guide, and may be varied either way to suit special cases. It is not intended for sick babes. For example, a babe seven months old, if its stomach has given out, may require the diet of a baby two months old. The table deals with time and quantity. It does not tell you how to prepare the quantity.

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