

of the same. The soiled pads should be burnt if possible. On no account must they be allowed to accumulate in the patient's room.

Care of the Breasts.—The mammary glands are to be inspected carefully each day; the nipples washed with boric acid solution, dried thoroughly and protected by a large piece of absorbent cotton five or six inches square, pinned with a safety pin to the inner side of the clean gown. A fresh solution of boric acid should be left with the mother in a clean bottle, with some absorbent cotton, and instructions given her to bathe the nipples before and after each nursing. The child should be allowed to nurse once every six hours during the first day; every four hours on the second day, and every two hours on the third day, if the milk appears well established by that time; otherwise, once in three hours, gradually shortening and regulating the time, till the interval is two hours during the day and four to six hours during the night.

Care should be taken not to leave the nipple in the infant's mouth longer than ten to fifteen minutes at first, as they easily become macerated and sore from prolonged nursing. Twenty minutes is sufficient time for an average infant one week old to exhaust the supply of milk from one breast; and where there is a healthy flow of milk, the breasts should be given alternately. The above rules will usually, when strictly carried out, prevent sore nipples and caked or greatly swollen breasts.

The Breast Binder.—On the second day a wide, straight binder of muslin or light weight cotton flannel should be applied to the breasts. It should be applied with the patient lying flat on her back; the mammary glands drawn upward and inward and a soft, even pressure obtained by a few layers of cotton placed over and between the breasts. Round openings over the nipples should be cut out the size of a silver dollar, to permit the mother to nurse the child without removing the binder, and straps of soft muslin about 2 in. wide should be pinned over the shoulders to hold the bandage in place. This breast support may be kept on three or four days till all tendency to turgescence has passed away.

Do not rub or massage the breasts unless specially ordered to do so. Do not use a breast-pump unless the physician orders it. Report promptly the slightest crack or abrasion of the nipples, any undue tenderness, swelling or pain in either breast. If a nipple shield is used, boil it fifteen minutes each day, and place it in fresh boric acid solution by patient's bed, with directions for her to keep it rinsed in sterile water and return to the solution after each nursing.

Care of the Hair.—Brush out the mother's hair and plait loosely in two braids on either side of her head. Do not permit her to sit up for

this part of the toilet. It can be done with the patient lying on the side.

Before leaving the patient's neighbourhood, report anything abnormal to the attending physician from the nearest telephone.

(To be continued.)

Doctors and Registration.

We are officially informed that at a meeting of the Wimbledon District Medical Society, held on Friday last, Dr. George Walker, President, in the chair, a resolution, in favour of the principle of State Registration of Nurses, was passed almost unanimously. We hope this resolution will be placed before the Select Committee on Nursing when it is reappointed next session.

In reply to our request, a London physician, who takes a most sympathetic interest in the desire of nurses to see their work placed on a well-organised basis, has answered from a medical point of view some of the suggestions made by Miss Monk in the *Monthly Review*. We regret that it must be held over until next week, owing to the large amount of space we have considered necessary to give to the very admirable and convincing speeches made at the Bournemouth meeting.

With a lucidity and kindness all her own, Miss L. L. Dock has sent us her views on the Registration question. Her paper, which is powerful for good, will appear at an early date, and we hope our readers will do what is in their power to bring her views to the notice of Matrons, nurses, medical men, and their members of Parliament. So valuable do we esteem this contribution to the Registration controversy, that we propose to have it reprinted in pamphlet form for distribution. Earnest registrationists please note, and order copies early.

Surgeon-General G. J. H. Evatt, C.B., has received a letter from Miss Adelaide Nutting, of the Johns Hopkins Hospital, expressing her great interest in his pamphlet on the organisation of an Army Nursing Reserve and Registration, in which she says:—"I have read the pamphlet with very great interest. It undoubtedly shows a very early appreciation of the possibilities of development in the nursing profession, and outlines clearly the necessary steps to be taken to bring it up to proper standards of professional attainments. I shall be glad if you will permit me to make use of it in writing up the history of Registration, and am greatly indebted to you for placing it within my reach."

[previous page](#)

[next page](#)