

minutes, it should then be tied about two inches from the child's body; place another ligature about an inch from that, and sever the cord between the two ligatures. Wrap the child up well in the flannel receiver and put it into its crib or any other place where it will keep warm; in any case it is better to have a mackintosh under it, or a thickly folded bath towel, and if it cannot be washed at once it must be looked at often, because it may kick its coverings off; also the cord must be examined to see that there is no oozing.

As soon as possible the child should be washed, for which process have two basins of hot water, and a plentiful supply of hot water handy; some olive oil or vaseline; a piece of good soap; two soft towels; safety pins; scissors; needle and cotton; sterilised gauze or linen; boracic powder; some absorbent wool; and, unless the thermometer stands at 80 degs., a good fire.

The clothes should be hung so that they will be warm and easily reached. The nurse should wear a large flannel apron or a soft bath towel, and be seated in front of the fire with the two baths within easy reach.

Some nurses, especially Germans, wash babies on a high table, and it is a very good way, but I think for its first bath, which necessarily takes some time, the old-fashioned English plan is more comfortable for the baby because it can be nearer the fire and therefore more easily kept warm.

Take the baby on your lap, keep it well wrapped up, having only its head uncovered, and again wash its eyes and mouth with the boracic lotion; next wash and dry the face, then the ears, which will require very careful attention. If you make little sponges of the absorbent wool, and dip them in the olive oil (which is better warmed), all the little folds can be thoroughly cleansed from the vernix caseosa, a soft whitish substance which sometimes completely

covers the child, but more often is only found on the head, under the arms, and in the groins. Cleanse the hair as much as possible in the same way, then soap the head and ears well; hold the child over the basin face upwards and thoroughly rinse off the soap, then dry. If there is much vernix caseosa this will take some time, and hot water must be added to keep the bath up to 100 degs. Fahr. Next cleanse all the folds round the neck with the wool and warm oil, the axillæ, bend of the elbows, between the legs, and under the knees; then soap the hands, arms, body, and legs; turn the child over and soap the back. It is better to use only the hands for washing a new baby; a sponge is not necessary. Now put the child into the bath, supporting the back with your hand so that the points of the fingers reach to the buttocks, and the head rests upon your arm a little above the

wrist, and well wash off the soap. The water should not reach higher than about the middle of the child's body. The water will by this time be far from clean, so now lift the child into the second bath, give it a final wash, take it out on to your lap, cover it with a warm towel, and without



THE KNITTED WOOLLEN VEST.

uncovering dry it thoroughly, and when you turn it to dry the back be sure to pull up the wet part of the apron so that it will lie on a warm, dry piece. When it is as dry as you can make it with the towel rub it over briskly with your hands; then attend to the cord, see that it is thoroughly dry, put on another ligature, powder it well with boracic, or a mixture of boracic and starch powder, fold it in dry gauze or dry sterilised linen and keep in place with the flannel binder, which should go twice round the child's body and then be sewn to keep it firm. In sewing the binder place one finger between it and the child to prevent its being too tight. Then put on the vest; as this opens behind and is shaped exactly like a little jacket it is no trouble to put on. It comes well up round the throat

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