

entirely incapable of understanding anything religious; had constantly termed it "so much algebra." These facts bring us to the conclusion that different genuine convictions can well walk hand in hand, the one succeeding where the other fails, or when it has partially paved the way.

Professor Dubois himself is of this opinion, and places religious faith first as "preservative against mental maladies, and the most powerful means of curing them, where it is vital enough to create a true Christian stoicism." But he observes that this vital faith is very rare; and "those who direct the churches have more frequently recourse to puerile miracles" than to developing the spiritual life which "renders man invulnerable by giving him the consciousness of the support of God," and so enables him to "remain morally erect in the midst of his sufferings, inaccessible to the pusillanimous emotions of neurotic patients."

Consequently the Professor in no way bases his treatment upon religious faith, though he appreciates it at its true value. He considers it too rare to be counted on as the curative agent for all mankind. He also passes by those other *moyens qu'obtiennent la guérison des divers symptômes du nervosisme*, but which do not change the mentality of the patient and deliver them from their *débilité de l'esprit*. He, therefore, leaves aside "charlatanescue suggestion": suggestion by the employment of medicaments or physical agents, and even scientific suggestion, reaching "true psychotherapy by the education of the reason," which, he maintains, is the only treatment which can universally succeed in rendering neurotics "immune to suggestion and auto-suggestion, since it alone can restore to them their critical powers, and the consciousness of their independence."

It is not possible in an article to enter into his arguments in detail, or to describe exhaustively his methods. Those nurses who feel themselves in sympathy with nervous cases will find the study of the whole volume well worth the pains.* They will find amplest encouragement to develop their influence over patients by kindness instead of severity, by patient truthfulness instead of superficial suggestion.

I hope in a subsequent issue to give a brief account of Professor Dubois' treatment of the commonest symptoms of neurosis.

* The English translation of Professor Dubois' "Psychoneuroses" is by Dr. Ely Jelliffe and Dr. William White: edited by Funk and Wagnalls Co., 44, Fleet Street, London, and New York.

Thrush, and How to Prevent it.

BY A CERTIFIED MIDWIFE.

Grey white circular patches seen in the mouths of young and feeble infants either artificially or badly fed, are due to a kind of mould or germ called "Oidium Albicans." Oidium = a parasitic fungus or growth or mould. This mould is identical with the Oidium or mould of milk. The feeding of a child with milk turned or turning, or the use of a dirty feeding bottle, tube, or teat, is almost invariably followed by the appearance of this parasitic growth inside the baby's mouth. This clearly shows the mother and nurse that the baby is not in the best of health, also that a much greater care is needed in regard to the freshness of the milk or food, and the careful and constant cleanliness of the feeding bottles and tubes (if any). Boat bottles are the best, safest, and cheapest. Never use indiarubber tubes, they are most difficult to keep clean, and, above all, are a great source of or for infection; also it is quite easy for a small piece of glass to be broken off the glass tube inside the bottle and cause harm to the baby; i.e., if the rubber teat is a little old and worn, minute pieces of glass can easily be drawn through by a strong child in sucking. The bottles should be thoroughly cleansed night and morning by putting them in cold water and bringing them gently to the boil with a wee piece of soda, or some boracic powder, after they have been previously washed in the ordinary way. It will not crack the bottles. I have boiled them so myself many a time. A 6½d. fish kettle is suitable. Every speck or patch of this so-called "thrush" should be removed from the baby's mouth with a clean piece of white linen rag or handkerchief soaked in a solution of boracic, or borax and honey, or borax and glycerine, or chlorate of potash. This rag should be previously boiled, cut into required sizes, and kept in a tin box or folded in a clean pocket-handkerchief, and the nurse's hands washed most carefully before using. I have seen mothers attempt this performance with the aprons they were wearing at the time of my visit; needless to say they were given a practical lesson on cleansing baby's mouth, and soon learnt how to do it. Mothers and nurses should be careful to keep their hands and finger nails very clean, and the latter should be cut short. Nails can convey or carry all sorts of infection if in a dirty condition; germs love dirt of any kind. This is the daily cause of thrush, and indirectly other troubles.

Between the feeds let the bottles be well

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