

his age is best at home, considers that, failing these, the best place is a "nursery school" attached to the public elementary school. From these schools formal lessons should be rigidly excluded, and in most towns children of three should be eligible for admission, the teachers should be selected with scrupulous care, and in view of the extreme importance of training children in cleanly habits at an early age, nurse attendants, or school helps, should be provided, if possible, to attend to the physical needs of the children.

The lessons should include singing, recitations, some of the Kindergarten gifts and games, and varied occupations, such as ball, brick-building, drawing on the blackboard, modelling in wet sand, reed and bead threading, rush-plaiting, matching and sorting colours and shapes, stick-laying, sand-drawing, picture and conversational lessons, nursery rhymes, story-telling, and story-acting.

Medical Matters.

OCCUPATION FOR THE INSANE.

In the *Journal of the American Medical Association* Dr. E. Cohn remarks on the value of occupation in the treatment of the insane, as well as on the difficulties of providing it, which are experienced even in well-managed institutions. He describes the method which has best served him in meeting the problem, the main feature of which is a regular systematised programme for each hour of the patient's day, and including arrangements for physical exercises, graded calisthenics, ward work, mental occupation in the form of games, reading, etc., all directed according to the patient's capacity and changed daily as much as possible to secure variety. Entertainments, music, and all kinds of rational outdoor sports should be provided for, and every kind of special talent be utilised among patients and employees. Attendants and nurses generally fall in readily with the arrangements as helping to render their duties less monotonous. A reasonable amount of "time off duty" should be allowed to better prepare them for their task. Attendants are liable to think amusements, etc., are to be used as rewards for good behaviour, but this is a mistake; it is the irritable, restless, and depressed patients who are most in need of them, and the physician should be the judge.

Minor Ailments of Infancy.

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A LECTURE DELIVERED AT THE INFANTS' HOSPITAL, WESTMINSTER.

It is very probable that many of you are thinking that the title of to-day's lecture is ambiguous. But although it may lack in strict scientific precision, it possesses the desirable requisites of convenience, and after a little explanation will not, I trust, prove confusing or give rise to misunderstanding.

The word ailment comes from an old Anglo-Saxon root signifying pain, trouble, grief, affliction. An ailment, as we use it, means indisposition, disorder, morbid affection, or disease of the body.

The qualifying word minor indicates lesser, smaller used relatively and opposed to major.

I am using the term "minor ailment," therefore, to indicate less important disorders and to include temporary derangements, easily rectified disturbances, slight deviations from health, and comparatively insignificant lesions.

And I am for the purpose of this lecture restricting the term "infancy" to the first year of life.

I am anxious at the very outset to make my aim and object clear. I have not selected this subject in order to give you hints and suggestions as to how you may treat babies who are ailing or disordered. But I have thought it well to devote a lecture to so-called Minor Ailments occurring in infancy principally for three reasons:

1. What are called minor ailments and looked upon as insignificant disorders may be the beginning of more serious affections. A temporary derangement, if neglected, may become a persistent or permanent defect. A trivial lesion if ill-managed may be the commencement of serious disease.

2. What are called minor ailments are often looked upon as natural ills, and accepted as if they were inevitable troubles. They are commonly spoken of as things to be "had," unpleasantnesses to be "got through," pains and penalties to be borne by every son and daughter of Eve. A Micawber-like optimism and a fatalistic pessimism may both be the products of ignorance and selfishness.

3. A knowledge of the nature and causation and early manifestations of the minor ailments

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