

cellent prepared foods upon which children do well, any one of which may be suitable.

"Sometimes all liquid foods seem to disagree with the child, and the resources of the Nurse will be taxed to the utmost. In such cases, meat jellies will sometimes be found serviceable. Raw meat, scraped to a pulp and properly seasoned, may be given, or a juicy bit of steak or roast beef given the child to suck, watchfulness being exercised that they do not swallow the hard fibre of the meat. Beef extract sometimes proves very valuable. The white of an egg, well beaten with a little sugar and cream, or cream and water added, will be borne at times when all else fail.

"Dress is an important factor in the comfort and health of a child. Let the dress and skirt be made high in the neck, and the sleeves long. Use no bands to constrict either the chest or abdomen. When the long skirts are replaced by the short ones, the stockings should be long, and large enough to comfortably fasten to the diaper with safety pins. See that the hands and feet are kept warm, then baby will seldom have colic. The bowels also should be well protected. All undergarments should be nicely fitted, seams made smooth, and kept so. Remember, the baby creeping about the floor is exposed to all the draughts that enter beneath the door and baseboards, and should be warmly dressed.

"Hygienic measures must be kept in mind. Stimulating baths, plenty of fresh air and sunshine, rest and abundant sleep are all important. A child will be benefited by being taken out of doors. A short ride in the cars, an excursion on the water, or taken out in a carriage, is often helpful. If in a crowded city, a change to the country, or even to another part of the city where it is less crowded, often does wonders.

"Be sparing in the use of medicine. Do not use every nostrum that is recommended. If a child is cross and fretful—unless really ill, when a physician should be called—you will generally find it in some physical discomfort which you can remedy. Above all, do not give baby soothing syrup, cordials or paregoric to still its crying or stop a diarrhoea. They all contain opium, which infants do not bear well in any of its preparations, and never should be used as a domestic remedy."

NEVER GIVE UP.—What if you fail in business; you still have life and health. Don't sit down and cry about mishaps, for that will never get you out of debt, nor buy your children frocks. Go to work at something, eat sparingly, dress moderately, drink nothing exciting, and, above all, keep a merry heart, and you'll be up in the world before long.

HOW TO STAND.

By T. S. ELLIS,

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MR. BRUDENELL CARTER suggested to me some time since that I might do a great service if I would point out, for the information of Nurses, how they could best avoid the severe pain in the feet, from which they so commonly suffer. I willingly place my views, as suggested by the Editor, at the disposal of the *Nursing Record*, although they have been expressed elsewhere. They are, it need hardly be said, equally applicable to any of the very numerous callings where prolonged standing is necessary. With those, however, to whom they are now addressed I might, as a Surgeon, be expected to have a special sympathy. From them I may expect a more intelligent attention than from ordinary readers. If the result of that attention be not to carry conviction, all I say had better be disregarded. It was, I may add, a firm faith in the principles involved which restored me personally from a lameness of six years duration, the result of an accident occurring more than twenty years ago.

The bones of the foot form an arch: they are bound together by bands of fibrous tissue, strong enough to support the weight of the body. These ligaments, as they are called, are, however, somewhat yielding, and, on prolonged standing, yield too much. This stretching is one cause of pain. At length the arch sinks and the softer tissues beneath, which it should protect from pressure, are pressed upon. This pressure is another cause of pain. The first question before us is, How is this undue yielding to be prevented? Not, I say, by artificial support of any kind.

Take a foot that is in good working order: let it tread on a piece of tape lying under the heel and in the line of the great toe: hold it, strained, on the skin above the heel. Now let the subject spring on tip-toe, supporting the whole weight of the body on the one foot. The tape slackens. But Camper proved, so he said, a hundred years ago, that the foot, in this act, lengthens about an inch; and while many subsequent writers have accepted the eminent Dutchman's view and reasserted it as a fact, no one, so far as I know, has questioned it. I say that the slackening of the tape proves that the foot shortens.

To understand the importance of this shortening, it is important to realise that when the body rises to tip-toe the weight is not borne by the tendon attached to the heel-bone only. Other tendons can be felt as they become tight behind either ankle. One only I shall mention. The long flexor muscle of the great toe lies in the leg: there

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