

as I have just said, is almost as important, and this, again, may be continually disturbed by *hurried*, thoughtless handling. For instance, baby wakes up in his cot and indulges in some "cries"; his Nurse *rushes* to him, hastily drags him up by one or other arm, or by the middle of his clothes (over the chest), and instantly puts him over her shoulder, and administers a series of rapid "taps" on his back; "cries" continue; Nurse sits down, places baby in a sitting position on one knee, and tries "jerks" (sometimes called "joggling"); "cries" redoubled on the part of the patient. Now, when we reflect that some such misguided, though doubtless well-intentioned, manipulations take place every day (we may almost say every hour of the day), can we feel surprised if they increase the trouble (crying). They were intended to quieten. That poor baby gets a *dreadful* character for being "cross," and Nurse loses her *prestige*. Amongst other disturbers of infant repose, we may mention *rocking*—whether in the cot or the Nurse's arms; it sends the blood to the brain (and we must remember its enormous blood supply), and, *from birth*, an infant should be accustomed to being *laid down* to sleep without *rocking*, and it is well known how easily this habit may be got into, quite as much so as the "rocking." "Tossing" an infant up and down in the Nurse's arms, is best avoided; it affects the breath, and quickens the respiration. Some women, too, have a peculiar way with infants that is neither rocking nor "tossing," but a little of each. They place baby on their laps in a sitting posture, and pass him first over one arm, face downwards, and back again to the other, face upwards, and this sort of swaying motion will be continued for ten minutes or more at a time, the effect being, as far as my observation goes, more that of an emetic than of a sedative to the patient.

Some of my Nursing readers may ask, Is an infant merely to be gazed at and never moved about? *By no means*, for, when awake, he likes to be *gently* taken up, and to look about him; it is some of the methods adopted by Nurses to carry out this laudable desire on the part of the little patient to which the writer takes exception. I have told you in a former paper how to take an infant up from his cot, and need not repeat the instruction, but emphasize that *no deviation* from those rules must be made during the period of a Nurse's attendance. There is one little point I must mention—how to hold an infant, when awake, securely with one hand—a necessary feat when Nurse wants to temporarily free her right hand. Place the infant on your *left* arm, the back of the head resting on the bend of the arm, the

buttocks on the palm of the left hand, and draw the whole arm near to your left side; by this means you extemporise a "cradle," and hold the infant with perfect *security* and *comfort*—at least the writer's experience leads her to that conclusion, as the babies are always "good" in this position. A French sculptor carried out this idea in a statue of Eve and her First-born, called "*Le Premier Berceau*," as many of my readers may remember. I have dwelt upon this little plan because, in one-handed carrying, a Nurse will often put an infant into uncomfortable positions—for instance, face downwards over one of her arms, or face downwards over her shoulder, so that baby keeps slipping down head backwards if Nurse has only one hand free to protect him; and so with other undesirable methods.

I trust I have now sufficiently pointed out to Nurses the importance of careful, *thoughtful* handling, for many of these little errors are more the result of want of thought than actual carelessness.

## Tasty Tit-Bits and Dishes Dainty,

FOR INVALIDS AND CONVALESCENTS.

Compiled specially for "The Nursing Record"

BY  
LADY CONSTANCE HOWARD.  
[COPYRIGHT.]

### Cress Salad.

Wash some cress, put in a salad bowl, season with salt and pepper. Mix half-a-pint of vinegar with two tablespoonfuls of cream or melted butter, and pour over all.



### Green Pea Salad.

Well boil one peck of young green peas with a pat of very fresh butter and plenty of mint. Put the yolks of two hard-boiled eggs with a teaspoonful of mustard, pepper and salt, and one table-spoonful and a half of oil; work the mixture quite smooth, adding three table-spoonfuls of oil, and two of tarragon vinegar; add a little chopped mint and tarragon. Mix with the cold peas.

### Salad of New Potatoes (Italian recipe).

Take equal quantities of pine kernels and anchovies boned and washed, pound them in a mortar with lemon juice, adding pepper, salt, and salad oil to taste. Pass the whole through a tammy, and pour it over a dish of boiled new potatoes.

"HEALTH" COCOA.—Is the finest cocoa procurable, and most invaluable for invalids. A Quarter-pound tin costing 8d. will make 30 cups of delicious cocoa. The "Lancet" says:—"Very soluble, excellent in flavour, perfectly pure, and deserves frank praise." Free sample sent on application to H. THORNE & Co., Ltd., Lady Lane Leeds.

FUNERALS.—Earth to Earth Burials, Cremations, and Statuary. For high-class WORK, the LONDON NECROPOLIS COMPANY, 188, Westminster-bridge-road, and 2, Lancaster-place, Strand.—Telegrams "Tenebratio, London."

[previous page](#)

[next page](#)