

such a baby, sleep and warmth are most essential. If it is kept in a cot, this should always contain a hot-water bottle; if an incubator is available, the child may be placed in this, care being taken in this event to keep the temperature even, and to ensure a change of air. The glass lid must also have a dark cover, so that the child's eyes are protected from the glare of light, which would otherwise prejudicially affect them. The disadvantages of an incubator are that the lid must be opened for the child to be fed, and for necessary attentions, so that the child is exposed to a greater change of atmosphere than if kept in a cot in a warm room. Perhaps, in very premature cases, an incubator affords the best hope of life; a six months child was brought up in this way in the incubator at St. John's Maternity Home, and lived; but the last time it was heard of, when it was some years old, it was still deaf and dumb. It is doubtful, also, to my mind, whether the child's life was saved by the incubator, or by the care of the then Superintendent of the Home, who had a peculiar genius for bringing up sick babies.

#### HÆMORRHAGE FROM THE CORD.

Hæmorrhage from the cord of a newly born infant will occur if the ligature is not securely tied, or if it becomes loosened owing to shrinking of the cord. For safety's sake a second ligature should always be placed upon the cord after the bath, and hæmorrhage will then be a very remote possibility; but it should be a routine practice, in changing a baby for the first time, to turn up the flannel binder, and to make sure that the dressing enveloping the cord is not stained.

#### HÆMORRHAGE FROM THE NAVEL.

Hæmorrhage from the navel after the cord has separated is a much more serious matter, demanding prompt medical treatment, as the child may easily bleed to death. It most commonly occurs in cases in which the cord has been dragged upon at the time of the infant's birth, and this should always be guarded against. In cases of severe hæmorrhage from the navel the use of styptics, such as perchloride of iron, is of little use, and not unattended with danger. The hæmorrhage may be controlled until medical assistance arrives by digital or other pressure. The medical practitioner will probably compress the bleeding artery by means of harelip pins inserted underneath it.

(To be continued.)

## Medical Matters.

### NERVOUSNESS.



ONE of our readers asks for information on the subject of "nervous" loss of voice when singing. She describes a condition which is by no means unusual—that of a lady who has a good and well trained voice, but who frequently, even in the middle of a song, finds herself unable to proceed. The condition is analogous to that which is known as "stage fright," and which makes the young actor suddenly lose all power of speech and all memory of words when facing the audience. It is the same condition which so often affects speakers, when they first attempt to address a public meeting, and which is the almost proverbial fate of members, however practised, when they make their "maiden speech" in the House of Commons. It is wrongfully ascribed to nervousness, although it affects men whose courage has been proved a hundred times. To put it briefly, it is due to an extreme degree of self-consciousness—an overwhelming anxiety as to the opinion of one's audience, which dominates both mind and memory, and so impresses the brain centres of speech that they are temporarily incapacitated. It is a curious fact that to make a really good speaker or singer it is necessary to be free from all self-consciousness. The speaker or actor, whose mind is occupied by considering what opinion his audience are forming of his words or gestures, inevitably loses that touch with them, and that concentration of his own faculties on his immediate efforts, which is essential to his success in winning their approval or swaying their judgment. It is a well known fact that the most successful public speakers are those who are comparatively indifferent as to the opinion of others concerning their own personality; and who, therefore, are able to concentrate their entire thoughts upon convincing their audience as to the subject matter of their speech. It is equally so in singing. Nothing is so fatal to success in pleasing other people as to be doubtful about that result. It is self-confidence in this, as in most other things, which achieves the success one expects; while to be doubtful of success is more than half-way to failure. The point is very interesting, because it is frequently

[previous page](#)

[next page](#)