

stage of convalescence. By the third or fourth day the uterine discharges (lochia) are taking on different and distinctive characteristics. It is at this period that our newly-found "substitutes" stand us in good stead, and as these sanitary contrivances conduce to the health and comfort of women at other periods than confinement, it may interest some of my younger Nursing readers if I tell them a few facts about them that have come to my knowledge. Many years ago a most distinguished provincial Surgeon, now deceased, required a pad to replace lint dressings for wounds, sores, &c., that should be absorbent, light, soft, porous, and antiseptic; all these qualities were found in cotton wool that had undergone certain chemical processes, and been desiccated to such an extreme degree, so as to enable it to absorb all discharges from, and yet for a length of time keep a clean surface to, the affected parts. And finally the prepared wool had to be covered with a coarse but soft cotton gauze, which kept the pads together, and thus they were made up to any size that might be required for surgical use. With a slight modification as to shape, but absolutely identical in all other respects, are the absorbent pads, which are, or ought to be, used by all women when necessary; and in my humble judgment a number of uterine troubles would disappear were they adopted by them universally.

We must now resume our duties. The lady is washed and changed, the bed-linen changed, and the bed made. If she is not too fatigued, you can loosen, comb, brush, and arrange her hair. I like this done last, as it sometimes tires her more than anything else, and as there is now nothing more to be done the patient can rest after it at once. Have the bed-room made tidy, but no sweeping, and as little noise made as possible over all that has to be done, and remember to ventilate the room as directed in a former paper. If the lady should feel somewhat faint after the exertions she has undergone, a cup of milk arrowroot, or milk with a biscuit, will help to carry her on to the early dinner hour. Let me impress upon Nurses the importance of having the lady's meals punctually served, for reasons I have stated in a previous paper, viz., that she should never be allowed to get over-faint for want of nourishment. We have entered on our fourth day of duty, and the dinner may be a basin of good beef tea, with toast, and a farinaceous pudding. And here let me observe that these latter are better made *without* eggs than with, and in my judgment it is more judicious to give such important alimentary substances as milk and eggs separately than together; and furthermore that these last should be as *lightly cooked* as possible, which cannot be the case if you add

them to a pudding that has to be *baked* for some time. The only form that I allow eggs and milk to be taken together is in the form of *custard* (*not* custard pudding), which is nicest taken cold, and as you all know the great art of custard making is *not* to *set* the eggs. A cup of well-made custard is a very favourite form of light refreshment for our patients. Hence I take objection to the domestic baked or boiled custard pudding at this stage of our nursing duties, and still more strongly to that dreadful compound, boiled batter pudding, which generally means a *maximum* of flour to a *minimum* of eggs, and is about as solid as a billiard ball. The farinas mostly used are rice (whole), tapioca, and sago, though there are many others that may be preferred. A very simple way to prepare a baked tapioca pudding, and which my patients invariably take to, is the following:—Take a medium-sized pudding-dish, and cover the bottom with a good layer of fresh butter, over that sprinkle, say, a tablespoonful or more of castor sugar and a small pinch of salt, a tea-cupful of the best tapioca, which you scatter over the butter and sugar. If some of the grains of tapioca are larger than others, pick them out, or crush them small, as it is important that the tapioca should be equally cooked, or the pudding may eat "lumpy." Over the farina pour a good pint of milk, and let it soak four or five hours until a large quantity of the milk has been absorbed by the grain; then let it bake in a *slow* oven for at least two hours. The pudding should be a nice brown colour at the top—a sort of "toffy," in fact—and it should eat as smooth as a jelly. This pudding should be made, say, after breakfast, and it will come in very nicely for the lady's supper. Rice can be prepared in a similar manner. The popularity of these simple preparations in my own practice leads me to bring them before the notice of my younger Nursing readers, and to impress upon their minds that farinas are better prepared without eggs than with them. When we combine them we spend all our money (aliment) at once—"a way women have," we admit, *but not* Obstetric Nurses!

(To be continued.)

A MOTHER'S WORK.—A work which every mother, whatever the advantages or disadvantages of her circumstances may be, is required by the most sacred and rigid obligations to achieve is the assiduous cultivation in her children of the inner nature—of that which makes the true man or woman—that which shall live for ever and ever. For this she must be always at her post, sowing the seed, training the tender plant, enriching the soil, watering, nourishing, stimulating every good and pleasant growth until the flowers begin to bloom and the fruit to ripen.

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