

duals who like their food and do not care for much exercise, and, on the other hand, the very spare, active, rather neurotic individuals who do not over-indulge in the good things of this life; this latter class wears much better, and this knowledge should help you in directing your diet, which should be light and nutritious, with a fair allowance of meat, fruit, and vegetables, and not much starchy food. The food should be merely sufficient in quality and quantity to maintain healthy nutrition; if the patient is laying on fat, the food is too abundant. I am in the habit of advising patients with mitral lesions to drink as little fluid as possible—not more than two pints a day—and if the tissues be at all flabby, or there be any venous turgescence, I frequently reduce them to half this amount. All fluids drunk have to pass through the right side of the heart before they are excreted (except what is carried off by purgation), and any excessive amount only handicaps it without producing any benefit. I know that some physicians like to drench their patients with the view of washing away effete products, but it is a much wiser plan to keep the patient on a light dry diet, and not produce more effete products than can be excreted without flushing. The regular use of all alcoholic drinks should be strictly interdicted, tea and coffee with cream may be left to the discretion of the patient, except so far as the quantity of fluid is concerned. Lemon squash makes an excellent drink. Tobacco should be forbidden. If there be any tendency to oedema the salt should be cut down or eliminated from the diet.

During the acute stage of rheumatism and endocarditis absolute rest in bed is essential, but you must not imagine that because the patient's systemic muscles are resting therefore the heart has got very little to do. It is true that it has only got to pump the blood along the level, but if the blood pressure be maintained at a high level from the retention of effete materials or any other cause then the heart has got too much to do. Endocarditis attacks the valves of the left side of the heart much more frequently than those of the right, not because they are more vulnerable but because they are subjected to greater stress.

Rest in bed in a case of rheumatic fever is neither sufficient to prevent endocarditis nor to cure it, but if the blood pressure be kept at as low an ebb as is compatible with life, and no sudden strain be thrown on the heart the endocarditis may be prevented in numerous cases, and when it does occur the cure may be thus hastened or the ulterior effects may be very much mitigated.

## Infant Feeding.

Dr. Flora Murray, addressing the recent Nursing and Midwifery Conference at the Grafton Galleries, W., said, on the above subject: I am glad of this opportunity of speaking to nurses, because the public are depending on you more and more. Nurses have daily opportunities of teaching the doctrines of hygiene, and proper feeding, and very often have the first word. Your power for good is often greater than ours. We are learning to look upon you as one of the greatest forces in the fight against infantile mortality. You can tell the expectant mother how to feed the child who is coming, and though no food is comparable with breast milk, if it is impossible that the child should be fed in this way how the right food should be properly prepared and modified to suit the organs of digestion in a young child.

The mouth of the infant is peculiarly adapted to suction. As regards the saliva secreted, there is a slight difference between that of the infant and the adult, and in the former case starch is not changed into sugar by its action in the early months of life. As the teeth come in, the saliva adapts itself to the growing needs of the child. This is Nature's first indication that starch is not assimilable by young infants.

The stomach is very like that of the adult. Its size for the first three weeks of life is about that of a hen's egg; that is to say, it will hold two or three tablespoonfuls.

In the fourth, fifth, and sixth weeks of life the stomach is about the size of a duck's egg, and from the seventh to the ninth weeks that of a turkey's egg.

The necessary thing to remember in this connection is the capacity of the stomach. At birth it is a little over an ounce, at two weeks one and a half ounces, at three months four ounces, at six months six ounces, and at twelve months nine ounces of fluid. It is important to keep these facts, as to amounts, clearly in one's mind, so many mothers think that the size of the stomach is that of the abdomen, or, indeed, that it is illimitable. Again, some mothers will say, "I like to fill him up until he puts a little back, and then I know he's had enough."

An infant's stomach will stretch to a certain extent, but it is injurious to it that it should be allowed to do so.

Of food stuffs, fat, sugar, and proteids form the bulk of what is necessary for food. Digestion is carried on in the stomach by virtue of the gastric juices—rennet ferment, pepsin, and hydrochloric acid. Under the action of the

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