

Keep the room well ventilated, and at a temperature of 75 to 80 degrees Fahrenheit. The room must also be kept quiet. Let the baby alone, and do not handle or disturb more than is absolutely needful. The temperature of the crib should be kept at about 80 degrees. That is a happy medium.

It is advisable not to keep the baby too warm, as there is danger of heat-stroke, and causing the death of the child. The heat regulating centre will cause the temperature to go flying up. The jackets in which the baby is wrapped supply heat to the baby, and prevent loss of heat from the baby.

Take the temperature every two hours. If the temperature goes down, the best way to bring it up is to put the baby in a warm bath. Have the water at 93 degrees, if baby's temperature falls to 92 degrees when he is put in; then gradually raise the temperature of the bath to the normal body temperature of 98.6 degrees. Leave him in twenty minutes.

After the baby is two or three days' old, it can be given a warm bath. At first, bathe with warm olive oil. The best way is to hold the baby in the lap in front of an open fire, in a warm blanket, and rub with warm olive oil. This oil rub serves two purposes—the cleansing of the skin and the advantage of the massage. The oil also prevents the loss of heat from the body.

We now come to the feeding of the baby. What shall we give? How much shall we give? How shall we give it? There is only one thing to give, and that is breast milk. All premature babies should have breast milk, and if the mother does not have it for her babe, a wet nurse should be procured for the infant. At first the mother will not have much milk in her breasts. The colostrum should not be given to a premature baby. Get a wet nurse in the family, and let her bring her own baby. The wet nurse will not give the premature baby much, and the healthy baby can nurse the breasts of the young mother, and thus stimulate the milk glands, and help in getting the milk supply established, so that in time she will have food for her baby.

The premature baby is often too weak to nurse, as it is not able to suck, so it must be fed either with a spoon or medicine dropper, or a small nipple or with a Breck feeder. The breast milk should be diluted one half with boiled water, and a 5 per cent. solution of lactose (milk sugar). How *much* shall we give? The general rule is to give one-fifth of the body weight in grammes. One gramme equals 2.2 pounds; 30 c.c. equals one ounce.

Taking one-fifth of his body weight, and reducing it to ounces will give the amount of ounces of food for twenty-four hours. At first give one half-ounce every hour. At two weeks old he will take one ounce every one and one-half hours. At four weeks, two ounces every two to two and one-half hours. They do not gain, but as do all babies, lose at first, and then gain very slowly, often less than two ounces a week. Do not be discouraged or surprised, if they do not gain at first. The padded crib is preferred to the incubator, as the incubator is hard to keep ventilated and regulated as to heat.

To summarize: There are two things to look out for, and both are extremely important. First, the fact that the baby must be kept warm, especially that it is not chilled immediately after birth. Second, that the baby must have breast milk, and, if possible, get a wet nurse for the infant. If not able to get breast milk, then modified milk must, of course, be tried. The age of the baby of the wet nurse makes little difference in the milk. Give the baby plain boiled water to drink, about one teaspoonful every half-hour, in addition to its feeding.

THE FUMIGATED BAND.

AN Antiseptic Baby and a Prophylactic Pup
Were playing in a garden, when a Bunny
gambolled up,
They looked upon the creature with a loathing
undisguised,
For he wasn't disinfected, and he wasn't Pasteurized.
They said he was a Microbe, and a Hotbed of
Disease,
They steamed him in a vapour bath of a thousand
odd degrees,
They froze him in a freezer that was cold as
banished hope,
They scrubbed him with permanganate and
carbolated soap.
With sulphuretted hydrogen they bathed his
wiggly ears,
They clipped his frisky whiskers with a pair of
hard-boiled shears,
They donned their rubber mittens when they took
him by the hand,
And elected him a member of the Fumigated Band,
Nowadays there are no Microbes in that garden
where they play,
For they bathe in pure formaldehyde a dozen
times a day;
They take their daily rations from a hygienic cup,
The Baby, and the Bunny and the Prophylactic
Pup.

ANON.

Johns Hopkins Nurses Alumnae Magazine.

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