

and wash their faces with cold water to waken them at the two hours' interval. One can try two and a half hours if three seem too long, but there are few babies who need food every two hours.

Now as to the diet for nursing mothers; it has taken me a good many years to get down to good, concise rules. This collection has been gathered from good doctors and from experience, and will be found successful *providing the mother is a milk producer.*

After the first influx is over and the breasts settle down, the nurse can tell by careful watching whether the supply is sufficient and how the quality is. If there is plenty and the baby is satisfied and gaining, three good meals a day for the mother is much more satisfactory than crowding lunches between; however, if it is necessary for the mother's sake or for the milk, the extra lunches between meals and at bed time are excellent. To increase the flow of milk a quantity of fluid is indicated, but do not give so much fluid that the patient cannot eat a good meal with plenty of vegetables. Meat makes quality in milk, and vegetables make quantity. A tiger is said to have the richest milk of any animal, and is strictly a meat-eating animal.

In the vegetable line, creamed carrots are the best of all, string beans come next, then beets, peas, and others. Give good helpings, and give them twice a day. Vegetable soup is valuable, both on account of the vegetables and the fluid.

Cocoa is good, and may be given with or between meals. Care should be taken in making it. Use one teaspoon to one cup of milk, otherwise if too rich the patient will tire of it or find it indigestible. Tea and coffee are *not* good during lactation, but if the mother is accustomed to coffee, one cup for breakfast may be allowed. If tea is taken it should be very weak, to act as a fluid. Gruel is a fine milk producer, corn meal being the best of all and oat meal next. If gruel is greatly disliked, either of these cereals may be given liberally with milk. One doctor has said that milk is no better than any other fluid, except that it is nourishing and is a fluid. Last, but not least, encourage your patient to drink water very freely.

After the mother is up and around she should exercise in moderation, not neglecting a walk out of doors and a good rest in the middle of the day. She should not tax her strength too soon. Ten days for a nurse's stay is too short, unless there is someone who can take full charge of things in her place. Three weeks is the earliest the mother should be left alone.

A good milk supply is often spoiled by the patient getting about too soon.

Another important item is *No Worry*, as this thins and decreases milk more quickly than anything else.

I think the nurses in the middle west and south-west must leave their patients earlier than we do in the east, probably due to the number of nurses to the field.

An eastern girl married and went to Texas for a few years. Her first baby was born there, and after ten days the nurse informed her patient that she was not needed any longer. Neither the young mother nor the father knew what to do with baby, who grew more and more cross as the mother got up. The milk flowed so fast a nipple shield was tried, with the result that the baby was not satisfied and had colic. The milk did not seem just right, and there were some changes made in diet, but the first few months were awful, and the baby did not gain.

The second baby was looked forward to with dread, the family being back in the east, near their people this time. The doctor examined the milk, arranged diet, and gave a digestive agent; then to control the freely flowing milk had the mother always *lie down* to nurse baby, with the result that the boy was called an "Angel Child," and gained from eight to fourteen ounces a week. The third baby is now two months old and has the same title, but the nurse stayed *three* weeks with Number Two, and *four weeks* with Number Three.

As to an actual gathered breast, this is a painful topic for both patient and nurse, and the treatment must be left to the individual doctor in charge. It may be intimated that a nervous patient is quite apt to develop an inflammation without rhyme or reason, or it may be due to her own imprudence, beyond the oversight of the nurse. It may happily be dispersed by methods before spoken of, or it may go so far as to necessitate lancing before relief can be insured.

The mental attitude is a great factor in nursing. One mother under my observation nursed her fifth child more successfully than any preceding ones, and a great deal was due to the mental attitude.

Let us all, as nurses, encourage and help mothers to nurse their babies, and so help the great work of prevention of infant mortality.

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King's Patent Cooked Oatmeal (Albion Mills, Sycamore Street, E.C.) is a standby to all midwives, who know that with one minute's boiling a cup of delicious gruel can be prepared.

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