

to remove the cause and in this way prevent acute indigestion, which is a forerunner of disease.

Our first lesson to be learned is that each child is a law unto himself. Careful consideration must be given in choosing the food that will agree with him and keep him well. We must be ready to investigate the source of supply and the quality of milk produced, instructing mothers how to modify it intelligently, if necessary. The clothing of the baby should be regulated according to the temperature of the climate in which he lives. Fresh air is also a prime factor in keeping him well. The foregoing may be classed as preventive work. With the co-operation of the mothers, fathers and relatives, many babies will escape these diseases and be granted their God-given right to live.

It is of great value to a nurse to specialize. Her mental vision is enlarged and her powers of absorption are increased, no matter what phase of the work she has chosen. In the care of sick babies, she will be more keen to detect symptoms and capable to combat disease successfully. The temperature, pulse, respiration, general condition, expression, evacuations (their character and frequency), vomitus (character, frequency and quantity), irritations to mucous membrane and skin, all demand the closest attention. While medicines prescribed are given according to directions, the treatment given by the nurse is considered of just as great importance. The temperature may be controlled by sponging and the right kind of irrigations. The first measure usually prescribed is a dose of castor oil and abstinence from all food, to rid the system of the cause of poisonous absorption. Sterile water is given freely.

During the early stages, colonic irrigations are considered of great value if administered in the proper way. The baby is placed on a table with a pad under the buttocks to elevate the hips. The bag or can is suspended not more than three feet above the baby to give the requisite force to the water. An irrigation is a *gentle* washing out of the bowels, so to speak. The soft rubber catheter is oiled and inserted four or five inches and the water permitted to flow in for a few minutes, then the tube is disconnected, allowing the water to flow out. This treatment is repeated until the water flows clear. The quantity of water given is from one to two pints. Normal salt solution is universally used because of its stimulating and cleansing action. If hæmorrhage is present, then tannic acid, fluid extract of witch-hazel and other styptics are prescribed. The solution

is usually given at body temperature. Cold irrigations might cause a shock to the nervous system, and hot irrigations, unless the patient is in a state of collapse, produce exhaustion. I have seen an irrigation at a temperature of 110° F. given by a capable physician to a baby having a subnormal temperature of 94° rectal, and the reaction was marvellous. Great care should be exercised in the insertion of the catheter, especially if tenesmus is pronounced. A hasty or rough insertion might irritate the already inflamed mucous membrane of the rectum.

Usually with diseases of this character we have excoriated buttocks to watch. Many are the treatments advocated, each having its own merits, but the use of olive oil, zinc oxide and white vaseline with bismuth, seems to relieve the irritation more speedily than any other treatments I have used.

We also have to be on the alert to detect and treat the sore mouth which so frequently accompanies these diseases. Although we know that it is the result of inflammation in the stomach and bowels, great care should be exercised in extreme cleanliness of everything that is placed in the baby's mouth, and also in the manner of treatment.

Should a convulsion occur, which is not at all unlikely in the beginning of these troubles, we should be ready to meet this emergency with a cool head, a skilful hand, and an attitude that will inspire the parents with confidence and hope.

The diet is of extreme importance. After the first twenty-four hours, either barley or rice water is given and continued until the mucous condition of the stools is improved. Mucus in the stool and vomitus is indicative of great irritation and inflammation, due to fermentation and poisonous absorption; and the suspension of food will alleviate these conditions and prove beneficial in combating disease. The cereal waters or thin gruels contain a small amount of nourishment, but one must exercise good judgment in their use, as edematous symptoms may be produced by their prolonged usage. I saw a baby this summer, nine months old, who had been kept on rice-water for seventy-two hours, and the result was an acute edema of the face, hands, legs, and feet. Within forty-eight hours after discontinuing the rice-water, the edema had entirely disappeared. Following the cereal waters, the various modifications of skim milk, peptonized milk, whey, and other foods, prescribed by the different physicians, are continued until the stools become normal. Pasteurization of the cow's milk is considered a safeguard in destroying the bacilli, which pre-

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