

the position claimed by Mr. Speaker for the London Hospital in this year of grace. It is amazing!

Do not let us forget, however, that there is no Act on the Statute Book for the protection of trained nurses, and until we get a modern Parliament we fear no just Act will be enforced. We trained nurses must not fail to realise the significance of Mr. Speaker's attitude towards us. It is indeed high time some Government Department was given control over every institution where persons assume arrogant authority over the lives of their fellows.

The subtle provisions for the perpetuation of this unrestricted control by Nurse Training Schools is what we have been fighting in the draft Bill, seven times revised, by hospital governors and officials who control the College of Nursing, Limited.

OUR PRIZE COMPETITION.

WHAT POINTS WOULD YOU ENDEAVOUR TO IMPRESS UPON A MOTHER AS OF PRIMARY IMPORTANCE FOR THE REARING OF A HEALTHY BABY?

We have pleasure in awarding the prize this week to Miss Theodora Harris, Slack Lane, Derby.

PRIZE PAPER.

I should endeavour to impress on the mother the following points as essential to the successful rearing of a healthy baby:—

1. That Nature's way is always the best, and that to keep to the plans of Nature will ensure the best results. Nature intended breast-feeding, therefore breast-feeding is the right method. But to ensure her infant getting the full value from its natural food the mother must bear in mind the following points:—

(a) That her own physical health must be safeguarded by abundance (if possible) of plain, nourishing food and milk; by sufficient sleep and rest; by sufficient work, exercise, and fresh air; and by the avoidance of constipation, hot rooms, and any other unhealthy condition.

(b) That her mental condition must be kept as healthful and peaceful as possible, and agitations, excitements, fits of passion, &c., strictly avoided as far as is possible. An anxious, worried, or angry mother will find her milk suffer.

If from any unusual cause it is absolutely necessary to feed the baby artificially (and a baby should not be weaned except under medical advice, as a condition serious enough

to necessitate weaning would be serious enough to necessitate a doctor's attendance), the artificial feeding must adhere as closely as possible to Nature's plan, and, in that case, I should advise the mother to procure a pamphlet (price 2d.) by Dr. Eric Pritchard on "Artificial Feeding," and follow the directions closely. No other food must, of course, be given—no "bits."

2. Regularity in *all* things: regular three-hourly feeding; regularity in holding out, so that the infant is soon habituated to connect certain times with certain things; regular hours for putting to bed, for getting up, for bathing, &c. An infant's life should go by clockwork, not only for the sake of present comfort and health, but also for the sake of educating the child. An infant's education begins on the first day of its life: in the first few hours he is being taught habits, either good or bad.

3. Fresh air is an essential whatever the season, and the windows should never be shut, except just at bath-time. Baby should spend a large portion of his time in the open air, not with the sun beating on him, and not inside the leather hood of a perambulator, and not with his face covered with muslin. If a garden is available, it is a good plan to place a cot under a tree, and allow him to sleep there. A perambulator is too cramped to sleep in.

4. Which brings us to another point—rational clothing. Away with stiff binder, linen shirt, &c., and supplant them with loose, knitted wool vest and binder, high neck and long sleeves, *no* head flannel, and gowns that do not pin up over the feet, but allow for exercise.

5. Absolute cleanliness for the baby and all appertaining to him is a point the importance of which cannot be over-estimated, and too much stress cannot be laid on the dangers arising from lack of it.

6. Sleep and rest are things many babies are deprived of. A baby should sleep most of his life that is not occupied by feeding and bathing. He should be allowed to be peaceful when awake, and not be "on show" to friends and relatives, who endeavour to attract his attention; that way lies a nervous child. Give baby every needful attention, and then judiciously *let him alone*. It is as bad to deprive a baby of sleep as to deprive it of food.

7. Baby must have a separate bed, be it but a clothes-basket or orange-crate, and with no curtains to keep out the air. An orange-crate and a mattress of chopped straw, that can be easily replaced, are within the means of even very poor mothers.

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