

the painful remedies we have to adopt, and we know that in *brain disease* constipation exists. Mild purgatives are generally resorted to, the oil of sweet almonds being about the most delicate, though the inevitable castor oil is the more usual dose. In my judgment it is wiser in these cases to rely rather upon dietetic than medicinal measures to meet infantile constipation, and if the means of the patient permit I should strongly advise a wet Nurse for the infant, if the mother does not intend to suckle, as there is nothing brings him over his troubles better than *breast* milk. If we are thrown upon hand-feeding, we should avail ourselves of those methods for the pre-digestion of the cow's milk that modern science has afforded us as the next best antidote for constipation. *Pure* goat's milk is often good here, slightly sweetened; it is lighter of digestion than cow's milk. I need scarcely say that *no form of solid food* is to be thought of, though I grieve to say *it is given*, not only in the form of *sop*, but in those delusive substances we buy in cans and tins that may be useful *six months hence*—but *not now*.

There is another trouble in infantile ophthalmia we may have to expect from the *crying* that results from pain—viz., hernia, inguinal or scrotal. I have had no actual experience of this accident occurring, but have frequently heard of it. This serious possibility is rather hard to avert. I know of nothing better than to soothe the infant by every tender care you can to *stop* the crying; hence I emphasise the advantage of *breast-feeding* in these cases. I have advised you if the infant is *hand-fed*—and what an amount of it we have now!—to have the food ready as soon as the eyes are dressed; when fed place him in his cot; keep the light from his eyes, and he will most likely soon forget his woes in slumber.

With respect to the Nursing duties required in the *severer* forms of infantile ophthalmia, and other kindred maladies, I have little or nothing to tell you, as *topical measures* will not alone suffice here. The infant will have to be placed under Medical care, and all a Nurse has to do is to carry out Medical instructions. On no account give the infant any medicines whatever on your own responsibility, and decline to do so on *other people's*, without Medical knowledge or sanction. I have pointed out to you in a previous paper how injudicious infant medication is in *simple cases*, and still more is it reprehensible in real and grave ones by either mothers or Nurses.

I have told you all I have to say about infantile

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ophthalmia. It is a sorrowful subject; and in my next paper we will pass on to something more pleasant and practical, and turn our thoughts to feeding our baby.

(To be continued.)

PRIZE ESSAY COMPETITION.—XXV.

"Give a History of the Work and Progress of Nursing during the Present Century."

By MISS SARAH CLAYTON

(Late District Nursing Sister, Stone and Cambridge Nursing Institutions).

EVERY worker lends his own individuality to what he does, and varies every undertaking by his execution thereof. Although this is a truism, it is hardly yet acknowledged as a truth. Individuality is then the choicest flavour of life, without which human endeavour, no matter upon what scale it works, must ultimately, if not sooner, degenerate into the mere monotonous tramping of the tread-mill. Brains are useless without straightforward hard work. And rolling stones, they say, gather no moss.

Now, touching women's work, so-called, only a slight retrospect is necessary to show that nearly all the best contributions of women to literature have been made during the present century; that simultaneously there has been a memorable "stir up" in the varied activities and spheres held to be peculiarly feminine. For knowledge, freedom of thought, and liberty of speech were held to be, in days not far removed from our own, incentives to neglect womanly duties, enemies to woman's true mission. This is an utterly wrong and mistaken notion, as absurd as it is foolish. True cultivation has an opposite effect. It makes a sensible woman value at their real worth all her womanly duties far more highly than she could have otherwise found herself in a position to do. And we would say to all women, "As far as lieth in you, seek to qualify for whatever work you may be called upon to engage in—don't be muddleheads."

Cultivation and culture are thus defined by some writer. *Cultivation* is with more propriety applied to the thing that grows; *culture* to that in which it grows. The cultivation of flowers, for instance, will not repay the labour unless the soil be prepared by proper culture. In the same manner, when speaking figuratively,

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