

for the bath, simply for douching the head and shoulders, and each sponge should be kept for its own special purpose. There are two things for a Nurse to attend to about sponges—firstly, to *keep* them clean by careful using, and the next to clean them *well* when they require it, and we often have to take them up dirty. To cleanse and purify sponges, I know nothing better than borax, used in this wise: Take a small packet of the Californian borax (we should always have a store of it in our portion of Nursing work), and dissolve it in a quart of *boiling* water in a jug; let it stand until quite cold. When you are going to wash your sponge, pour some plain cold water into a hand-basin; and then, after stirring it well up with a spoon (do not dip your hand into it), add about half-a-pint of the solution you made; put your sponge at the bottom of the basin, and *pommel* it well with both your hands; then pour off the dirty water, and repeat the process until your sponge is perfectly clean. Never attempt to clean sponges with hot water, nor with washing-soda, nor washing-powder.

I have no more to tell you about navel management, but to remind you that the navel must be washed well with warm soap and water once every day, using a soft piece of flannel for the purpose, wiped thoroughly dry and starch-powdered. Some Nurses are rather apt to neglect this, and allow the umbilicus to get dirty. There is sometimes a little blood about it, which if allowed to dry and *remain* on will set up an irritation. There is another navel trouble called umbilical hernia; but I shall touch upon that and other congenital defects in a future paper.

We will now enter upon another early infantile trouble that may occur at birth or a few days afterwards, that in Midwifery Nursing we call tumidity of the breasts, accompanied in instances by a slight secretion from the mammary gland. It has been said that this singular enlargement is more frequent in male than female infants. It is a matter of little consequence in itself, but fraught with very distressful consequences to our little patient, in careless and ignorant hands, and for this reason I shall enter into the proper treatment of the breasts in infants very fully.

(To be continued.)

TALK about those subjects you have had long in your mind and listen to what others say about subjects you have studied but recently. Knowledge and timber should not be much used till they are seasoned.

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HOW TO SPEND A "DAY OFF."—No. II.

A WHILE ago, when my time was more at my own disposal, I "made tracks" up north, and joined a party of friends about to start on tour for our English lakes. Shall I ever forget those days of sunshine, the lovely scenery, and how we enjoyed those coach-drives up the hills and through the country? No! I have lived it over and over again; and the intense longing that seized me the other day for some such pleasure made me look around to see if it were not possible, in London even, to participate in it; and to my great delight I found, by catching the 10.33 train from Liverpool Street Station (Great Eastern Railway) to Chingford, I could again revel in the glories of a drive on a four-in-hand. So this was how I spent my next "day off."

Having arrived at Chingford, where the coach awaits the train, when all were comfortably seated, away we went, first passing the Royal Forest Hotel, adjoining which is Queen Elizabeth's hunting box; then on down the road, each side the green grass contrasting so prettily with the richer shades of foliage on the trees; and the advantages of the elevated position of a drive of this description gives one every facility of judging. Epping Forest, though not so extensive as in the

"Days beyond recall,"

has yet 3,400 acres left to the people for purposes of public health and recreation—so it will be easy for my readers to think, without any great strain on their imaginative powers, what lovely little pictures burst to view, as we round a corner, or reached the summit of this incline, or that little hill as we came across them in our drive around. From one point we got a magnificent view of some of our midland counties in the hollow. Then, as we drove on the borders of this grand old forest, with its handsome oaks, poplars, beech, and other trees, with their overhanging branches, making the roadway like one continuous avenue, where at times the thicket was so dense that it was almost impossible to see through as you passed, though you heard the rustling of leaves as some frightened rabbits ran from what they imagined their immediate danger; and then, again, an opening would expose to view a black deer or two gracefully standing, on the alert to dart I know not where, should necessity compel.

The half hour's stay at Waltham Abbey con-

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