

natural relation between its stomach and the quality of the milk is destroyed, and the infant suffers from the oppression of food too heavy for its digestive power.

The Nurse herself should be a vigorous young woman from twenty-one to thirty-five years of age, of some experience. Always inquire if she is ever unwell while nursing, and if so, reject her at once. This class of persons have an idea that their milk is renewed, as they term it by this circumstance, monthly; and therefore that it is a recommendation, rendering their milk fitter for younger children than it would otherwise have been. It produces, however, quite a contrary effect; the milk will be found to disagree. The infant becomes fretful; after a time it vomits and frequent watery dark green motions follow.

There are some points which the parent must investigate for herself (independent of the medical man's inquiries): these have reference to the moral qualifications of the applicant, and if there is any defect, however healthy or otherwise desirable, the Nurse's services ought to be declined. Temperance, cleanliness, and fondness for children are most important requisites, and others which will suggest themselves to a thoughtful mind.

The diet of a Wet Nurse should not differ much from that to which the individual has been accustomed; any change made should be gradual. It is a mistake to think that women, when nursing, require to be much more highly fed than at other times; a good Nurse does not need this, and a bad one will not be the better for it.

At the same time, it will be always necessary for the mother to be watchful lest the Wet Nurse overload her stomach with indigestible food and drink. A wholesome mixed animal and vegetable diet is best, and a moderate quantity of malt liquor (if necessary). With regard to the latter, I have found a very prevailing notion in country practise that porter tends to produce a great flow of milk, and in consequence the Wet Nurse is often allowed as much as she likes; a large quantity is in this way taken, and so much febrile action is excited in the system that instead of increasing the milk supply it diminishes it.

I find that one pint of porter daily is sufficient, and I believe a larger quantity is apt to produce in the infant vomiting, purging, with green motions and diarrhoea. The Nurse should take plenty of exercise daily in the open air, as this tends directly to maintain a good supply of healthy milk; and sponging the whole body with

cold water every morning should be insisted on, as it greatly invigorates the system.

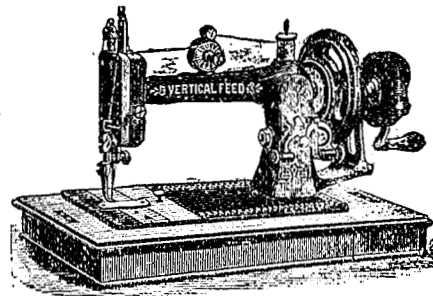
A Wet Nurse should never be allowed to have medicine of any kind at her command to administer to the child whenever she may think fit, which unfortunately is the case in many houses in the country, the Medical Attendant not being sent for until all the homely remedies have been tried without effect.

If the Nurse's rest should at any time be disturbed by the child being restless, the exhaustion which is felt the following day must be remedied by an extra supply of rest. Sleep will restore the strength, and at the same time increase the amount and improve the quality of the breast-milk.

The most perfect harmony must exist between parent and Nurse, and the tone and manner in which injunctions are given must imply both firmness and kindness, and in this way the willing co-operation of the Wet Nurse may be secured, who must not be looked on merely as a living dairy, without love or esteem, or desire of approbation.

### SPECIAL PRIZE COMPETITION.

WE have much pleasure in announcing that in respect to the competition which had for its prize a Sewing Machine, as per illustration, furnished with a handsome walnut cover, of the value of five guineas, which will be awarded to



the competitor who makes and sends in the neatest and most effective Nurse's cap, no less than thirty-four caps have been selected from those sent in, and which are, in the opinion of the judges, considered satisfactory enough to make the final selection from. Naturally, in a keen and heartily contested competition such as this, some little time will elapse before the judges' award can be announced. The thirty-four caps have been sent in by the following:—

Loeffund's Mustard Leaves (prepared specially for Sinapisms from the finest seed only. The most efficacious and reliable form of mustard-plaster. Clean, quick, portable. Tins of 10, 1s. 6d. Special quotations for larger sizes, containing 50, 100, and 200 leaves each. R. Baelz and Co., 14-20, St. Mary Axe, E.C.

NOTICE.—Messrs. Baelz and Co. respectfully invite correspondence from the members of the Nursing profession, to whom they will be happy to forward full particulars of Messrs. Loeffund and Co.'s products, and quote special terms in such cases as may be found conducive to a thorough and practical test of these "excellent preparations." 14-20, St. Mary Axe, E.C.

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