

censure, and is often the cause of much suffering to the infant.

We have seen how to avoid or minimise the misery of chafing. How shall we treat it? The first point is always to wipe the parts *dry* with a soft clean towel, and then, and *only* then, to powder them; remember powder is no substitute for wiping. I have told you in a previous paper what powder to use, and why we use it, so need not repeat the instructions; but these are preventive measures. As *remedies*, two things were much relied upon in past days, and to a large extent used now—Fuller's earth and cold cream. With respect to the former, it is better bought in the rough and prepared at home; get a good-sized lump of the earth, taking care to see it is as clean as possible, dip it in cold water, place it on a large plate, put into the oven and let it dry gradually. You then take it out, crumble it up with your hands, or roll it out with a rolling-pin till it is quite smooth, then sift through a piece of muslin, and put into a clean pot ready for use; it is put on wet, and allowed to dry on the parts. I have no great opinion of this primitive preparation, and neither use nor recommend it, as in my judgment modern times have brought us better remedies.

The latter—cold cream—was for years a favourite emollient, and this also can be home-made, and still finds favour with many mothers and Nurses. There are many ways of making cold cream: Amongst others, the following recipe may interest my younger readers, as it enjoyed a wide reputation amongst the writer's patients in early days of practice, and finds favour still in certain by no means obscure quarters: Take six ounces of the very best lard, put it into a basin of cold water, cover it over with a plate, and put it into the oven until the water boils, and the lard is completely melted. Take the basin out of the oven, and put it aside in a cool place until the following day. You then find the lard in a cake on the top of the water. Remove it carefully, and turn it upside down, when you may see a little brown sediment on the under-side of the cake, which you carefully scrape off with a sharp knife and throw aside. The reason for what we have done is to get all the *salt* out of the lard and also grit. We now put it into a clean pot (a jam-pot does the best), and stand the pot into a saucepan of cold water, and place it on the fire. As the water gets hot, the lard melts, and we add to it ten ounces of the best white wax, shredded very fine.

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When the two fats have completely melted up, we take the pot out of the saucepan, and, as the mixture cools down, we *continually stir it round and pour in gradually* two or three ounces of the very best French rose-water. As the mass cools down and consolidates, it becomes beautifully white, fragrant, and pure, and you can put it into an ordinary cold-cream pot for use, and store the rest in the larger pot. This simple preparation is cooling, wholesome, and perfectly harmless.

The modern substitute for the older emollient is our universal vaseline, which possesses one great advantage over all other unguents, inasmuch as it is *not* a fat, and therefore does not undergo change by keeping and become rancid, as all other ointments do; and one merit of our homely preparation I have just told you about was, that we always made it fresh for use, and did not allow it to become rancid. For my own use professionally I always added carbolic acid to it, and, by this precaution, kept it sweet for a length of time; but now we carbolate our vaseline instead, until we give ourselves over to corrosive sublimate, that aforesaid potent vermicide. There is nothing more useful in our portion of work as regards our infant than vaseline. Preferably I use the white or purified vaseline, one of the most delicate emollients of modern days. The brown is good and far cheaper; but whether you use white or brown, get the *best*—*i.e.*, the Chesebrough Co.'s.

As well as an emollient, we require a powder for infant use, and in a previous paper I have told you what powder is best; but, in cases of genital chafing, simple starch powder will not always suffice. Some Nurses, as you know, mix oxide of zinc with powdered starch in the proportion of two to one; but I have recently used a preparation that I prefer to this routine mixture. The manufacturing chemist of whom I get it calls in Pulv. Zinci Oleas 'Co., the proportion of the astringent being five per cent., and I find all the effective without any of the oftentimes irritating effects of the oxide of zinc. I always use it for genital chafing, especially in male infants, in conjunction with vaseline, which should be plentifully used whenever the infant is changed—the oxide of zinc—night and morning. As I have said before, chafing of the genitals and buttocks may be caused by an irritating condition of the urine or blood, and this may require a little simple medication. In breast-fed infants, the mother's milk may be at fault, and this may be due to constitutional causes or injudicious diet; and, as

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