

This little garment consists of two parts (body and skirt), the latter being mostly made of jaconet or Indian muslin, profusely adorned down the front with lace and embroidery, and, as a rule, has far too much starch in it, especially amongst our artisan classes, where the most harm comes from the robe. The bodies are bought separately, and are always trimmed with insertion and embroidery; some are cheap and some are dear, but all are the *same in make*—that is, excessively *low in the neck and short in the sleeve*, and this is where the evil comes in; and to still further intensify it, in thousands of instances, in past years, and far too frequently *now*, this senseless garment is provided for us for baby's *first* dressing, and we are desired to tie up the sleeves with ribbon, baring the axilla and exposing the chest-walls to the air! Could the force of maternal folly any farther go?

I have recently said a few words upon brain care; let us now give a little attention to *chest* care. We know that in early infancy the heart-beats are extremely frequent, the pulmonary circuit short, the respiration rapid, and this constant oxidation of the blood gives rise to great heat, and hence the chest and chest-walls should from *birth* be carefully protected from cold, and how can we do this if we constantly expose them to the air? Very often these half-clothed infants have an *outer* wrap, in the way of a heavy shawl, which oppresses rather than comforts, and being frequently and carelessly taken off, the infant contracts a chill, leading to infantile bronchitis and ending in congestion of the lungs; and thus thousands of frail little lives are cut short within the brief space of a month of their existence. And, not only the respiratory, but the digestive organs may suffer from this misjudged clothing, and an eminent French physician gave it as his opinion that the "thrush" of early infancy, beginning at the tongue, extending to the gullet, stomach, and intestinal tube, might be brought about by careless exposure to cold; and we all know that this ailment is far more common amongst neglected than well-tended infants. In my earlier papers I dwelt minutely upon the clothing of the newly-born.

Assuming that Nurse has to put baby's robe on to him for some festive occasion or other, he should be protected from cold by placing a soft Shetland wool shawl *lightly* over the neck, shoulders, and arms, so as in no wise to oppress or overheat the babe.

(To be continued.)

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Post-Card Examination.

WE are pleased to announce that in the *thirty-fourth* of this series of examination questions—

"What are Arteries?"

Miss EMILY SANDERSON, M.R.B.N.A., whose card we reproduce, has secured the prize of a book or books of the value of five shillings:—

Emily Sanderson, M.R.B.N.A.
5, Harrow Rd.
Hove, Brighton.
What are Arteries?
Arteries (from Gr. *arteria*, air, & *teres*, hard) are the blood vessels by which the blood is carried out from the heart, & distributed to the lungs & to the rest of the system. The larger part of the blood they contain consists of pure, oxygenated, scarlet blood for nourishing & vivifying the general tissues of the system. The pulmonary arteries contain venous (dark-coloured blood) which they convey to & distribute through the vessels of the lungs, for the purpose of purification—they communicate into a large vessel called the aorta. The chief arteries are the aorta, the innominate, the subclavian, the brachial, the ulnar, the radial, the palmar & the digital; the iliac (external & internal), the femoral (which supply blood to the lower limbs); the mesenteric & renal; the coeliac axis, which gives off the gastric, hepatic, & splenic arteries. The walls of all but the smallest arteries consist of three coats—an internal or epithelial, a middle or contractile & an external or areolar coat.
I am a subscriber
Feb 18th /92.

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