

perishes from the want of animal heat, the blood is not sufficiently oxygenated—and from this cause, premature infants die, and, at times, full term but *very* feeble infants, from sheer debility. There is nothing to be done in these cases; the usual symptoms are coldness of the body, especially about the head a dark reddish hue of the skin, in premature infants, and a peculiar stiffness about the lower extremities; under ordinary circumstances our baby's limbs are soft, warm, and flexible, here they are cold, hard, and almost rigid. There is a shrill plaintive feeble cry emitted, with every breath from birth until the end of life—quite diagnostic of the disease—very little food can be swallowed, the infant is too feeble to suck, and what little nourishment we administer must be given by a spoon.

Cyanosis, so called from the blue colour of the skin, is an affection of the newly-born, due to the imperfect closure of the Eustachian valve that guards the *foramen ovale*, an aperture of communication between the right and left auricles of the foetal heart. During intra-uterine life, the colour of the skin is a dusky purple, as we know when an arm or foot protrudes from the vagina if *the fetus is living*. When death has taken place, the colour of the skin is a dead white, perfectly ex-sanguined. The reason of the cyanosis here, is caused by the fact that the blood of the foetus is oxygenated *outside* the body, in the placental structure, that lies midway as it were between the maternal and foetal circulating systems—during intra-uterine life, there is no *pulmonary circulation*, and it is only at the time of birth that the blood is sent to the lungs to be arterialised. Now in the singular condition (cyanosis) we are discussing, the *whole* of the blood is *not* oxygenated, as a portion of the venous blood in the *right* auricle finds its way into the *left* auricle, and hence is not sent to the lungs for arterialisation, and imparts its purple hue to the skin. This rare complication is not invariably fatal, and it may be continued on to adult life, but, as far as my experience goes, the death of the infant, as a rule, speedily takes place. In one of my early papers I touched upon the foetal circulation, and refer my Nursing readers to it, in order that they may fully understand the cause of this interesting infantile affection. There is nothing to be done in these cases: intense coldness of the skin is a symptom, as much as the lividity—death comes on from suffocation, the infant cannot breathe in enough air to the lungs to support life, *i.e.*, to decarbonize the impure venous blood sent to the right ventricle on its return circuit from the system.

(To be continued.)

Palatable Fat is most conveniently taken and digested in the form of Loefflund's Malt and Cod Liver Oil. The latter is tasteless and exceedingly pleasant. By far the best flesh-former, and very suitable for children. Sold by Chemists or apply—Loefflund, 14, St. Mary Axe, E.C.

Tasty Tit-Bits and Dishes Dainty, FOR INVALIDS AND CONVALESCENTS.

Compiled specially for "The Nursing Record"

BY

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Breakfast for Everybody.



MIX gradually three tablespoonfuls of *Keen and Robinson's Patent Groats*, into a *smooth* paste, with part of a pint of water, boil the remainder of the water, and pour therein the mixed groats, add a little salt and boil for 20 minutes. Turn out into a mould or breakfast cup, which reverse upon a plate and serve. New milk, cold, to

be added at discretion.

N.B.—It is essentially necessary that the vessel in which these articles are made, should be *well* scalded and *perfectly* clean. They should be stirred whilst boiling, with a wooden or silver spoon.

Conserve d'Epice, or Spacha.

SHELL and peel 25 walnuts, 1lb. of Groundnuts (these can be bought at any greengrocer's and are known to some people by the name of "Monkey nuts") a few cobnuts, and some sweet almonds, pound them in a mortar, but not too finely; put 1½lbs. of coarse brown sugar in a saucepan with a breakfastcupful of water, let it boil, then strain through muslin, return it to the saucepan with the nuts and one teaspoonful each of *Keen and Robinson's* ground cloves, cinnamon, ginger, mace, nutmeg, and mixed spice, some black pepper, not quite so much of the allspice as of the others, mix all well together. Boil for half-an-hour, stirring constantly, thicken it slightly with a couple of luncheon biscuits finely pounded, boil for another 15 minutes, then with a spoon put the mixture into custard glasses, and sprinkle a little ground cinnamon on the top of each glass. To be eaten cold. When strawberries and raspberries are in season they should be served with this dish.

Baked Custard with Nutmeg and Fruit.

TAKE one quart of new milk, and beat eight eggs and the whites of four with some caster sugar, and *Keen and Robinson's ground nutmeg* in it. Bake in a cool oven. Serve with cherries or raspberries and currants or with blackberries when these are out of season.

Ginger Pudding.

FOUR ounces flour, 4ozs. suet, one tablespoonful of treacle, two teaspoonfuls of *Keen and Robinson's ground ginger*, one teacupful of milk, boil three hours, sift castor sugar over it. Enough for a pint mould.

De Jong's Cocoa.—"The British Medical Journal" says, "De Jong's pure soluble Cocoa is a most excellent preparation. In flavour, solubility, purity, and strength it would be exceedingly difficult to surpass it."

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