

she miscalculated her distance, and was knocked down, baby in her arms, by a cart driven at headlong speed, and escaped, and only just escaped, a very serious accident. Her mother managed to break her fall a bit, and help was soon forthcoming to raise her daughter up and lead her home. She was dreadfully frightened, but more concerned for her infant than herself, and as he cried she put him at once to her breast. Soon after she turned faint, and her mother came round to me (we were all neighbours) to ask if I would come and see her daughter. I went at once and heard all about the trouble. My ex-patient looked pale and perturbed, but had recovered from her faintness somewhat. I gave her a simple restorative, and when she came more to herself, left her to the consolation of her friends. I confess I had not a moment's concern about the baby; he was lying asleep in his cradle when I was there. The next morning, I called at the house to make enquiries, was told that baby had been very sick in the night and purging had begun. He looked very ill, and I sent for a doctor to see him, and he was told the facts of the case. He sent some medicine, but did *not order the infant from the breast*. The diarrhoea became worse, nothing stopped it, and the poor little patient died from exhaustion rather over twenty-four hours after the fright to his mother. A careful examination was made of the body, but not the slightest external injury was discernible.

Experientia docet, and the lesson we learn from this simple but mournful history is that whenever a Nursing mother is under the influence of powerful and *depressing* emotions, the infant should be temporarily taken from the breast, the *milk drawn off*, and no further attempts at suckling made until the mother has calmed down, and partaken of *nourishing food*. For the want of this wise precaution an infant's life may be sacrificed, and in the case I have just brought before the notice of my readers, these measures were *not* thought of nor taken. Apart from these serious possibilities, everyone engaged in practical Midwifery or Midwifery Nursing must have observed how much *minor* causes affect the breast milk, and hence the infant, injuriously; rage or anxiety will often check the secretion of milk; the flow is scanty and deteriorated, and it will give rise to "griping" pains in the infant. Now it is the influence of the emotions over the mammary secretion that lends a peril to breast feeding—otherwise the most perfect form of alimentation for the infant—and in my judgment it is one that should ever be borne in mind by *Mothers* as well as those who tend them.

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Tasty Tit-Bits and Dishes Dainty,

FOR INVALIDS AND CONVALESCENTS.

Compiled specially for "The Nursing Record"

BY

LADY CONSTANCE HOWARD.

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Potage Bortsch, or Polish Soup.

TAKE two moderately-sized beetroots, wash well and put them in a quart of cold water. Set them to boil until they are quite soft and tender, then remove them, and chop them up very finely and return to the saucepan. Have ready a little vinegar and sugar mixed, which pour into the soup, the quantity of vinegar and sugar depends upon individual taste, but it should not be too acid. Beat up well in the tureen the yolks of four eggs, then stir in the soup gradually—not too hot or it will curdle. It is then ready for use.

Soupe aux Choux à la Marmite.

USE a deep iron or earthenware pot for this soup. There is a shop in Shaftesbury Avenue where the real *marmite* in all sizes can be bought. This soup is the genuine "Soupe aux Choux" so popular in France. Put into the *marmite* a pound or so of smoked bacon, a large sausage, and a piece of beef or breast of mutton; this last some people think the best. Add cold water, and when it boils, skim. Then take a cabbage, cut it into good sized pieces, and put it into the *marmite* with one onion, a bit of garlic, and a small bunch of parsley tied up with a sprig of thyme and a laurel-leaf. When it is cooked, put the soup, which you will find excellent, into the tureen with bread, and serve the meat and cabbage to be eaten together afterwards.

Fish Soup.

CLEAN and wash 3lbs. of any white fish, free it from bones, and cut it into small pieces, lay it in a saucepan with some slices of onion, a little celery, a cut-up carrot, some bread crumbs, salt, ground white pepper, two cloves, $\frac{1}{4}$ lb. fresh butter, and, if liked, a little grated nutmeg. Let it steam until it looks of a darkish yellow colour, then fill up the saucepan with water, and boil gently for two hours, strain through a colander, add a small lump of butter, let it boil up once more, stirring it well. Serve with *croûtons*.

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