

We all know that a plant grown under the rays of the sun, grows to its normal size, while a plant which does not get the direct rays of the sun on it remains stunted, and has chlorophyll in its leaves. This is also true of human bodies and they too need the rays of the sun on them, for a normal healthy development; it helps to generate vitamin D in the body. Sunshine is the enemy of disease and it helps to keep the atmosphere sweet and clean, which would otherwise be foul and laden with germs. We in India have a great advantage over those in the West in having bright sunshine for the greater part of the year. What our conditions would have been without it, is difficult to imagine.

The expectant mother should lead a quiet healthy life. What is a quiet life? Not the avoidance of the usual household duties but keeping aloof from a mode of living likely to create excitement and tax the nervous system. The expectant mother should perform her household duties which gives her a sort of light exercise, as it is very essential during this period. Lifting of heavy weights should be avoided, for this is positively harmful. Under no circumstances should the woman tire herself. Lifting of even light weights above the level of the head, should be avoided. Walking is the best form of exercise for a pregnant woman, as it tones the muscles, stimulates the entire system, generates appetite and promotes the removal of waste matter from the body.

(To be continued).

THE MOTHERCRAFT SECTION

Articles for this section will be welcomed by the Editor,
Miss Diana Hartley

The Premature Infant

Premature babies are those born after the 28th week, when the child is considered viable and before the fortieth week or full term.

At Birth they are small and lack the vigour of the normal infant, they usually move very little, their limbs are puny, faces wizened, heads and abdomens large in proportion to their size, their skins are red and wrinkled because of the lack of sub-cutaneous fat, their nails do not reach to their finger tips, their veins are prominent, sutures wide, cries feeble, they often cannot suck and they are less than nineteen inches long.

Any baby weighing less than five pounds should be treated as premature to give satisfactory results. The smallest known was fourteen ounces in England and $1\frac{3}{4}$ lbs. in New Zealand.

Premature babies are difficult to rear, because of their lack of vitality, inability to digest food and difficulty in maintaining body temperature. Their organs and tissues are not ready to carry on their functions outside the uterus and want of fat makes them very susceptible to cold. But the trouble taken over them is well worth while, for they grow into normal healthy children, and they should be treated as normal babies, directly they are normal in weight.

Treatment

Three points to remember

1. To maintain and regulate body heat.
2. To prevent infection.
3. Food.

1. Means of maintaining heat

Small bodies have a greater surface area, in proportion to their mass than large bodies. The loss of heat is therefore relatively greater in proportion to the weight in small, than in large bodies.

It is most important that the treatment should be begun from the moment of birth. The cotton wool and cradle should be ready and put into a warm place and the baby should not be oiled or have its cord attended to for at least six hours, when it should be quickly weighed and oiled, etc., in front of a fire if the weather is cold.

The clothing should consist of wool and gamgee, and light flannel or nuns veiling garments, and the head should be covered with a cap or some cotton wool.

Some hospitals keep sets of little gamgee garments ready, i.e. coats and bonnets of gamgee tissue which has been split in half and lined with gauze to make it less cumbersome.

In cold weather the room should be kept at 75°F. while the baby is being oiled, and if it is very small it should be kept at 70°F., the temperature can be lowered as the baby's own temperature becomes more stable, and they should have plenty of fresh cool air to breathe.

The cradle should be lined with porous brown paper and a blanket at the top, and there should be three hot water bottles unless the weather is very hot, one at 180°F. at the foot and two at 160°F. at the sides. They should be changed hourly at first and then arranged according to the temperature of the Baby.

The baby's position should be gently changed before each feed, freedom of movement should be allowed as the baby gets on, and gentle rubbing of the limbs may be advisable if there is little natural movement.

2. Food

Amount and frequency depends upon the age, size and digestive capacity of the baby. It is sometimes necessary to feed the baby $2\frac{1}{2}$ hourly, but 3 hourly day and night is usually found to be sufficient, as the stomach has more time to get emptied and there is less handling.

Premature babies need a certain amount of fluid, the daily ingestion of liquid is estimated at about $\frac{1}{3}$ of the body weight. Breast milk is almost essential for the most delicate babies.

Overfeeding should be carefully avoided, it is very easy to upset a premature baby's digestion so that it takes a long time to remedy it, and it is easy to kill it with too much food. Always begin with a very little and find the infant's limit of tolerance, it is easy to increase the amount. To begin with give 3-4 ounces a day plus added water, use a pipette and gradually increase the amounts carefully watching the motions, vomits, wind etc.

If the baby is very weak, or subject to cyanotic attacks, or has a sub-normal temperature it should be fed in its cradle and no attempt should be made to put it to the breast. Always start gradually with one daily feed, if there is no ill effect twice and so on.

The milk must be regularly expressed, the breasts emptied at three or four hourly intervals, and routine massage and sponging treatment should be given, as the baby's sucking is not sufficient to stimulate the glands.

The baby should be given complementary food in a bottle as soon as the sucking movement begins.

Artificial feeding is extremely difficult, no gain in the baby's weight should be expected for the first three weeks and it is essential to go very slowly.

(a) Diluted peptonized milk mixture about one in four should be given, or

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Physiological tests show that Horlick's is easily digested, readily absorbed and well utilised. It provides protein in the proportion found in average freely chosen dietaries: and its carbohydrates—lactose, maltose and dextrin—have a high degree of assimilation. It contains no starch or cane sugar.

Horlick's proves a beneficial adjunct to the diet during pregnancy and lactation, and is recommended whenever the digestive functions are impaired. As a food for children it will be found especially valuable for those who are unable to tolerate fatty foods or who suffer from faulty fat metabolism—the nervous child, those who are constipated, debilitated or liable to so-called attacks of biliousness.



HORLICK'S

THE ORIGINAL MALTED MILK

Available Everywhere

(b) Whey only, to which a little diluted boiled milk should be added gradually.

(c) Weak modified Ideal milk.

The recipes and rule in the Mothercraft Leaflets No. II and No. III should be consulted for these recipes, they should be given half strength at first and the water gradually decreased according to the tolerance of the baby.

When the baby is making good progress gradually begin to treat it normally, put it out on the verandah, first leave off the cap, then the gamgee coat which should be replaced with two vests to begin with, and gradually remove the hot bottles, brown paper and blanket head piece.

The infant should be oiled at first, then washed on the knee once a week, then on alternate days and finally baths should be started gradually.

THE QUIET HOUR

The Vision of a Nurse

Come with me, Spirit of Youth! Leave for a time your books with their dreams of glories past; leave for a moment your games and the wild free plays that are your radiant shield. Come with me to the mountain top, that I may show you such a vision of active service as only Youth has power to look upon.

Let me put my arm about you. See I am Strength, the foundation of your dream of success; I am Courage, the stuff out of which you have woven your dreams; I am Poise and Self-mastery, the most shining qualities to which you aspire; I am Love and Tenderness, the crowning glories of your shyest hopes; I am Knowledge and Skill, Honour and Constancy, the first requisites of the woman you wish to become; but more than all these—nay, because I am all these—I am the Spirit of Service, for I am the Trained Nurse. Under my banner, Spirit of Youth, you may realize your dearest dreams.

Behold, below us is the city. Under my leadership you may go where there is squalor and ignorance, and leave order and light. There are the mothers who help to guide our race; then you may teach and inspire to fill the homes of this wide land with content and well-being. Can you not hear the cries of little children borne upon the breeze from the valley? You may hush those cries, and give the great gift of health that will insure the steady march of all mankind toward Truth. Yonder lie the schools. You may go into them to preserve the treasure of clean minds in clean bodies, that will lead others to see visions like yours. Do not tremble, I am close beside you. When you have become as I am, you will have power to relieve the suffering you see there, and men will rise up and call you blessed.

Beyond lie the farms and distant villages. Those who are dulled with labour and longing for change and merriment will welcome you, for your gifts are for both body and soul. And the far blue hills—ah, Spirit of Youth, on the other side of those are the Mission fields. If following in my footsteps should take you there you may be a pioneer in the upbuilding of nations, you may bend every energy to raising towers of defence in plague-haunted lands against the dragons of fever and filth.

To you, Spirit of Youth, I the Trained Nurse, give this vision. Cherish it; and when the days of your preparation are complete, we will go forth to fulfil old hopes and give substance to new dreams. To us it is given to build for the people of the world the happiness which is health.