

Light refreshments were then passed around, after which, Matron distributed the prizes. A prize was awarded for each of the previously competed games, viz. Ludo, pingpong, snakes and ladders, and caroms. Three prizes for musical chairs, and three, including the booby prize for Whist Drive, the latter of course was presented to Nurse Trindade.

Tennis was postponed until after a short spell of rainy weather. The winner was Nurse E. Prazer.

I am sure that every student nurse will agree with me when I say, that all credit is due to our acting Matron Superintendent Sister King, who did her level best to make the evening a real success.

On behalf of all the student nurses I'll end by saying 'Three cheers for Sister King' and a very hearty 'Thank you.'

THE MOTHERCRAFT SECTION

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

HOW TO NURSE A BABY

Dr. E. DENNSEN ROSENTHAL.

Though there seems nothing simpler and more natural than nursing a baby, I have heard so many extraordinary views about it, that I think it necessary to recall into memory some important facts for advising the mothers.

1. *Mother's milk is the natural and therefore the most valuable food for every child.*—I saw mothers who could have nursed their babies, giving patent food to them, being of the opinion that this expensive food would be more valuable for their little ones.

(a) *No patent food can replace mother's milk.*—The next to mother's milk is the milk of a healthy wet nurse.

(b) *There are very few diseases with the mother that should prevent her from nursing the baby.*—The only one preventing her in any case is tuberculosis. In all other cases she should consult a doctor about being allowed to nurse her baby.

2. *A baby should be put to the mother's breast on the very first day* after 6 to 12 hours rest after confinement for mother and baby. The sucking of the baby will make the breasts begin to work quicker in producing milk. Many a mother says she cannot nurse her baby because her milk is not good. She should realise that the watery juice which can be drawn out of the breast some hours after confinement is very valuable for the baby containing a natural tonic and a purgative to clean the baby's little stomach, before real milk can be digested.

3. *Giving Castor Oil to a new born babe is not at all beneficial,* let it have the natural purgative contained in the mother's milk.

4. *No other food than mother's milk should be given to the healthy newly born baby.*—The baby has been so well fed in the mother's womb that it can easily remain without or with very little food for two or three days. It only needs fluid, therefore a little well boiled water should be given to the baby in case the mother's milk does not come quickly.

5. *The hours of Nursing should be regular.*—A healthy baby needs not more than six feeds in the day, and no feeds in the night. The little stomach

A LIGHT DIET?

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Horlick's allows of variety. It may be given plain or chocolate flavoured; it is equally delicious hot or cold; and may be mixed with water, milk, or milk and water, according to the clinical requirements.

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Available Everywhere

needs a perfect rest in the night as well as the stomachs of grown-up people do. Nurse your baby at 6 a.m., 9 a.m., 12 noon, 3 p.m., 6 p.m., and 9 p.m., and let him have a rest from 9 p.m. to 6 a.m. In case he cries very much in the night, let him have a little well boiled warm water until he is accustomed to the night's rest.

6. *Do not nurse the baby too long at each feed.*—Investigations have been made that the baby takes in most of the mother's milk in the first five minutes of nursing, so 10 minutes could be enough, 15 minutes are ample and 20 minutes the utmost time you should allow for baby to suck.

7. *The mother's nipple shall not play the role of a comforter for the baby.*—This is equally bad for the education of the Child as for the mother whose nipples may become cracked and sore.

8. *After five minutes nursing lift the baby,* and pat him on the back *and let him have a little rest,* before going on with feeding. This will help him much in digesting his food, especially if he is a greedy drinker. It will also prevent him from vomiting and from suffering from winds.

9. *The mother must be comfortably seated whilst nursing the baby.*—This does not apply to Indian mothers whose position in nursing may be called ideal, but to European mothers who often complain of great discomfort in nursing and even give up nursing on account of unsupportable backache. This can be cured when they are comfortably seated in a low chair, and have a support for arms and legs whilst they are nursing the baby.

10. *If possible only one breast alternatively should be given at each feed.*—Only the first days of life may be an exception, for the sucking of the baby will help to bring forward the milk secretion. If the baby is very weak and the milk production poor both breasts may be given for some time, but the breast which is given first must be entirely emptied either by the sucking baby or afterwards by a breast pump. If the breast is not emptied inflammation of the breast may occur. Emptying the breast entirely is also the best method for increasing milk production.

11. *The nursing mother can increase her milk not only by feeds* (those containing malt are the most valuable). But also by taking sufficient other good and light food. The intake of greens (sappoo) and fruits are very good for increasing the milk. She should also take sufficient fluid, be it water or fruit juice, be it milk or buttermilk, or ragi congee with milk.

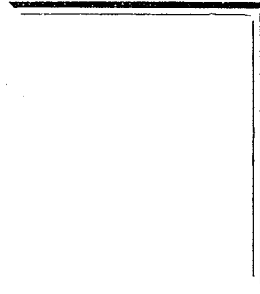
A healthy life with plenty of open air, exercise, sufficient rest, simple nourishing food, as little worries as possible, will improve the health of the nursing mother and through her the health of the baby.

12. *The return of the monthly period is no contra indication* to go on nursing the baby; but a new pregnancy is.

13. *The young mother can prepare her breasts for the future task already during pregnancy.* The nipples should be washed with cold water every day and after this dried with a clean rough towel. This will help to harden them and protect them from getting sore afterwards.

14. *Also during the period of nursing the nipples want good care;* they should be washed before and after nursing with boric lotion or clean boiled water, and dried with a clean soft towel. If there is a tendency that they get sore the nurse may advise the mother to apply a soft ointment, after nursing, like Lanolin, Cocoa Butter, Unguentine carbolated Vaseline. A good preventive tonic for the nipples is also a 10% lotion of Tannic acid in Glycerine, or Glycerine and Alcohol 70% in equal quantities. This is to be applied after nursing. After application put a soft clean piece of linen over each nipple.

15. *Do not nurse a Baby for more than 9 months,* this is not beneficial for the mother and harmful to the baby. Though the mother's milk is



During the Monsoon Months

THE monsoon months are exceedingly treacherous for babies. Their little bodies have to contend with alternate spells of hot sticky weather and cool damp breezes and their power of resistance against chills and stomach disorders are not as great as in adults.

Your baby will never be troubled by the ailments of childhood during this difficult period—his health,

strength and vitality are assured if he is fed constantly on Glaxo.

Glaxo is the safest of all foods for baby during the Monsoon months—he grows strong and happy—and a happy and contented baby is never a sick one.

Give your baby his heritage of health and save yourself endless worry and trouble.



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the very best food for the baby it does not contain sufficient mineral salts (especially Calcium and Iron) and vitamins for the baby after a certain age. If they are lacking nature will take them to a certain amount out of the mother's tissue and will deprive her of them—the mother's teeth, deprived of calcium will grow bad, her bones deprived of Calcium will become weak, her blood deprived of Iron will become anæmic and in spite of this harm to the mother the supply of these substances in the milk will not be sufficient to build up baby's tissues properly. About additional food for the baby and weaning, another leaflet will give instruction.

ORGANISER.

THE QUIET HOUR

The Heart of a Nurse

BY MILDRED E. JACKSON

Dear God, I've thought I'd like to be a poet ;
There're warm, soft, tender thoughts down in my heart,
But somehow, I can't write them out on paper.
I'll try to make them of my work a part.

I'll cool the fevered brow and smooth the pillow,
I'll raise the shade to let the sunshine through,
I'll bring in flowers and little cheery stories,
To make my service beautiful for you.

But these things, Lord, the vig'lant watch, and faithful,
When Death's door stands ajar and life ebbs low ;
The cry of pain from lips of little children—
We suffer then, do others care or know ?

And there's a thrill which only we may cherish,—
Laying the first-born at the mother's side,
Placing him gently in the father's glad arms,
Watching the face that lights with rapturous pride.

I wish that I might make a poem of these things ;
Perhaps 'twould help the other folks to see
A nurse's heart ; but, Lord, I'll live my poems
Here in the words where they'll be read by Thee.

READER

There are probably no pathological conditions which play a greater rôle in every day life than do those generally referred to as 'Rheumatic Affections'.

Muscular Rheumatism, Sciatica, Lumbago, Neuritis, Arthritis, are the cause of a tremendous amount of disability in all classes of society.

Such conditions require heat as part of the routine treatment, and there is no better way of applying it locally than through the medium of Antiphlogistine, which maintains its heat and may be left applied for hours.

Antiphlogistine helps to resolve the inflammatory deposits, to reduce congestion in the deeper parts, to ease the pain and to improve the range of movement.