the child's abdomen. In a case of surgical shock, except in a newly-
born child who has never breathed, the cessation of respiration means death,
and even in the newly-born child it must be treated very quickly.

Condition of Shock. Now, how can we relieve the condition of shock
in order that we may get some response from the baby and that the trachea
may open up? Unless there is cerebral hemorrhage, it is possible usually to
relieve the shock and the child will then recover. First of all, carefully clear
the air passages. In ordinary cases we swab out the child's mouth, but if the
baby is shocked, clear out the pharynx by means of an aspirator—use a
catheter with a long piece of soft rubber tubing attached. Pass this piece of
soft rubber to the back of the baby's throat. The tongue will tend to drop
backwards, and it will then obstruct the air passage, so hold it forward
and fasten it, if necessary, with a safety pin. If you feel you must do
something to induce respiration, the good old method advocated in the Bible
of breathing life into the child with your own breath is as good as any.
But personally I feel that if a baby cannot open up its own trachea when the
air passages have been cleared it stands a very poor chance of survival.

It is very important to place a shocked baby in a warm place. Separate
it quickly from the mother, clear the air passages, and put the child in a
warm cot with its head slightly lower than its heels. Hot-water bottles
and the radiant heat of a fire are the best forms to apply. Let the nurse sit
on a stool in front of the fire with the baby wrapped up on her lap. That is
as good a way of warming a baby as any.

Personally, I do not believe in putting the baby in a hot bath, since its
head will then be higher than its heels, and this is wrong in case of shock.
The hot-water bottle is a very good means of providing heat; it is of no use
to cover the child in a number of clothes and blankets, since a newborn baby
has very little heat in it to retain, and it needs the artificial heat from outside
to warm it.

A Good Substitute

Carbon Dioxide. 'The case was in the depths of the country. The
patient proved to have a funnel pelvis and had a very bad forceps delivery.
The baby's head was severely crushed, a case of white asphyxia. We had
no Carbon Dioxide apparatus, and for a few moments we felt nothing would
make him breathe, then we remembered the soda water syphon. We turned
it upside down, let off the first lot of water, pressed the lever again and held
it bubbling under the baby's nose. In a moment he took a deep breath,
changed colour and all was well.'

Midwives, please send us accounts of cases and resourceful dodges
for use in emergencies.

THE MOTHERCRAFT PAGE

Treatment For Constipation

1. Regular Habits. Hold the baby out regularly.
2. Extra Water. Give the baby 1 to 4 oz. of warm boiled water an
hour before the evening feed. Start with 1 oz. at 2 months old, increasing to
4 oz. at a year.
3. Prune Juice. For a baby under 3 months give 1 to 3 teaspoons in
the day.
4. Prune, Spinach or Lettuce Puree. Not to be given before 3
months old. Give 1 to 3 teaspoons under 6 months. Give 1 to 6 teaspoons
over 6 months.
5. Massage. Rub stomach with a circular movement, starting at the
right groin, straight up to the ribs across stomach under ribs, down left side
to left groin. Do this for 5 minutes, twice daily.
IN ALL CLIMATES...

HORLICK'S
KEEPS
INDEFINITELY

HORLICK'S is a combination of fresh, whole milk and the soluble nutritive extracts of malted barley and wheat dried together in vacuo. It is a food which contains an excellent proportion of first-class protein, a relatively low fat content, and the readily utilized carbohydrates, lactose, maltose and dextrin.

Its palatability, its ease of digestion and ready assimilation make it acceptable in all conditions.

HORLICK'S
THE ORIGINAL Malted MILK
Available Everywhere
6. **Local Stimulation.** Never use glycerine suppositories. Use either:
   
   (a) No. 12 rubber catheter;
   
   (b) Enema bulb nozzle;
   
   (c) Soap stick made of castile soap (but only in cases of great emergency). Dip these in olive oil or vaseline and pass in about 2 in. up the bowel, moving it round and round.

7. **Enema.** Never use soap and water. Use —
   
   (a) 2 oz. enema bulb;
   
   (b) Salt and water: 1 teaspoon salt to 1 pint water at blood heat. Give 2 to 4 oz. of salt and water according to size and age of child.

8. **Dinneford’s Fluid Magnesia.** Dose 1 to 3 teaspoons under 3 months; 1 to 6 teaspoons over 3 months. If breast-fed, give before feeds; if artificially fed, ½ to 1 oz. magnesia in whole day’s food and take out same quantity of lime water.

9. **Paraffin.** Dose 1 to 3 teaspoons in 24 hours. Can be given instead of or in addition to Dinneford’s Magnesia if baby is very constipated.
   
   A. If breast-fed, mother must see that she is not constipated herself;
   
   B. Do not give local stimulation or enema unless baby’s bowels have not acted for 36 hours.
   
   C. NEVER GIVE CASTOR OIL.

   **To make Spinach or Lettuce Puree.** Wash Spinach or Lettuce. Put in saucepan with a table-spoon of water. Boil 10 to 15 minutes, strain and rub through wire sieve.

   **Prune Pulp.** Soak prunes 12 hours in cold water. Stew in saucepan until tender. Strain. Juice equals prune juice. Rub prunes through sieve for prune pulp.

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**THE QUIET HOUR**

**Looking Over Discouragement**

One day John Wesley was walking with a troubled man who expressed his doubt as to the goodness of God. He said, I do not know what I shall do with all my worries and troubles.

At that moment Wesley saw a cow looking over a stone wall. ‘Do you know,’ asked Wesley, ‘why that cow is looking over the wall?’

‘No,’ said the worried man.

‘The cow is looking over the wall because she cannot see through it. That is what you must do with your wall of trouble—look over it and beyond it,’ said Wesley.

It will help us when we feel much perplexed and apt to distrust the justice of God, to remember that it is impossible for God to do anything but the very best in every circumstance. He knows the past, present and future and we may be sure that if we were in His place we would do exactly as He.

To the child of God comes His own promise that ‘all things work together for good to them that love God.’ How often He must be grieved that we do not trust Him, when our troubles come! Let us, like the cow who could not see through her stone wall, look over and above to Him, who never makes mistakes but doeth all things well. We need these very troubles to strengthen our character and increase our faith for the greater problems of life. A child in school may not like his examinations but he cannot be trusted with the higher grade without them. Let us view our troubles as tests sent by our Father’s hand to prepare us for some greater work that lies beyond.