

BOOK REVIEWS.

FEEDING AND CARE OF BABY
AND
BABY'S FIRST MONTH.

IN spite of all the numerous books that are published on the one subject there always seems room for the latest. Something has appealed more strongly to this author and something else to that one. At some one time one particular item in the up-bringing of the infant seems in danger of being neglected, or some practice is found to be fearfully reprehensible and must be forthwith denounced in the strongest language. We will leave it to the reviewer of the book of the future to point out what is lacking in those under consideration by discovering it in the then newest:— for the present, these do not indeed appear to be lacking in any essentials. The first named contains instructions, set out in the easiest possible manner to grasp, on everything, from the most approved method of making the baby's bed, to the causes and prevention of deformed limbs and early caries and thoughts on Race Culture. It is obvious that this is a book for nurses and elders rather than the nursery nurse, the latter's wants being entirely supplied by the last-named, indeed rather more. Great emphasis is given in both to the German manner of feeding now so largely adopted by us and other countries, *viz.*, every three hours during the day and not at all at night, a little boiled water being given if the child on waking and being made comfortable, will not sleep. Our own experience of some five years entirely supports this practice, all the babies having been followed up and most of them having been seen a year or more after and were found to have thriven much better than the averages of the old ways: the mother gets a far better chance of producing the necessary nourishment for the infant when less worried with constant feeding, and the child gets used from the first, to taking sufficient for its wants at a time, thus obviating the difficulties of making changes which young things being intensely conservative strongly object to. There is an Appendix for those living in hot climates in the larger of the two. On every count we cannot too strongly recommend all who have the teaching of young nurses and nurse maids, and mothers themselves, to become possessed of a copy of each without delay. (1) is issued by the Society for the Health of Women and Children of N. Z. and published by Macmillan & Co., St. Martin's Street, London. (2) by the Public Health Department, of N. Z. and published by John Mackay, Government Printer, Wellington, N. Z.