RULES AND REGULATIONS

TO BE OBSERVED BY

MOTHERS AND NURSES.

CHAPTER I.

ON THE TREATMENT OF NEW-BORN INFANTS.

BEFORE we attempt to give directions for instructing infants, we must, to the best of our judgment, shew you the means appointed by providence for preserving their lives. Some are born without signs of life; but they should never be given up as lost to the world, until endeavours have failed in restoring animation. In case of such an emergency, you should have ready mixed in a small phial, closely corked, two tea-spoonfuls of olive oil, with ten drops of spirit of hartshorn. Two large pieces of thin blanket or flannel, sufficient to cover the body and limbs of a babe; and five pints of warm water should also be in waiting. If the infant does not cry or move in the usual time after his birth, dip one piece of the woollen cloth in warm water, half wring it, try by holding it firm to your cheek whether the tender skin can bear the heat, and if your face can endure it, you may safely wrap the child in the cloth all over, except his head. Lay him or her on your knee with the face downwards; and supporting the forehead with your hand, so as to allow a free current of air to enter the mouth and nostrils, gently rub the crown and back part of the head with the hartshorn and oil, well shaken together. A quantity of frothy moisture will run from his mouth, and he will utter repeated cries. Softly pat or rub his back to sooth him, but keep him in the same posture till the discharge from his lips shall have ceased. Then dip him over head in warm water. Wrap him in a soft dry linen cloth, cover him with the other piece of dry flannel, and lay him to rest. Observe in using the mixture of oil and hartshorn to put but a very little

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on your hand at once for applying to the crown and back part of the child's head. As much as you can feel when rubbed on your palm will be enough. Anoint the child's head with that small portion till you find it has dried up. Take another and another till he shews signs of sensibility, and then you may desist from applying the essence. It is of the utmost consequence to take care you do not use the water for dipping the flannel, or bathing the child, too hot. Remember his tender skin cannot suffer the heat that would seem to you only milk warm. Diseases in infants are often caused by plunging them in hot water, and by loading them with bed clothes and dress. Their covering should be according to the season, and always light in quality, though sufficient to exclude the cold, but it is safer to keep him too cool than to overheat his delicate body.

It is a common, and not unfrequently a fatal error, to distress a young infant, by taking him up, or at least going close to the cradle where he is enjoying a sweet sleep. But one neighbour after another must see him, and he is fretted and made feverish for want of quiet repose. It should be a rule, never in the least to disturb infants till they awake of their own accord, and then indeed they should be taken up as fast as possible, to give them habits of cleanliness. It would be well both for the mother and child, that no person, whose attendance was not necessary, were admitted to them till after the first fortnight, or longer if they are weakly.

CHAPTER II.

ON THE FOOD OF INFANTS.

THE wisest maxim in treating infants, is to follow the simple dictates of nature; yet some people withhold the food provided for them by unerring providence, and give them wine, spirits, spices, sugar, and many things that the stomach of a puny grown-up man or woman would reject. The first milk a baby can squeeze from his mother's breast, is medicine and nourishment for him, and if she is too ill to bestow it, he would be more safe in allowing him to sleep three or four hours to wait her recovery, than in giving him any aliment. If he seems to crave it, mix two tea-spoonfuls of milk, warm from the cow, with four tea-spoonfuls of soft boiled water, and give him half a tea-spoon-

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