

SPECIAL RULES

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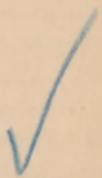
FOR THE

MANAGEMENT OF INFANTS

DURING THE

HOT SEASON,

RECOMMENDED BY



The Obstetrical Society of Philadelphia

TO THE

Thoughtful Attention of the Mothers in
Philadelphia.



Approved and Published for Distribution by the Board of Health.



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RULES FOR THE MANAGEMENT OF INFANTS DURING THE HOT SEASON.

RULE 1.—Bathe the child once a day in tepid water. If it is feeble, sponge it all over twice a day with tepid water, or with tepid water and vinegar. The health of a child depends much upon its cleanliness.

RULE 2.—Avoid all tight bandaging. Make the clothing light and cool, and so loose that the child may have free play for its limbs. At night undress it, sponge it, and put on a slip. In the morning remove the slip, bathe the child, and dress it in clean clothes. If this cannot be afforded, thoroughly air the day-clothing by hanging it up during the night. Use clean diapers, and change them often. Never dry a soiled one in the nursery, or in the sitting-room, and never use one for a second time without first washing it.

RULE 3.—The child should sleep by itself in a cot or cradle. It should be put to bed at regular hours, and be early taught to go to sleep without being nursed in the arms. Without the advice of a physician, never give it any *Spirits, Cordials, Carminatives, Soothing Syrups, or Sleeping Drops*. *Thousands of children die every year from the use of these poisons*. If the child frets and does not sleep, it is either hungry or else ill. If ill, it needs a physician. Never quiet it by candy or by cake; they are the common causes of diarrhoea and of other troubles.

RULE 4.—Give the child plenty of fresh air. In the cool of the morning and evening, send it out to the shady sides of broad streets, to the public squares, or to the Park. Make frequent excursions on the rivers. Whenever it seems to suffer from the heat, let it drink freely of ice-water. Keep it out of the room in which washing or cooking is going on. It is excessive heat that destroys the lives of young infants.

RULE 5.—Keep your house sweet and clean, cool and well aired. In very hot weather let the windows be open day and night. Do your cooking in the yard, in a shed, in the garret, or in an upper

room. Whitewash the walls every spring, and see that the cellar is clear of all rubbish. Let no slops collect to poison the air. Correct all foul smells by pouring into the sinks and privies Carbolic Acid or Quicklime, or the Chloride of Lime, or a strong solution of Copperas. These articles can be got from the nearest druggist, who will give the needful directions for their use. Make every effort yourself, and urge your neighbors to keep clean, the gutters of your street or of your court.

RULE 6.—*Breast milk is the only proper food for infants.* If the supply is ample and the child thrives on it, no other kind of food should be given—while the hot weather lasts. If the mother has not enough, she must not wean the child, but give it, besides the breast, goat's or cow's milk, as prepared under RULE 8. Nurse the child once in two or three hours during the day, and as seldom as possible during the night. Always remove the child from the breast as soon as it has fallen asleep. Avoid giving the breast when you are over-fatigued or over-heated.

RULE 7.—If, unfortunately, the child must be brought up by hand, it should be fed on a milk-diet alone—that is, warm milk out of a nursing bottle, as directed under RULE 8. Goat's milk is the best, and, next to it, cow's milk. If the child thrives on this diet, *no other kind of food whatever should be given while the hot weather lasts.* At all seasons of the year, but especially in summer, there is no safe substitute for milk if the infant has not cut its front teeth. *Sago, arrow-root, potatoes, corn-flour, crackers, bread, every patented food, and every article of diet containing starch, cannot and must not be depended on as food for very young infants.* Creeping or walking children must not be allowed to pick up unwholesome food.

RULE 8.—If the milk is known to be pure, it should have one-third part of hot water added to it, until the child is three months old; after this age the proportion of water should be gradually lessened. Each half pint of this food should be sweetened, either with a heaping dessertspoonful of sugar of milk, or with a teaspoonful of crushed sugar. When the heat of the weather is great, the milk may be given quite cold. Be sure that the milk is unskimmed; have it as fresh as possible, and brought very early in the morning. Before using the pans into which it is to be poured, always scald them with boiling suds. In very hot weather, boil the milk as soon

as it comes, and at once put away the vessels holding it in the coolest place in the house—upon ice if it can be afforded, or down a well. Milk, carelessly allowed to stand in a warm room, soon spoils and becomes unfit for food.

RULE 9. If the milk should disagree, a tablespoonful of lime-water may be added to each bottleful. Whenever pure milk cannot be got, try the Condensed Milk, which often answers admirably. It is sold by all the leading druggists and grocers, and may be prepared by adding to ten tablespoonfuls of boiling water without sugar, one tablespoonful or more of the milk, according to the age of the child. Should this disagree, a teaspoonful of arrow-root, of sago, or of corn-starch may be cautiously added to a pint of the milk, as prepared under **RULE 8**. If milk in any shape cannot be digested, try, for a few days, pure cream diluted with three-fourths or four-fifths of water—returning to the milk as soon as possible.

RULE 10.—The nursing-bottle must be kept perfectly clean; otherwise the milk will turn sour, and the child will be made ill. After each meal, it should be emptied, rinsed out, taken apart, and the nipple and bottle placed in clean water, or in water to which a little soda has been added. It is a good plan to have two nursing-bottles, and to use them by turns. The best kind is the plain bottle with a rubber nipple and no tube.

RULE 11.—Do not wean the child just before or during the hot weather; nor, as a rule, until after its second summer. If suckling disagrees with the mother, she must not wean the child, but feed it, in part, out of a nursing-bottle, on such food as has been directed. However small the supply of breast-milk, provided that it agrees with the child, the mother should carefully keep it up against sickness; it alone will often save the life of a child when everything else fails. When the child is over six months old, the mother may save her strength by giving it one or two meals a day of stale bread and milk, which should be pressed through a sieve and put into a nursing-bottle. When from eight months to a year old, it may have also one meal a day of the yolk of a fresh and rare-boiled egg, or one of beef- or mutton-broth into which stale bread has been crumbed. When older than this, it can have a little meat finely minced; but even then milk should be its principal food, and not such food as grown-up people eat.

BRIEF RULES FOR CASES OF EMERGENCY.

RULE 1.—If the child is suddenly attacked with vomiting, purging, and prostration, send for a doctor at once. In the mean time, put the child for a few minutes in a hot bath, then carefully wipe it dry with a warm towel, and wrap it in warm blankets. If its hands and feet are cold, bottles filled with hot water and wrapped in flannel should be laid against them.

RULE 2.—A mush-poultice, or one made of flaxseed meal, to which one-quarter part of mustard flour has been added, or flannels wrung out of hot vinegar and water, should be placed over the belly.

RULE 3.—Five drops of brandy in a teaspoonful of water may be given every ten or fifteen minutes; but if the vomiting persists, give this brandy in the same quantity of milk and lime-water.

RULE 4.—If the diarrhœa has just begun, or if it is caused by improper food, a teaspoonful of castor-oil, or of the spiced syrup of rhubarb, should be given.

RULE 5.—If the child has been fed partly on the breast and partly on other food, the mother's milk alone must now be used. If the child has been weaned, it should have its milk-food diluted with lime-water, or should have weak beef-tea, or chicken-water.

RULE 6.—The child should be allowed to drink cold water freely.

RULE 7.—The soiled diapers or the discharges should be at once removed from the room, but saved for the physician to examine at his visit.

*For the Convenience of Mothers the following Recipes
for Special Forms of Diet are given :*

Boiled Flour or Flour Ball.

Take one quart of good flour; tie it up in a pudding-bag so tightly as to make a firm, solid mass; put it into a pot of boiling water early in the morning, and let it boil until bedtime. Then take it out and let it dry. In the morning, peel off from the surface and throw away the thin rind of dough, and with a nutmeg-grater, grate down the hard dry mass into a powder. Of this from one to three teaspoonfuls may be used, by first rubbing it into a paste with a little milk, then adding it to about a pint of milk, and, finally, by bringing the whole to just the boiling-point. It must be given through a nursing bottle.

An excellent food for children who are costive may be made by using bran-meal or unbolted flour instead of the white flour, preparing it as above directed.

Rice Water.

Wash four tablespoonfuls of rice; put it into two quarts of water, which boil down to one quart, and then add sugar and a little nutmeg. This makes a pleasant drink.

A pint or half a pint of milk added to the rice water, before it is taken from the fire, gives a nourishing food suitable for cases of diarrhœa.

Sago, tapioca, barley, or cracked corn can be prepared in the same manner.

Beef Tea.

Take one pound of juicy lean beef—say a piece from the shoulder or the round—and mince it. Put it with its juice into an *earthen* vessel containing a pint of tepid water, and let the whole stand for one hour. Then slowly heat it to the boiling-point, and let it boil for three minutes. Strain the liquid through a cullender, and stir in a little salt. If preferred, a little pepper or allspice may be added.

MUTTON TEA may be prepared in the same way. It makes an agreeable change when the patient has become tired of Beef Tea.

Raw Beef for Children.

Take half a pound of juicy beef, free from any fat; mince it very finely; then rub it into a smooth pulp either in a mortar or with an ordinary potato-masher, and press it through a fine sieve. Spread a little out upon a plate and sprinkle over it some salt, or some sugar if the child prefers it. Give it alone or spread upon a buttered slice of stale bread. It makes an excellent food for children with dysentery.

Lime-Water.

Take a handful of quicklime, slake it, and put it into a quart-bottle full of soft water. Shake the bottle well, and then allow the undissolved portion of the lime to settle. Pour off the clear liquid when needed, replacing it with more water, and afterwards shaking the bottle briskly.