

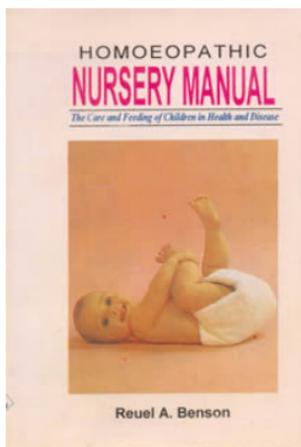
A. Reuel Benson Homoeopathic Nursery Manual

Reading excerpt

[Homoeopathic Nursery Manual](#)

of [A. Reuel Benson](#)

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PART I.

The Care of Infants.

THE NURSERY.

From the standpoint of the baby, the nursery is the most important room in the house. Here he spends the greater part of his time, and here he receives his first impressions of the external world. His comfort and his health depend largely upon his surroundings. It is therefore necessary to make the nursery attractive and sanitary.

Windows: In selecting a room, it is first of all necessary that it should have plenty of windows and a southern exposure. Light and air are the first essentials of life, and there must be plenty of both in the nursery. The windows should be high enough from the floor to prevent draughts of air from striking small children who are beginning to walk, or if this

Toys: In selecting toys for the nursery, it should be remembered that the child puts everything into its mouth. Therefore avoid painted things, and toys of woolen and flannel which cannot be easily cleansed ; also those with sharp corners or parts which may be broken off and swallowed. Rubber toys with metal whistles are unsuitable because of the danger of swallowing the metal part. The test for all toys is whether they can be boiled or not. Any toy which can be boiled without injury is fairly safe for the child to play with.

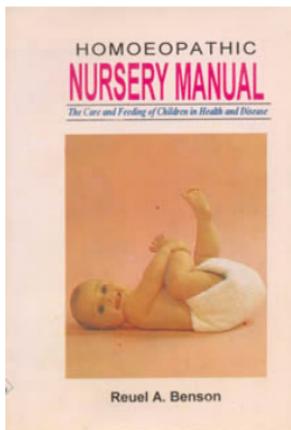
Heating and Ventilation: The heating and ventilation of the nursery are of great importance. The air in the room should be pure, fresh and warm. The temperature should be between 68° and 70°. The best heating arrangement is an open wood fireplace, both on account of the quality of the heat and the ventilation. The fireplace should be protected by a screen, which should be so securely fastened in place that it cannot be pulled down. In steam heated rooms, the radiators should be located under the windows. A board two or three inches wide

pare thirty-two ounces. To make this quantity, we use four ounces of the mixed sixteen ounce top milk, twenty-eight ounces of water and four even tablespoonfuls of milk sugar. The water is carefully measured, the milk sugar added to it and the whole brought to the boiling point. It is then allowed to cool and the four ounces of sixteen ounce top milk added to it and thoroughly mixed. This mixture is the food the baby requires. At this age an infant takes one and a half ounces of this food every two hours during the day and twice at night. It is best to provide enough nursing bottles to last through the day; in this case, nine bottles. One and a half ounces of the mixture are put into each bottle, the tops carefully closed with cotton and all placed in the refrigerator.

At each feeding time one bottle is taken out, the cotton removed, the rubber nipple (which has previously been cleansed and boiled) is attached to the bottle; the whole bottle is shaken gently until the food is mixed. It is then immersed in warm water until the food is sufficiently warm to be taken (about body heat). It is now ready for the baby.

be accomplished by tickling the child's throat with the finger or by having the child take two or three glasses of luke warm water, to which has been added either a little mustard or oil of some sort (sweet oil, lard or vaseline). If none of these is at hand, common salt may be added to the water.

The best general antidote to be given before a physician arrives is milk. As much as possible should be taken. The white of *egg* in water is also a serviceable antidote for many poisons. It may be given in addition to the milk and should be used in about the proportion of the white of four eggs to a quart of water. Usually these methods of treatment are sufficient until a physician arrives, and the stomach is washed out by means of a stomach tube and the proper antidotes given.



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The care and feeding of children in health and Diseases.

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