

# Selected Articles.

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## THE DEADLY NURSING BOTTLE.

The filthy nursing bottle might well be used to illustrate the epitaph of many luckless infants. All seasons of the year claim victims, but the late summer and early fall months seem to yield greater devastation from this cause. All physicians and most mothers know that the nursing bottle should be kept clean; but few physicians and fewer mothers understand how to completely cleanse the bottle. It is unnecessary to state that the tube should never be used. The entire appliance should consist of a bottle and nipple. The difficulty in getting nipples large enough at the base to go over the neck of a wide mouthed bottle and yet have a tip small enough for the child's mouth, is generally the cause of the use of a bottle with a neck too small to permit of the introduction of either the fingers or the brush. Yet even such a bottle may be kept clean. We would advise every mother or nurse who has charge of a bottle-fed infant to commit the following directions: As soon as the infant is through nursing, remove the nipple from the bottle and drop it in a glass of saturated solution of boric acid in water. Empty the bottle completely, and fill with pure boiled water. It is well to have four nipples and two to six bottles. Once each day, cut a raw potato into squares about an eighth of an inch in size and place a few teaspoonfuls in each bottle and fill bottle half full of water and immediately shake thoroughly for several minutes; if necessary, this may be repeated, but the potato should be used but the once and only in the one bottle. After the potato washing, rinse the bottles with boiled water, and place them in boiled water till ready for use. When the child is ready to nurse, take the nipple from the boracic acid solution and rinse in boiled water, empty a bottle of water and at once fill with milk. It takes hardly as long to do the work as it does to tell about it, and no brushes or soap powders are needed. The plan is entirely satisfactory and absolutely safe. The rubber nipples sometimes take on a slightly greenish tint from their prolonged and repeated baths, but it in no way impairs them. If bottles are found in a filthy condition, we do not destroy them but place a spoonful of medium sized bird shot in the bottle in a solution of some of the soap or washing powders, and, after shaking vigorously for a few moments,