

reason that in that position the breasts are the more easily held in place, well up on the front of the chest. In many cases the tight binder alone will be sufficient to accomplish the end desired, the milk drying up quickly and with little or no discomfort. In other cases it will be necessary to limit the amount of fluids taken in order to reduce the distention in that way. In all cases where the breasts become caked and tender it is a good plan to administer large doses of salts, the Rochelle being the most pleasant, and as efficacious as any. Salts may be given in plain water, or preferably in Vichy, a half ounce every hour until the bowels have been freely evacuated. The large watery movements will relieve the distention to a great degree, and in the vast majority of cases these measures (binder, limited amounts of fluid and Rochelle salts) will prove successful. There are a few cases where it may be necessary to give small doses of morphine or codeine to relieve the pain, but the treatment as outlined will be found satisfactory in most of the cases. I have relied upon the plan to the entire exclusion of massage, the use of the breast pump, hot fomentations and belladonna ointment. When the binder has been nicely applied it is less painful to leave it in position than to remove it, and resort to the other measures just mentioned for the relief of distention.

In the second class of cases we have to deal with nursing women. In many of our patients nothing more will be necessary than to support the breasts upon the front of the chest during the intervals between nursing, by means of a binder applied in such a way that the breasts are merely held in position, no pressure being made upon them. If the breasts are over-distended, pressure may be used, but, where the milk supply is only moderate, pressure should be avoided for fear of decreasing the amount of milk. The breasts in all women should be supported in some way to prevent the caking which is often the result of a pendulous position. If there is pain and tenderness, the breasts should be carefully massaged by the nurse with clean hands about once every four hours, or less often as occasion may demand. The object of such massage, where caking exists, is not to remove a large quantity of milk from the breast, but to distribute the milk equally throughout the gland. Where the pressure is even throughout there will be little pain, and the supply will soon be regulated to a large extent by the demands made by the child. Fluids should be taken in such cases in limited amounts in order to prevent further distention. Great care should also be taken in such cases to see that the infant nurses well, for when nursing is properly established trouble will usually come to an end. Again, much good can be