.

nà

08.

the

92.

98.

, 98.

per-

up"

75.

ne-

eat-

king

rful

116.

Mothers predisposed to consumption, Pains, "grinding," 202. at night in pregnancy, 140. Painless parturition, 212. 297. who cannot suckle, 297. unnatural, 256. Palpitation of the heart in pregnancy, Monntain air, 80. 164. Mufflers and sore throats, 65. Parkes, Dr. on alcohol, 41. Mutton chops, folly of living entirely Passion, the ill effects of, during suckon, 32. ling, 269. Pendulous belly of pregnancy, 155 Mysteries of nursing, 75. Period of gestation, 179. NATURE in early morning, 51. Periods, during suckling, 274, 296. works in secret, 261. Navel, ponting of, as a sign of preg-Pessaries, 245. nancy, 121. Physic a substitute for exercise, 16. best, is exercise, 9. Navel-string, the manner of tying, Piles in pregnancy, 150-154. Pleasure and health, 66. 231 not to be tied until the child breathes, 230. Plethoric pregnant females, 187. Nervous patients and stimulants, 46. Poisoned by one's own breath, 19. Poor women and "falling of womb," New-born babe, and milk, 262. Nipple cracked and fissured, 277. 245. Porter and ale for a nursing mother, during suckling, 275. means to harden, 161. 266. great importance of harden-Position after delivery, 232. of a mother during suckling. ing, 161. retraction of, 275. 269. of patient after labour, 285. "Pottering" nurse, 190. Poultice, a bread and milk and sweet shields, 275, 278. sore, 276. an obstinate, 297. washing of, and breast, 258. oil, 280. wet, 278 Precursory symptoms of labour, 201. shields, Wansbrough's, 278. Pregnancy, 115. No breakfast-no man, 31. "No nipple," 282. Nose, a sentinel, 130. duration of, 179. a natural process, 129, period of, 179. Nurse, monthly, 189-199. signs of, 115. importance of choosing a good, Table, 181. 199. Preliminary observations, 1. on quacking patients, 198. Preparation for health, 29. on wearing slippers instead of for labour, 216. shoes, 198. Profession of a wife, 72. Prolific mothers (note), 92. Nursery-basin, 25. Nursing, prolonged danger of, 292. Proper time for a patient to sit up after labour, 244. apron, 264. to send for medical man, 208, 204 OATMEAL, Derbyshire, 144. to send for the nurse, 203, gruel as a fomentation, Protrusion of the bowels, 151. 248. Occupation, 70, 71, 78. Proverb, German, 86. a necessity, 272. Prunes, stewed, 288. fresh air and exercise, Puberty, period of (note), 92. 268. Pump-water, contamination, 183. Offspring of very young and very old. on boiling, 134 on purity of, 188. Olive oil as an aperient, 142. "QUICEENING," 118. **Opening medicine**, 82. causes of, 118. Over-loading bowels, 141, fatulence mistaken for, 120. PAIN, a sentinel, 181. Pains, " bearing dwon." 204. Quiet after confinement, 232, 244, before and duris q menstruation, 100 RAIN and wind, exercise in, 10. 20

1 305