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ART. I. *Recapitulation of the Instructions, given to Females during Pregnancy, Labour and Confinement; as well as Rules for the general Management of the Child during the Month.* By W. P. DEWEES, M. D.

[Selected from his recent work on the Diseases of Children.]

TO prevent abortion, &c. she should scrupulously observe the following rules.

1. She must avoid all unnecessary, and especially violent exercise, or exertion; such as too fast walking, running, dancing, &c.

2. To avoid, as much as may be, placing herself in a situation which may subject her to unpleasant sights or seeming dangers.

3. To shun over-heated rooms, and stimulating liquors of every kind.

4. To avoid all substances that have a tendency to produce a costive state of bowels; or those which may give rise to "indigestion," as late suppers, too great a quantity of food, &c. &c.

5. To take no substance, or drug, that shall give too frequent, and too severe motion to the bowels; or such as shall too severely constipate them, as chalk, opium, &c, and especially not to disregard the calls of nature, when they would be successfully exerted.

6. To remove from her chest, waist, and abdomen, every restraint; lest undue pressure should be made upon them.

7. To avoid all substances that may have a tendency to increase the irritability of the system; as strong tea, coffee, opium, &c. the too long indulgence in bed, &c.

8. To shun all severe study, night-watching, &c.

9. To avoid with much care, unnecessary blood-letting, or submitting to this operation, merely because she be pregnant.

10. To have however recourse to this operation, when pain, head-ache, a sense of fulness, giddiness, the loss of, or imperfect sight, &c. may be present, to declare the necessity of it—but it were always better when practicable, to have the advice of a physician.

11. The woman who may be in the habit of miscarrying, should never venture upon blood-letting without advice, as it sometimes produces the evil it is intended to prevent.

12. To avoid the indulgence of all inordinate appetites; as too much repletion of the stomach, may give rise to many formidable diseases.

13. She must give up the false notion, that more food, &c. than ordinary, is required, because she is pregnant, as the opinion is not founded in either reason or experience.

14. She must assure herself, by a reliance upon the opinions of those whose business it is to ascertain the truth upon this point, that nature institutes the sensation of nausea, and the act of vomiting, with a view to prevent too great fulness, during this period.

15. She must not indulge in the fear, that should a certain longing have been ungratified, her child incurs the risk of being marked in consequence of the disappointment, as this apprehension is not warranted by reason, nor confirmed by experience.

16. She must dismiss from her mind all apprehension of

future consequences to her child, should she have been so unfortunate as to have suffered any great alarm; been surprised by any unexpected event, or appalled by some frightful object or occurrence—as there is no one good reason to believe in such influence upon the child.

17. To most sedulously guard against any sudden gusts of passion; as any indulgence in them, may be highly injurious, if not fatal to herself and child.

18. To solicit as much as possible, tranquillity, and equanimity; as their influence is highly valuable to herself and child.

19. To believe, in general, that food injures more by its excess than its quality; by taxing the powers of the stomach too highly.

20. To avoid with as much care as she would impending ruin, an indulgence in cordials, liquors, &c. under the pretext, of calming sickness, relieving pain, or expelling wind: as a destructive habit is but too easily generated by their employment.

21. She must not persuade herself, it is only the excessive indulgence in such articles, that is mischievous; but she must clearly understand, that every thing which may unduly stimulate the system, is highly injurious to the pregnant woman.

22. Let her turn a deaf ear, to every tale of disaster, or of horror, which purports to have happened to the pregnant, or lying-in woman—for upon investigation, such tales will almost always be found without foundation, or very greatly exaggerated.

23. Let her procure the best aid for the period of her necessities, that circumstances will permit.

24. Let her not be imposed upon by a false theory, or bad advice; nor use too much exercise towards the latter period of her time, lest she provoke premature labour.

25. Let her not, when the period of labour is approaching, indulge in gloomy forebodings, or in unreasonable fears for the event; nor by any means whatever, forget how rarely death happens during, or after a well-conducted labour.

26. Let her not attempt to increase the frequency or force of her pains, by taking improper articles of food, or by frequent marchings across the floor.

27. Let every precaution be taken against an attack of fever; for this purpose she must scrupulously avoid every stimulating substance, either as food, drink, or remedy. Let her bear in mind, that an overcharged stomach is always unfavourable to the healthy progress of labour, and to its eventual safety.

28. To prevent despondency, because the labour may be rather longer than she anticipated; let her recollect that the safety of this process does not depend upon the celerity with which it is performed.

29. That she may secure to herself the best possible chance for her safety, let her have no opinion of her own, that may clash with those of her medical attendant; let her therefore be passive, and obedient.

30. Let her not, as she values her life, indulge in any gust of passion; lest she provoke incurable convulsions.

31. Immediately after she is a mother, she must impose upon herself the most perfect tranquillity; that no untoward circumstance may be provoked.

32. She must carefully avoid all the exciting causes of fever, as far as in her power, by not indulging in improper articles of diet; sitting up too early and too long; too hot a room; curtains too much closed; or seeing too much company.

33. She must aid the exertions of her physician, to prevent any after evil; by implicitly following his directions, and preventing, as much as may be in her power, the nurse running counter to them, especially until after the fifth day complete.

34. Let her not permit herself to be persuaded from having her child put to the breast; so soon as she herself may be able to bear the fatigue.

35. Let her not delegate to another the sacred duty of nursing her own child; unless the reasons for so doing, are insurmountable.

36. She must most scrupulously attend to the dressing and undressing, or even performing this herself; when her health and strength will permit this delightful task.

37. She should never, under any pretext of convenience, permit her child to be fed, so long as she can supply it with sufficient nourishment herself; and to secure to herself this important point, she should pay a scrupulous regard to her diet, and her exercise in the open air.

38. The dressing of the child should early engage the attention of the mother; it should always be made subservient to comfort instead of show.

39. This should consist in part of flannel; especially during cold, or even cool weather.

40. The dressings of the child should be changed as often as they become soiled; when this luxury can be indulged in.

41. Though it may be found, that flannel is the most eligible substance as a general rule; there are cases in which it may be improper; and these should be carefully distinguished.

42. The belly band is one of the most important parts of the child's dress; it should *always* be made of flannel, and should be always cut *bias*.

43. The greatest care should be taken to apply it properly; and too tight an application should be particularly avoided.

44. If this bandage be applied too tight; it may produce the evil it is intended to prevent.

45. The child should be carefully protected against all unnecessary wet; and when it is discovered to be in this situation, it should be changed as quickly as possible.

46. In dressing the child, as few pins should be employed as possible; three are all that are necessary, if the clothes be properly arranged.

47. As a general rule, the child should never be fed at this period of its life; there may be exceptions however, that may render this necessary.

48. When an exception to this rule exists, the food of the child should consist, of milk, water, and sugar; and exhibited under the important restrictions we have made.

6 Dewees's *Observations on Nurseries for Children.*

49. If the child be fed, it should have but small quantities at a time, and never crammed to surfeit.

50. The woman should exercise in the open air, as soon as this is rendered safe by the state of her health, the period after confinement, and the state of the weather.

51. She should never subject herself to partial exposures, under the hope of "hardening herself."

52. The reapplication of a diaper after it has been dried simply, should be prohibited; as several evils arise from the practice.

53. The mother may indulge in such diet, as her experience has proved to be innocent—for it will seldom or never disagree with the child, when it perfectly suits the mother.

54. When the mother experiences any inconvenience from the use of any substance or substances; she should not hesitate a moment to abandon them; for if they disagree with her, they will be sure to do so with the child.

55. Should there be a failure in the quantity of milk; the mother must not attempt to increase it, by highly seasoned food, and stimulating drinks.

56. She may however use with great advantage sometimes, the nutritious substances recommended in the text.