

At each clinic special lectures were delivered by the sister-in-charge, Miss Kroehler, the graduate nurse from America. Mrs. Gass—wife of the Medical Superintendent, Mrs. Baur—wife of the Superintendent, Chankhuri Leper Homes, and Nurse Gottlieb. The lectures were on proper care of infants.

The Baby Show at which the prizes were distributed took place on the 16th of Dec., 1942. Rao Bahadur Nagundkar, Deputy Commissioner, Drug, C.P. graced the occasion and delivered an inspiring and stimulating speech. He showed that the future of India depended on healthy babies and congratulated the working committee.

The Secretary, Dr. Patrick, gave his report regarding the clinic. The Medical Superintendent, Dr. H. H. Gass, gave his final report and announced the results. The prizes were distributed by the Deputy Commissioner. For each group there were three prizes. Rs. 40 were spent for the prizes. Apart from these, regular attendance and consolation prizes were also given to each child.

Another feature of the programme was a drama on health which was performed by a group of local people. It was very interesting and at the same time educative, too.

A large number of guests were present who added to the festivities of the occasion. Amongst these was Mr. Thakur, D.S.P. of Drug, C.P.

Through the instruction given at the baby clinic the general health of the babies of Baitalpur and Kampa has improved, and it has also helped to reduce the maternal and infantile mortality.

Formula for Making Peanut Milk

Editor's Note.—This article was sent to us by Miss A.C. Munro with a most interesting letter from a friend of hers in Wembo Nyama. She says—

"Yes, yaws is widespread here, though it is being gotten under control. Not many new cases are developing. We use bismuth and 'neo.' Our hardest fights are against sleeping sickness, intestinal parasites and malaria.

"Our work is among the Atetela Tribe; it covers a territory of 35,000 square miles, and is $3\frac{1}{2}^{\circ}$ south of the equator. Our mission has been here for 26 years. Our inland port is Lusambo, which is on a tributary of the Congo River. Actually we are in the very heart of Africa.

"I would be delighted if you could use my formula with your babies. As you notice, the first printing of this article was in 1934, after we had experimented with it for four years. However, the young babies always had to pass through that 'old man stage' of malnutrition. Therefore for the past five years, we have been starting new babies on goat's milk and gradually adding the peanut milk until by the 3rd or 4th month when the baby will be getting pure peanut milk. For babies of 6 months of age, we do not remove the red skin of the peanut as most of it can be sifted out. I have sixteen of the fattest, cutest 'peanut babies' one could possibly imagine."

We publish the article in spite of the fact that Dr. Aykroyd of Coonoor is inclined to be sceptical; he says:—

"Peanut meal is only one of the ingredients in the 'Peanut milk' and any good results obtained with the mixture might as reasonably be ascribed to the ingredients other than peanut as to the peanut itself. This applies to the case of the infant described on P. 2. It is incorrect (P. 2) to say that plantains are rich in vitamin A.

"However, it is all to the good that trials should be made of various methods of infant feeding, and the publication of the note in your Journal is justifiable from this point of view."

We personally are inclined to believe that—"The proof of the pudding is in the eating!"

FORMULA

(This formula for making the milk, and also the feeding-charts, have all been worked out by the Medical Department of the Methodist Episcopal Congo Mission in collaboration with Johns Hopkins Hospital.)

1. Preparation of Peanut Meal.—Shell the peanuts and dry in the sun for several days. If you desire the milk for young babies, remove the skins by pouring boiling water over the shelled peanuts and allowing them to stand until the water cools. When cool the skins may be easily removed by hand.

"I CANNOT SLEEP, DOCTOR!"

Every doctor numbers among his patients many whose chief concern and main reason for seeking advice is loss of sleep. This loss is often less real than the patient supposes. Several hours are spent in sleep, yet the patient complains of feeling tired, unfresh, and incapable of doing a good day's work. What is required is something which will lessen the gap between the states of wakefulness and of being sound asleep and which will enable the patient to awake feeling rested, refreshed and energised.

In practice Horlicks proves most effective in producing sound and restful sleep. It adequately buffers the CO_2 content of the blood, neutralises gastric acidity and promotes gastric comfort, thus helping to bring about the mental and physical relaxation so essential for sound sleep.



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After the skins have been removed, put the peanuts in the sun and let them dry for several days. If the baby is three months old, or older, leave the skins on the peanuts, grind them in a food grinder or pound them in a mortar. Then put them in an oil press and press out as much of the oil as possible. We use a regular peanut oil press, but various methods may be tried for removing the oil and a quantitative method devised. After the oil is removed the resultant product is peanut cake.

The peanut cake is placed in a mortar and pounded to a fine meal; then sifted until it is very light. At Wembo Nyama we use for this purpose the winnower which the native women use for separating the chaff from the grain.

2. Preparation of Peanut Milk.

<i>Ingredients</i> —Peanut meal	grams 70
Calcium carbonate	grams 10
Banana	grams 150
Egg	1
Water	1 quart.

(For babies under three months of age syrup or brown sugar, which we make, is used at Wembo Nyama in place of the banana. Honey and sugar cane-juice have been tried, but it is difficult to keep a fresh supply on hand.)

Add the boiling water little by little to the peanut meal, stirring well after each addition so as to make a fine paste. Let it come to the boiling point for 5 minutes, then simmer for 10 minutes longer. Remove the boiler of milk from the stove and pour back and forth from one container to another until it is cool. This process gives it a natural milk appearance. Add the calcium and then the egg that has been well beaten. Mash the banana until it is a smooth paste and add to the milk. Treat the peanut milk as if it were cow's milk and make desired formula.

Plantain water or orange juice should be given daily, beginning at the age of one month.

If bananas are used, do not add sugar to the formula, as the carbohydrate is furnished by the starch of the peanut and sugar and starch of the banana.

Milk sufficient for 24 hours may be prepared in the morning, if kept in a very cool place.

3. Additions to the Diet of Peanut Milk After Three Months of Age.—Spinach broth may be added to the milk formula in place of water or given to the baby between feedings. Take one full cup of spinach or other greens, cut up fine and add half a cup of water and steam in a double boiler for one hour. Press out the juice with a small presser or potato ricer.

At the age of four months, corn-meal mush, rice porridge, or a soft egg and gruel may be added to the diet. The mush and porridge must be diluted with the milk.

The plantain, which is called the *musa paradisica* or cooking banana, has proved to be a valuable food for children. Tests have been made in other places which prove that plantain is high in Vitamin A. Animals were fed with plantains as their sole source of Vitamin A, and showed no deficiency in diet. The plantain contains more Vitamin A than the banana and has a higher concentration than is found in foods, such as tomatoes and sweet potatoes.

4. Preparation of Plantain Water.—Take well ripened plantains, cut in small pieces and cover with water. Boil until the plantains are tender, strain off the water, let cool and give between feedings. It may be given in small amounts beginning at the age of one month and increased until 6 ounces are given in 24 hours.

As the children in our Nursery reach the age of one year, soups are added to their diet. Tomatoes, string beans and spinach are easily grown by the natives and we have used them freely at the Nursery at Wembo Nyama.

Diet of a Child who had been tried on all kinds of Canned Milk, without gaining.

At the age of three and one-half months she still weighed her birth weight. By degrees canned milk was removed from her diet and she was put on whole peanut milk. Her formula was as follows :—

Feb. 10th— 2 oz Libby's milk.
13 „ water.
2 „ Peanut milk.
1 teaspoon calcium.
 $\frac{1}{2}$ teaspoon sugar.
6 feedings of 3 oz. each.

Feb. 24th— 3 oz. Libby's milk.
17 „ water.
5 „ peanut milk.
1 teaspoon calcium.
1 egg.
5 feedings of 5 oz. each.

March 9th— 3 oz. Libby's milk.
16 „ water.
6 „ peanut milk.
2 teaspoon gran. sugar
1 teaspoon calcium.
1 egg.
5 feedings of 5 oz. each.

April 4th— 1 oz. Libby's milk.
27 „ peanut milk.
2 „ crushed banana.
1 teaspoon calcium
1 egg.
5 feedings of 6 oz. each.

April 11th—28 oz. peanut milk.
5 „ crushed banana.
1 teaspoon calcium.
1 egg.
5 feedings of 6 oz. each.

July 1st—30 oz. peanut milk.
6 „ crushed banana.
1 teaspoon calcium.
2 small eggs.
5 feedings of 6 oz. each.

This child was not fed oftener than every four hours. In between feedings she was given spinach puree, banana puree, plantain water, orange juice. Now she is a healthy plump baby.

Student Nurses' Association Section

A Report on the opening of the Student Nurses' Association at Erskine Hospital, Madura.

BY J. DORAIRAJ, R. N., MALE STAFF NURSE.

You will be pleased to hear that one more S. N. A. unit has been added to the Student Nurses' Association of India. It was all due to the efforts taken by the Acting Superintendent, Capt. C. S. S. Sarma, the Matron, Sister S. S. Remi and Sister Tutor, Miss D. Roche. These three took a keen interest and organized this unit. On August, 8th 1942 a business meeting was called under the presidentship of the Matron, when Mr. J. Dorairaj spoke about the origin, aims, activities and ideals of this Association. Afterwards the following office-bearers were elected :—

<i>Patrons :—</i>	Capt. C. S. S. Sarma,	<i>Secretary :—</i>	Mr. Nagaranjan.
	Sister S. S. Remi.	<i>Joint Secretaries :—</i>	Mr. C. V. Rangiah.
<i>President :—</i>	Sister D. Roche.		Miss B. Rajamma.
<i>Vice-Presidents :—</i>	Miss B. Enos.	<i>Treasurer :—</i>	Mr. Madalaimuthu.
	Mr. J. Dorairaj.		

Serve and rejoice was unanimously adopted as the motto of this Association.

Donations were received from the Matron and the Sister Tutor.

On 29th August, 1942 we had the privilege of our Association being declared open by the Surgeon-General, Major General H. Stott, C.I.E., O.B.E., I.M.S. An address was presented by Mr. J. Dorairaj who gave a brief account of the Association. The Surgeon-General was immensely pleased to see such an association, and declared it open and wished it all success. The function, which was very short and sweet, terminated with a vote of thanks