

Public Health and Midwifery Section

Soya Beans for Babies

BY SISTER MARY LAETITIA, HOLY FAMILIES HOSPITAL, PATNA.

Roasted.—The beans are roasted in an iron pot with a little sand for about ten minutes. The fire must not be too hot and must not scorch the beans. They are roasted sufficiently when the outer husk is a light yellow and the bean itself a light brown.

Ground.—They should then be ground very finely. An ordinary coffee grinder will not do this, but they can be ground in the bazaar.

Sifted.—The powder must then be sifted three times through a fine flour sieve.

To make a substitute for cow's milk :

Roasted, ground, sifted soya beans	...	...	oz. 1,	drs. 4.
Flour	...	...	...	drs. 2½.
Sugar	...	...	...	drs. 5.
Sodium Chloride	...	...	...	grs. 8.
Calcium	...	...	...	grs. 20.
Water, enough to make	...	...	pint 1.	

(Or in grams, which is a little more exact)

Roasted, ground, sifted soya beans	...	...	gms. 50.
Flour	...	...	gms. 10.
Sugar	...	...	gms. 20.
Sodium Chloride	...	...	gms. ½.
Calcium	...	...	gms. 1½.
Water, enough to make	...	...	500 cc.

Mix well and add the water slowly.

Boil—Boil for one hour, stirring all the time. Add water to replace the amount lost in the boiling.

Finished mixture :—The finished mixture contains :

Protein 4.15% Fat 1.40% Carbohydrate 10.17% Calcium 0.076% Phosphorus 0.060%.

Vitamin B complex, iron, phosphorus and potassium are present in sufficient quantities, but vitamins A, C, and D, must be added.

In making a formula for a newborn or an older baby, dilute as ordinary cow's milk.

Each ounce contains 20 calories.

To purchase soya beans.—Write to your department of agriculture. They can be obtained in practically every province for Rs. 10 per md. In Bihar for Rs. 6 per md.

The babies do well on the formula, perhaps better than on cow's milk, as they have not the fat with which to contend.

The labour involved is considerable, but a servant can be trained to do the roasting and the boiling.

After the roasted beans are ground the colour should be a nice golden brown, not dark brown. If over-roasted the taste will be bitter.

As the mixture will keep awhile a pint or two could be given out once a day in a milk kitchen or a dispensary.

The Patient's Toilet after Labour

Rules The Midwife Should Observe

BY MISS K. V. CONI, S.R.N., S.C.M.

There is no better indication of first-class work than the observance of the fulfilment of routine duties. The midwife who is flustered by the visit of her inspector is probably either consciously or unconsciously doubtful of the perfection of her technique. The importance of good training is to lay the foundations and to form habits which ensure methodical work in accordance with vital principles.