

The tea-party was held in the Nurses' Quarters and invitations were sent to all the other hospitals in Bangalore and to all the Private Nurses in the station. About 80 people turned up and were very pleased to meet Miss Hartley and listen to a most interesting talk on the 'Trained Nurses' Association of India.

Two more very successful meetings were also held in our Nurses' Quarters, one in August and one in September.

Quite a large gathering of Nurses' from the various hospitals in Bangalore helped to make these two occasions never to be forgotten and colourful parties.

At our first reception in addition to music during tea, praise goes to Miss Nagle, for her very much appreciated solos, accompanied on the piano by Miss Jones, both of whom are Student Nurses.

The entertainment was followed by a very interesting lantern lecture given by the Residency Surgeon, Lt.-Col. J. B. Hance, I.M.S., on 'Microbes of Tropical Diseases.'

The second happening proved as great a draw as the first; this time with the addition of a good wireless programme.

The enjoyable evening was terminated by a lecture on 'Cholera' for which we were greatly indebted to Dr. C. Rozario, R.M.O. of the Government Isolation Hospital.

Another grateful help that I must not forget, is a donation of Rs. 25 given by a patient, towards this year's delegation.

Now to talk of exhibits, which the Student Nurses are making perfect, to the best of their ability, I hope, the finish will be the proof of their enthusiasm.

THE MOTHERCRAFT PAGE

Articles for this page will be most gratefully received by the Editor,
Miss Diana Hartley, S.R.N., S.C.M., M.T.S. Certificate

A VISIT TO THE QUADS

[From *The Nursing Times*.]

Ann, Michael, Paul and Ernest, England's most famous babies, gazed at us with alert interest as we looked through the Vita-glass windows of their nursery. My first feeling was one of surprise that one-year-olds should show such poise on being visited by absolute strangers; then I remembered how used the Quads must be to fresh faces, for on some days as many as 300 visitors pass by their glass windows to gaze at them with interest and admiration. After 300, what were three? Moreover, we were being introduced by their mother, Mrs. Miles.

Little People of Poise. The four babies were sitting in a row in their four green, high chairs. Ernest waved a toothbrush at me by way of greeting, and, at my request, showed me he really knew how to use it. Ann leant forward and grabbed my two hands in her chubby fists, refusing to let go; Michael, the dark one, the scamp of the family, grinned joyously, his eyes inviting a game of some kind; only Paul looked at me with some reserve, intimating that he did not exactly disapprove—as long as I kept my distance! He is the shy one, Mrs. Miles explained, and yet the most affectionate of all those he knows. They had just finished their midday dinner, and looked ready and eager for the next event, whatever it should be.

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The quadruplets are now fourteen months old, four fine, healthy looking babies, vigorous crawlers and just about ready to start walking.

'I believe Ann will be the first,' said Mrs. Miles. 'Come on, Ann; show how you can walk.'

A Walking Parade. Ann smiled delightedly, grabbed her mother's hand on one side and big brother Gordon's on the other, and proudly strutted down the room, looking up with an enchanting smile from time to time to be sure that everyone was looking. Then Ernest wanted to show what he could do, and we all applauded his fascinating 'goose step.' Michael, meanwhile, had started an uproarious game with one of the visitors and a pillow and his infectious laugh pealed out, so that we all had to join in.

Miss Murrant, their nurse, glancing at the clock (such a jolly one—a round, black face with a gay, coloured animal for each hour), began to pick up the babies and deposit them in their respective cots. They were quite happy about this and uttered no protests.

'They have a very regular time-table,' Miss Murrant explained 'but they are really very good. Even if we take them up and play with them out of hours one day, they don't seem to expect it the next, but fall into the usual routine quite happily.' The time-table is the usual one for babies of their age, and their day is from seven to seven.

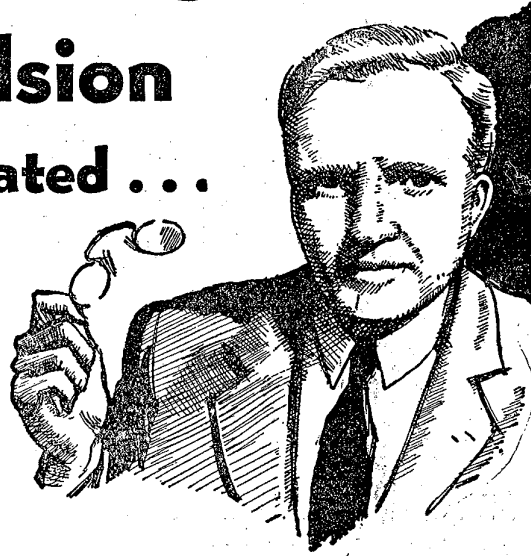
The Quads' Day

- 7 a.m. Orange juice and Glucose A.D.
 - 8 a.m. Breakfast, after which they play in their cots for a time.
 - 10 a.m. Out of doors in their prams.
 - 12 Dinner. This is quite a big meal now and includes vegetables and gravy and pudding.
 - 1 p.m. Back in their cots to play. They usually fall asleep about 2-30 p.m.
 - 3-30 p.m. This is the hour for the 'daily dozen.' The babies get up and have a vigorous crawl, exploring their nursery thoroughly, pulling themselves up by the table and chairs.
 - 4-20 p.m. By this time they are ready for tea, which consists of Cow and Gate rusks or sponge fingers, custard, and so on, with a good long drink of Cow and Gate full cream milk.
- Once more they are placed in their cots to play quietly, and at 7 p.m., after a final drink of Cow and Gate, they drop off to sleep, and peace reigns in the Miles' nursery.

A Story of Food. The story of the Quads' day seems a story of food, and rightly so, for food has naturally played a very important part in their young lives. The babies, it will be remembered, were two months premature, three of them were boys, and their feeding problem was acute. At first human milk was supplied from Queen Charlotte's Hospital, and later from the Bedford County Girls' Home as well as from the children's mother; but the great difficulty was the babies' intolerance to fat. The milk had to be, skimmed and diluted before they could take it, and the milk from one mother would agree with one baby and not with another. It was untiring work for the nurses, preparing the food, keeping it all separate, holding the babies up again and again during their feeds so that they could bring up wind and then take a few drops more milk. Then stools must be watched carefully for undigested particles. It was unremitting, minute by minute care that was necessary, and Miss Power, Miss Allen, Miss Harden and Miss Morgan, the four nurses from Great Ormond Street, never failed in one detail of it.

Weaning. At last it was decided to wean the babies on to Cow and Gate milk food. This firm, as many people are aware, puts out a variety of products now and there seems to be one to meet every problem in infant

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feeding. When they were just over two months old the Quads were put on Frailac, the Cow and Gate food for frail and premature babies, and after a few days they passed on from this to the Cow and Gate half cream dried milk. From that moment, it seemed, the babies never looked back. As their little digestions got stronger and they themselves became more robust, they progressed to correspondingly richer foods—Cow and Gate special half cream, unsweetened, and finally, to Cow and Gate full cream food. This they still take, each child having four 6 oz. drinks of the milk every day in addition to the three square meals.

Ante-Natal Care. But care of the babies, fortunately for all concerned, started long before their birth. Their doctor published a brief account of the delivery in the *British Medical Journal* (December 21, 1935) in which he stated: 'There was no difficulty to be overcome and no extraordinary procedure had to be used.' If Mrs. Miles had not received excellent ante-natal care throughout pregnancy, including an X-ray taken when a multiple birth was suspected, the story of the delivery might have been different, the babies might not have survived their first few days, and Mrs. Miles might not have recovered so well from her strenuous ordeal.

Crowds Outside. Mrs. Miles, who seems very young to have such a large family (for she also has an older child, Gordon, aged three), says the babies are a real joy—but a great responsibility. She does not seem to be worried by the publicity that this unusual event has brought to the family; she realises that the public interest is natural and sympathetic, and she is by now quite reconciled to the stream of visitors on visiting day, and to the little group of schoolchildren which seems ever present outside the high garden wall, hoping for a glimpse of the babies.

'What happens when you take the babies out for a walk?' I wanted to know.

'Oh, we never do now!' said Mrs. Miles laughing. 'We tried it *once*, but such crowds gathered round us that we simply couldn't get along! Now the babies have their outing in their prams in the garden, where they get just as much fresh air. If it is raining, we put them in their sun porch.'

Self-Supporting Babies. This porch, like the nursery above it, is glazed with Vita-glass, so the Quads have the benefit of all the sun there is, and even in winter their chubby arms and legs are quite tanned. The porch and nursery were built on to the house specially, for, needless to say, the ordinary house is not built to accommodate such a large family.

Most parents would be alarmed at a sudden increase of four in their family, and would be anxious about their future. The Quads, however, will be able to help to their own upbringing, and, indeed, have already begun to do so.

Gifts from firms and from individuals have provided the lovely nursery, and helped to furnish it, and the four, fine perambulators (two of them double ones which could each hold four babies comfortably) are also presents. Then the Quads have already earned money for appearing in films, and will probably do so again, and they are booked to make 'personal appearances' in London in the future, when a special nursery on wheels will be provided for their convenience.

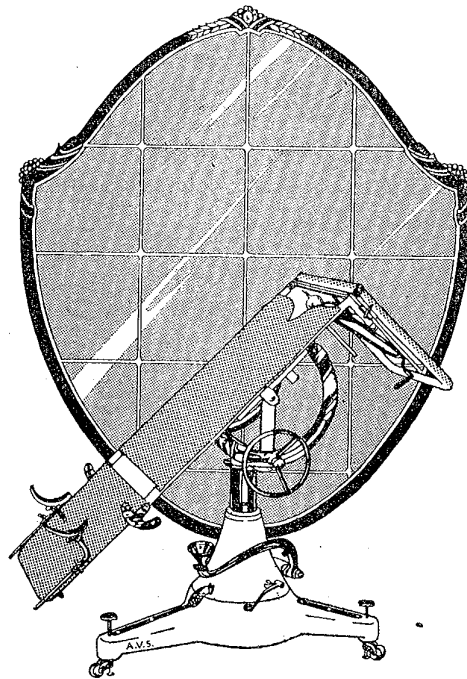
In the meantime the Quads are at home four times a week—Tuesdays, Thursdays, Saturdays, and Sundays, from 3 to 4-30 p.m.—and always delighted to see visitors. One shilling (which goes towards their fund) is the charge, and seems very little indeed for an introduction to these four fascinating babies.

Supplementary Notes. At the end of last year we published a note on the early care of the Quads, so our readers will probably remember that the

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babies were seven and a half weeks' premature. The fact, therefore, that three of them were little boys—always so much more delicate as babies than little girls—has made their rearing to healthy toddlerdom far more of an achievement than if they had all been girls. Michael, the smallest, weighed two and a half pounds at birth, the others very little more. The doctor in charge describing their appearance at birth, wrote:—'They presented the usual signs of prematurity—namely, absence of finger-nails and toe-nails, and in the case of the boys, undescended testes. Their skins were wrinkled, their abdomens protruded, and their bodies resembled skinned rabbits and were about the same size. They were purplish red in colour.' However the toe-and finger-nails developed and the testes descended earlier than would have been the case had the infants remained *in utero*. One of the greatest difficulties was the babies intolerance to fats, which meant that at first it was impossible to give them even single drops of concentrated cod liver oil. Anæmia was combated by one grain ferri et ammon. cit., t.d.s.

TREATMENT NOTES

Aid to the Arthritic

While the systemic treatment of arthritis demands some knowledge of the cause, at the same time local palliative treatment is usually an essential.

The causes of arthritis fall into three major categories: infectious, metabolic and traumatic. Probably most cases are in varying degrees combinations of these three major causes. Treatment, then, involves the elimination of all possible foci of infection and the identification and correction of metabolic and postural abnormalities and the systemic treatment of the established inflammatory changes in the articulations.

For the local treatment, many physicians find the application of a hot Antiphlogistine dressing a very distinct aid, both in relieving the pain and discomfort and in stimulating healthy reaction of cells and capillaries. If applied only at the *site* of the disturbance, the results are quite noticeable. However, if the dressing is extended well above or mesial to the involved joint, the effect may be very marked. If the dressings are changed at eight to twelve hour intervals, the beneficial effects are distinctly augmented.

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'Tabloid' Brand Sulphonamide-P, 0.5 gm., recently issued by Burroughs Wellcome & Co., presents *p*-aminobenzenesulphonamide for administration by mouth in hæmolytic streptococcal infections. It has been shown experimentally that, following administration of this chemotherapeutic substance the blood of man and animals becomes bactericidal to hæmolytic streptococci. The clinical evidence available pending the publication of the results of official trials is favourable although limited.

Before deciding to use 'Tabloid' Sulphonamide-P in the treatment of severe streptococcal infections, such as puerperal septicæmia, erysipelas, etc., it is suggested that patients should be submitted to full bacteriological examinations to establish clearly the presence of hæmolytic streptococci in the lesion or in the blood stream. 'Tabloid' Sulphonamide-P should be administered orally in a total daily dose of six to ten 0.5 gm. products after meals, the full dosage being continued for six days after the temperature becomes normal. In the event of some gastric disturbance following large dosage—the only troublesome symptom so far reported—the dose might

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be reduced temporarily. 'Tabloid' Sulphonamide-P may be tried intramuscularly when oral administration is found to be impossible. In such a case the low solubility of the substance (1.2 per cent.) makes the total amount that can be conveniently given by this method undesirably small. For intramuscular injection one 'Tabloid' product should be boiled up in 40 c.c. of 0.7 per cent. Saline, and the solution cooled to body temperature before injecting. Clinicians using 'Tabloid' Sulphonamide-P are invited to send reports for consideration with those of the official trials.

'Tabloid' Brand Sulphonamide-P, 0.5 gm., is issued in bottles of 25 and 100.

THE QUIET HOUR

The Ministry of Sympathy. No ministry in this world is more beautiful or more helpful, than that of those, who have become familiar with life's paths; and have learned life's secrets in the school of experience; and then go about, inspiring strengthening and guiding younger souls; who come after them. Nothing in Christ is more precious than this knowledge of life's way, gained by His own actual experience in human paths. He has not forgotten, what life was to Him. He remembers how He felt when He was weary or hungry, or in struggle with the tempter, or forsaken by His friends and it is because He passed through all these experiences, that now in heaven, He can be touched with the feeling of our infirmities and can give sympathy, help and guidance.

The Habit of Sympathy. The gentle ministries of love which you take time to perform, as you hurry from task to task in your busy days, will give you the sweetest joy as you remember them, in the after-days. What these ministries are to those who receive them, you can never know till your own heart is sad and lonely and one comes to you in turn with the true comforts of love. Train yourself to the habit of sympathy, be ready any hour to speak the full rich word of love which shall lighten the burden of the one you meet. Everywhere are hearts that need and hunger for what you have to give, and God has given love to you, for the very purpose of blessing those to whom He sends you, day by day.

For some time our thoughts have been turning to the Coronation of our King and Emperor, and we all wish him and our Queen a long and prosperous, and peaceful reign.

Almost 2,000 years ago, there walked on this earth, in Jerusalem, on the shores of Galilee, clad in humble garments and unrecognised,—a King. He performed miracles, healed the sick and even raised the dead—yet people thought of Him as a prophet. He even stooped to wash the feet of His followers, defiled by sin were these men but He was pure and sinless. Their feet were defiled by the dust of the street, yet He a King, stooped to taking a basin and towel and washing their feet!

Those of us who nurse the sick and tend the lepers are, in a sense, true followers of the 'basin and towel' religion. Shall we now not vow allegiance to the founder of this religion? For He is King of kings and Lord of lords! He can cleanse away all sin and defilement from our souls, as we cleanse the bodies of our patients. He can give us power to overcome sin. It is easy to become careless; shall we not renew our allegiance and walk in His ways?

S. R. V.