

Our membership.

At present we have 69 members, 18 have left during the year. 18 new ones have joined. Of those who left 8 are taking a Midwifery Training—one of them, the delegate for 1933, Miss Purrett, is at Queen Charlotte's in London.

I won't detain you longer, time I know is precious, but—as you see—we have quite an active Unit. One word more, our nurses have managed to send in to the Exhibition 23 exhibits. So showing you we can work as well as play.

THE MOTHERCRAFT SECTION

Articles for this section will be welcomed by the Editor,
Miss Diana Hartley.

Mixed Feeding from Six to Twelve months.

In India, climate, conditions, food and children vary so much, that feeding must be carefully modified for each individual baby, but unless this is done from a well tried, scientific working basis it is difficult to obtain good results.

The menus in this article are virtually those recommended by the Mothercraft Training Society, Highgate, and further information can be found in Miss Liddiard's book, 'The Mothercraft Manual,' published by Churchill.

It has been found beneficial to give raw yolk of egg and vegetable purees to artificially fed babies from six months, but where the full amount of Cod Liver Oil Emulsion cannot be given and the quality of the cow's milk is poor, it is often necessary to give,—(a) Less water in the milk mixture, pushing on to the recipes for older babies, rather more quickly, (b) A little barley jelly. This is less heating than oat jelly and is better than adding barley water to the milk mixture, unless the baby is very backward. It may be given as for nine months.

In some cases it has been found advisable to push on the mixed feeding but great care must be taken to watch the babies' condition, weight and motions, and to add all new foods in very small quantities increasing them slowly, especially fats and eggs against which some babies have an unfortunate idiosyncrasy.

A strong forward baby will enjoy a baked crust at seven months.

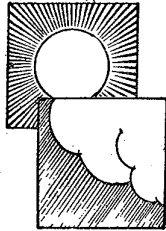
Ragi, sago and other suitable cunjees may be used according to the district and means of the family.

When breast milk is scanty and cow's or goat's milk unobtainable, barley water and other cereal foods have to be resorted to, but modified, unsweetened condensed milk is most useful for complementary feeding, if it can be obtained.

Some infants can take more Cod Liver Oil than others, the emulsion is more digestible than the pure oil. Cod Liver Oil and Sunbaths are a great stand-by in mal-nutrition and fat intolerance.

Colonel Wright of the Government Ophthalmic Hospital, Madras, applies binders soaked in Cod Liver Oil in cases of Keratomalacia.

In Madras and other places where the natural Calcium in the food is extremely low physicians order Di-cal-phos, Kalzana or Calcium Lactate for nursing mothers and artificially fed babies.



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It is well to remember that Calcium alone is useless, without sufficient Vitamin D and *vice versa*.

Menus from Six to Twelve Months

At Six Months

Raw egg yolk, $\frac{1}{2}$ teaspoonful, working up to $\frac{1}{2}$ yolk in whole day's milk mixture, every other day; finally every day if it suits the baby. Eggs must be new laid and if very small the whole yolk should be used.

Marmite, $\frac{1}{4}$ level teaspoon in the whole day's milk mixture, or brewer's yeast may be given and this may be slowly increased to two teaspoonfuls at 12 months.

Raisin pulp, spinach or lettuce purée, $\frac{1}{2}$ a teaspoonful increasing up to three a day.

At Eight Months. (In addition to above.) A baked crust, ten minutes before the 10 a.m., 2 p.m. and 6 p.m. feeds.

At Nine Months. (In addition to above.) Barley or Oat Jelly (sieved). Begin with 2 teaspoonfuls after the crust at 10 a.m. and 6 p.m. before giving the milk mixture, a little of which should be poured over it without stirring it in.

If the baby is naturally fed and in the process of being weaned, a little expressed milk should be used if a breast feed is due.

Lettuce or Spinach purées should be continued daily, working up to about four teaspoonfuls at 12 months.

From Ten Months. (In addition to above.) Dinner at 2 p.m. any of the following (sieved), beginning with two teaspoonfuls increasing to about three tablespoonfuls at twelve months.

Soups.—Vegetable bone, mutton, chicken broth, lentil (dahl) soup, thickened to make them semisolid with baked breadcrumbs and a little potato baked or boiled in its skin.

Gravies.—From meat stew or pudding, meat, red from underdone meat, thickened with baked breadcrumbs, potatoes and sieved green or root vegetables.

Marmite.—Thickened with vegetables.

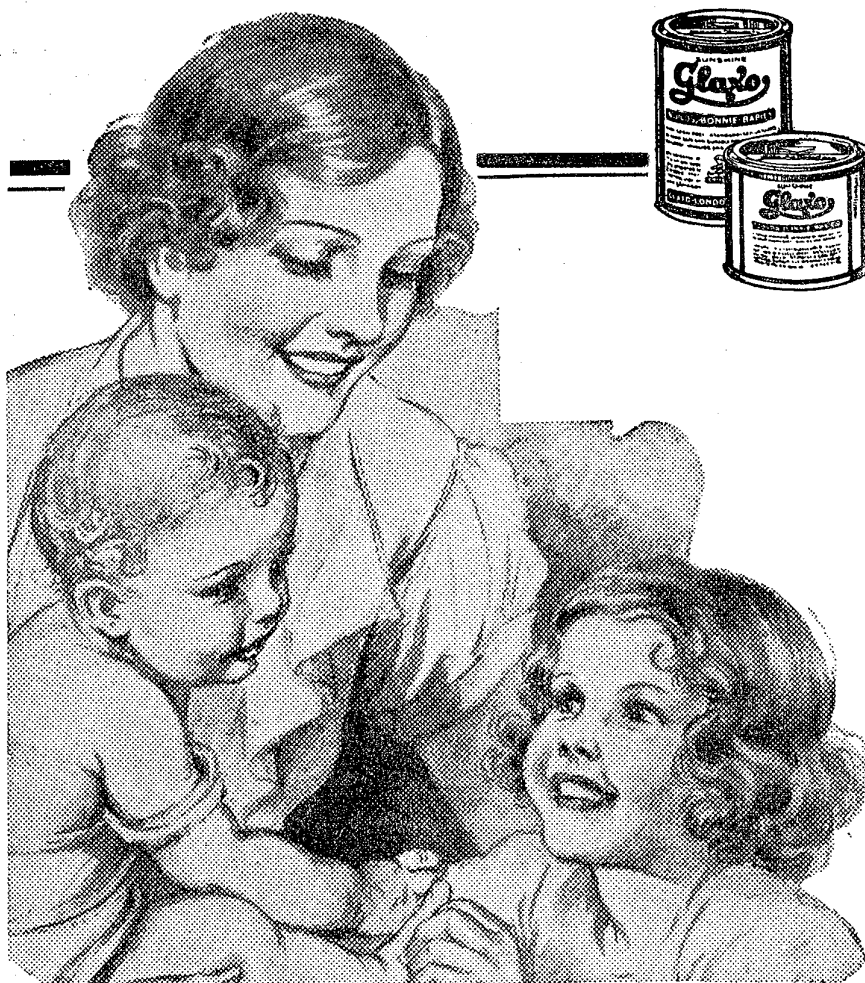
Egg.—Give half three times a week until 12 months (unless eggs are very small). Instead of adding it to the milk mixture, it should be coddled and thickened with green vegetables or breadcrumbs or given as a steamed custard flavoured with salt.

Purées.—Any vegetables except onions, garlic and leeks may be used, mixed with breadcrumbs and served with white sauce, water from the vegetables or marmite.

At Eleven Months. (In addition to above.) Two teaspoonfuls of sieved milk pudding should be given after the crust, and preceding the 2 p.m. Milk mixture, some of which should be poured over, but not mixed with it. The amount should be increased to about three tablespoonfuls at 12 months.

Variations.—Rice in any form or ragi, sago, semolina, barley, tapioca (or egg custard may be given once a week). Small quantities of raisin or prune pulp or sieved baked apple should be added each day if they are available. Failing these a little sieved banana may be given, but care should be taken as it does not suit all babies.

New foods should be introduced in small quantities until it is certain that they suit the baby, only two teaspoonfuls of potato should be given to begin with, plenty of cool boiled water should be given between meals and orange or tomato juice must never be omitted.



No more truthful saying in a baby's interest has been made than 'Breast fed is best fed.' But for those babies whose mothers are unable to feed them, there can be but one substitute—GLAXO, and especially during the hot weather and monsoon months, that time so dangerous to tender infant life. Gastro Enteritis, the dread complaint of the 'rains' will have no terrors for the mother of the GLAXO fed baby.

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U.P.	175	Rev. Mother Cecilie, Ishwari Memorial Hospital, Benares.	Wilhelmina Hospital, Vienna, Austria.
"	178	Sister Elizabeth, Ishwari Memorial Hospital, Benares.	Do. do.
Sindh	185	Miss D. O. Payrie, Lady Dufferin Hospital, Karachi (Sindh).	Lady Aitchison Hospital, Lahore; Mayo Hospital, Lahore.
Assam	237	Miss Fairy Mingam, S.D.A., Mission School, Meiktila, Burma.	White Memorial Hospital, Los Angeles, California, U.S.A.; Jewish Maternity Hospital, London, E.I.
Madras South	250	Mr. A. Vethamuthu, Male Nurse Compounder, W.F.P. Hospital, East Gate, Madura.	Scudder Memorial Hospital, Ranipet, N. Arcot Dt.
"	353	Mr. S. C. Andrews, U. M. T. Sanatorium, Arokyavaram Post, Chittoor Dt.	Do. do.
U P.	358	Miss E. A. Lawrence, Thomason Hospital, Agra.	Thomason Hospital, Agra.
"	362	Miss G. Orchard, Thomason Hospital, Agra.	Do. do.
"	374	Miss C. A. Barnes, Thomason Hospital, Agra.	Do. do.
Madras South	378	Miss Sarah Eapen, Rainy Hospital, Royapuram, Madras.	Christina Rainy Hospital, Royapuram, Madras.
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"	438	Miss A. S. Jeevarathna, Rainy Hospital, Royapuram, Madras.	Do. do.
"	511	Miss Lily Alfreds, Rainy Hospital, Royapuram, Madras.	Do. do.
"	664	Miss Jeya Israel, Rainy Hospital, Royapuram, Madras.	Do. do.
"	666	Miss Victoria Pushpam Vincent, Rainy Hospital, Royapuram, Madras.	Do. do.
Delhi	717	Miss Watsala Salve, St. Stephen's Hospital, Delhi.	St. Stephen's Hospital, Delhi.
"	741	Miss Grace Jamaludin, St. Stephen's Hospital, Delhi.	Do. do.
Central India	818	Miss E. Buchanan, C/o Rev. John Buchanan, M.D., D.D., Canadian Presbyterian Mission, Amkhut P.O., (via Dohad), C.I.	Royal Victoria Hospital School of Nursing, Montreal, Canada.
"	819	Miss A. Calkins, American Friends Mission, Chhatarpur, Bundelkhand.	Rejoined.
Bangalore	820	Miss S. C. Jackson, Zenana Mission Hospital, Bangalore.	Do.
U. P.	MU46	Mrs. E. Lawrance, Home-Sister, King George's Medical College, Lucknow.	Agra Medical School, Agra.

To Let

' We find these Luer-Lok Syringes give us the best service of any Syringes we have ever used '

Writes an eminent Surgeon attached to one of the foremost Hospitals in India

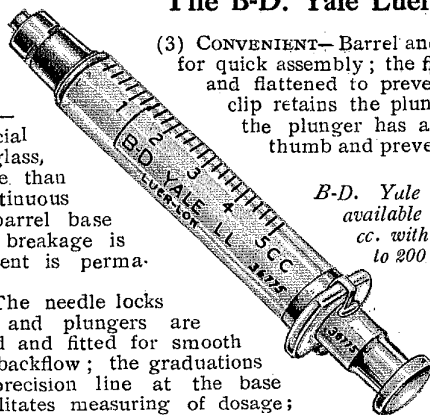
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To

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 OR
 * THE MIDWIVES' UNION
 OR
 * THE HEALTH VISITORS' LEAGUE } AFFILIATED WITH
 THE T.N.A.I.

* Strike out lines not required.

Name (Printed in full).....

Training Schools

Length of training.....

Inclusive dates of training.....

Positions held subsequent to training.....

Present nursing position (if any).....

Present address (Printed).....

Signature of Applicant.....

Certificate of Recommendation

I have personally known.....

.....years and can recommend her for Membership of
 the T.N.A.I. I certify that the attached Copies of her certificates are genuine.

Signature.....

Position.....

Date.....

This form should be signed by a Nursing Superintendent or Medical Officer
 (not lower than the grade of Civil Surgeon), and should be sent to the Secretary,
 Miss Hartley, 1 Madavakkam Tank Road, Kilpauk, Madras, with copies
 of all certificates. No money should be sent until acceptance as member is
 notified.

Travelling Concessions

Some hints to take notice of when applying for concession forms.

1. Read up notes on page 139 in T.N.A.I. Handbook.
2. Obtain a concession order from your hospital if you can.
3. Write for your concession order two weeks before your journey if possible.
4. Use the form given below.
5. Write in block capitals.
6. Send to your District Secretary, see page iii for addresses. **Mark your envelope T. N. A. I., or address your letter to the District Secretary as such, to distinguish from private correspondence. Use a 1 anna 3 pie stamp.**
7. Enclose a stamped, addressed envelope for reply and please do not forget your registered number.

To the { General } Secretary, T.N.A.I.....
 { District }

Dear Madam,

As a nurse in *bona fide* practice I have to travel on $\frac{\text{duty}}{\text{leave}}$ as shown below and shall be grateful if you will please issue me concession forms for the journey.

From..... Station on the.....Railway
 to..... Station on the.....Railway

(If through tickets for the whole journey cannot be obtained, give details of each stage for which a fresh ticket is needed.)

I intend travelling on or about..... 193
 I enclose a stamped and addressed envelope for reply.

TNAI Regd. No..... Name.....

Date..... Address.....

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The
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JULY 1936

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The Nursing Journal of India

All contributions and letters for publication, and books for review should be sent to the Editors; see page i for addresses. Matter intended for publication should be received by the 18th day of the month preceding publication.

Payments for Journal subscriptions etc., and changes of address should be sent to the Secretary, T.N.A.I., Kilpauk, Madras.

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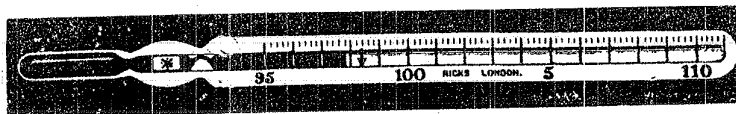
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