

2. No names of Exhibitors or Hospitals should be fixed to the Exhibits but each Exhibit should be accompanied by a card bearing

- (a) Name of Exhibitor.
- (b) Name of Hospital.
- (c) Description of Exhibit.

3. If any Nurse wishes her Exhibit to be returned by post she should send brown paper, string and stamps for the return postage.

4. Forms of application for the Exhibition may be had from Miss Robson, Rainy Hospital, Madras, on payment of a fee of 8 as. for each exhibit.

5. The address to which exhibits should be sent will be published in the September Journal.

Now then, I hope you are all hard at work as our Exhibits must be ready this year by the end of September, and we look forward to a record Exhibition.

I shall be very glad to answer any question you may ask in this connection.

All good wishes

Yours very sincerely,  
J. ROBSON.

### THE MOTHERCRAFT SECTION

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

#### *A Most Useful Discovery.*

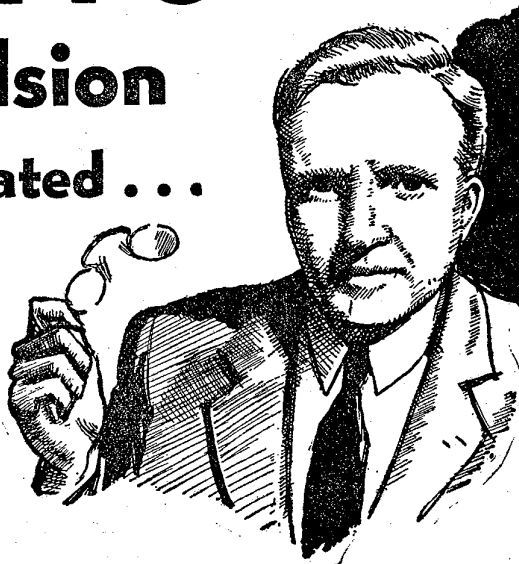
Miss Worth of Sholapur who holds an Australian Mothercraft diploma has made a most important discovery. She had great difficulty with the babies at Sholapur as they were often advanced marasmies when bought to her. Cows milk when obtainable was unreliable and Buffalo's milk modified in the usual way was still too rich for them. Since using the mixture of Acorn Dried Milk and Buffalo's milk, the result has been far better than she ever expected. Her babies are putting on weight and thriving. She has kindly sent the following note for publication in the *Journal* and hopes it will benefit babies in other parts of India. We should be most grateful if people who try this recipe will send us reports. It appears to be inexpensive.

'I am glad you think the dried milk mixture may be useful. We get the powder from Martin and Harris Ltd., Grahams Buildings, Fort, Bombay, but I notice on their letter head that they have a branch in Madras, so it would be cheaper for you to get it there. The address is Sunkurama Chetty Street, Madras. It costs Rs. 18 for a 56 lb. tin, and the packing etc. is extra. We are going to get it in lots of two tins at a time, every two months, and that will save packing for us, but you living on the spot will not have that worry. The trouble is that you cannot get it in small quantities. You have to take the whole tin, they are only wholesale people. We use a tin a month of course, and it would be difficult if you only wanted a little. But it would keep put up into smaller tins I should think.

This is the way we make it.

|                  |         |        |         |     |          |
|------------------|---------|--------|---------|-----|----------|
| Buff's Milk.     | C. 4.4  | F. 7.7 | P. 4.8  | ... | 9 ozs.   |
| Prep. Dried Milk | C. 5.13 | F. 1   | P. 3.56 | ... | 7½ ozs.  |
| Water            | ...     | ...    | ...     | ... | 3½ ozs.  |
| Cane Sugar       | or      | ...    | ...     | ... | 2 teas.  |
| Sugar of Milk    | ...     | ...    | ...     | ... | 2½ teas. |
|                  |         |        | Total   | ... | 20 ozs.  |

# SCOTT'S Emulsion is indicated . . .



SCOTT'S Emulsion contains not only cod liver oil, the rich source of Vitamins A and D, but also the hypophosphites of lime and soda.

It has been fully established that SCOTT'S Emulsion is absorbed into the system with particular rapidity. Response to its curative action is therefore remarkably speedy. In addition, SCOTT'S Emulsion stimulates the secretion of bile and of the pancreatic juices and thus increases the natural digestive power of the body.

SCOTT'S Emulsion is indicated, therefore, as the strengthening tonic in all cases of anaemia, tubercular affections, nervous debility, defective nutrition, rickets and marasmus. Patients of all ages appreciate its agreeable flavour.



*This famous Trade  
Mark guarantees  
purity and quality*

## SCOTT'S Emulsion

of Pure Cod Liver Oil

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This mixed together gives the percentage composition of cow's milk. C. 5 F. 3.5 P. 3.5.

The dried milk is put on top of the cold water and either beaten with a fork or a whisk and then added to the other ingredients. We use the made milk as you would ordinary cow's milk, adding the necessary water and sugar for individual babies. To make the prepared dried milk we just add 1 oz. of the dried milk powder to 9 ozs. of water. The excess of fat in the buffalo's seems to be just right for the lack of fat in the dried milk, and our babies are digesting it well. I would like to try a baby on a very concentrated feeding such as the Lactic Acid ones, it would be so simple with the dried milk, no setting of the milk needed to reduce the fat. But I haven't a baby that needs such a feeding at the moment, they are all doing fairly well on what they are on. I think this mixture is more useful for older babies and children. I heard Dr. Ackroyd speak in Ooty this year and he recommended the use of the dried milk for mothers and children, even without the addition of the needed fat. 'But they need the fat.'

We suggest the following proportions for young babies. The actual amount to be given must be adapted to the weight and requirement of each individual baby, according to the tables given in our Mothercraft Leaflet No. III.

|                                  |     |     |         |
|----------------------------------|-----|-----|---------|
| Acorn and Buffalo's Milk Mixture | ... | ... | 13 ozs. |
| Sugar                            | ... | ... | 1½ ozs. |
| Water                            | ... | ... | 31 ozs. |

These proportions give a Percentage Composition of S. 7: F. I. 4: P. I. 4. and the mixture contains 14 calories an ounce. This recipe contains the maximum percentage of sugar as it is intended for use without added fat. It should be modified for each individual baby according to the weather and the amount of fat tolerated. For the recipe containing the maximum amount of fat see Leaflet II, Modified Milk Mixture No. I.

### BOOK REVIEWS

*Birch's Management and Medical Treatment of Children in India and the Tropics.* Eighth Edition by E. H. Vere Hodge, B.A., M.D., M.R.C.P., I.M.S. Messrs. Thacker, Spink and Co., Calcutta ... Price Rs. 7-8-0.

We have been looking forward to the new edition of this book for some months. It is a work with an interesting history, having first been written in pamphlet form by Surgeon Henry Hurry Goodeve in 1844. The seventh edition was re-written by Brigade-Surgeon Edward Birch and subsequent editions have been enlarged and brought up-to-date by Lieut.-Colonel V. B. Green-Armytage and Lieut.-Colonel Vere Hodge, who have both done much to promote the study of pediatrics in India. The book has a three-fold purpose (1) to act as a guide to practitioners, (2) to meet the demand of Mothers in the mofussil, for a book which will enable them to meet the emergencies of sickness, as well as to guide them in the maintenance of health, (3) to provide a text-book for Nurses.

Many of us come to India with qualifications in Infant Dietetics and Management, which are extremely valuable if we are to carry out skilled, scientific and practical work, but climate, conditions and the difficulty of obtaining food ingredients which are plentiful, cheap and reliable in other countries, combine to make the business of adapting our knowledge a perilous one for infants and young children. Incidentally Nurses in training, do not always receive adequate instruction in prophylactic treatments which have their foundation in Infant Dietetics.

The book not only deals fully with the diet and management of infants and children and the prevention of illness, but there are valuable chapters

**Eighth Edition. Replanned, Revised and Greatly Improved.**

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**BIRCH'S  
MANAGEMENT and MEDICAL  
TREATMENT of CHILDREN  
IN INDIA and THE TROPICS**

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*Replanned, Revised and Greatly Improved*

BY

**E. H. VERE HODGE, B.A., M.B. (Cantab.),  
M.R.C.P. (Lond.), Lieut.-Col., I.M.S.**

- ¶ This famous household classic is of the utmost utility to mothers who are away from immediate professional medical assistance. It has a further object in that it aims to form a text-book to be carefully studied by all who have children and wish to do their best by them.
- ¶ It goes further than former Editions in that it contains information based on the latest European practice and treats of subjects not usually found in books of this class, but which form points of grave anxiety to parents when bringing up their children.
- ¶ The present Edition has been thoroughly revised and the greater part rewritten. Those who live out in districts removed from hospitals and are unable to secure competent medical advice have a very safe and reliable guide in the book under reference.
- ¶ It has become more and more valuable and useful as well to the anxious mother in India as to the practitioner, and can be warmly recommended to the public for whom it is intended.—*Indian Medical Gazette.*

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**Thacker Spink & Co. (1933) Ltd.**

**3, ESPLANADE EAST, CALCUTTA**

upon the symptoms, treatment and Nursing of Tropical diseases, a table of vitamins and some useful prescriptions. We heartily recommend this book and consider that Hospital Nurses, Nursery Nurses, Mothers, Missionaries, Teachers and in fact anyone who cares for children, either in health, or sickness ought not to be without a copy.

Copies can be obtained direct from the publishers or from the Secretary, Trained Nurses' Association of India.

*Surgery for Nurses* by Hamilton Bailey, F.R.C.S. (Eng.), and R. J. McNeill Love, M.S. (Lond.), F.R.C.S. (Eng.) Second edition. Price, 12s. 6d. Publishers Messrs. H. K. Lewis & Co., Ltd., 136, Gower Street, London, W. C. 1.

This extremely modern and up-to-date book is not only beautifully written and well paragraphed, but contains 299 excellent illustrations, 32 of which are coloured. There are questions from the Final State Examination Papers at the end of each Chapter. The attractive linen binding of a type, that wears well in India, and the silk book-marker, combine to make a luxury edition. It should be highly valued by Sister-Tutors, senior and post-graduate nurses and would make a much appreciated prize. It is also most suitable for hospital libraries.

*A first year Nursing Manual*, by Margaret S. Riddell, A.R.R.C., S.R.N. Third edition. Messrs. Faber and Faber Ltd., 24, Russell Sq., London, W.C. 1, 1936. Price, 3s 6d.

This is a most useful and practical little book, which should be much appreciated by Sister-Tutors and first-year student nurses.

It makes a good companion to Miss Riddell's most comprehensive book, *Lectures to Nurses* which we have already reviewed in this *Journal*.

## THE QUIET HOUR

### THE TRUE NURSE

The following is a summary of a sermon preached by the Right Rev. Bishop Crotty on the occasion of the annual meeting of the College of Nursing. (*Reprinted from the Nursing Mirror and Midwives' Journal*.)

Isaiah lxi. 3. *To give beauty for ashes, the oil of gladness for mourning, the garment of praise for the spirit of heaviness.*

The Nursing of the sick no longer belongs to the religious bodies as it once did, yet religion is unquestionably part of every Nurse's work and calling.

The patient's body is not simply a bit of machinery, out of order, which needs repairing and overhauling, in the same way as an artisan mends a car; diseased bodies are aching shells of human spirit, which require the exercise of every portion of a Nurse's being to bring about the desired result. As the hymn put it:

"Take my hands and let them move  
"At the impulse of Thy love;  
"Take my feet, and let them be  
"Swift and beautiful for Thee."

No work is more sacred in God's sight than tending the sick and suffering. If looked at thus, the sick bed becomes an altar, and the operating theatre a sanctuary.

The verse quoted above expresses with extraordinary completeness all that goes to make a true Nurse.

**Beauty for Ashes.**—Surely this alludes to the part which science should play in nursing. Science came admittedly for the betterment of mankind;



## HORLICK'S IN DIGESTIVE DISTURBANCES

**P**HYSIOLOGICAL tests show that Horlick's is easily digested, readily absorbed and well utilised. It forms a valuable diet in ulceration of the stomach and duodenum, gastritis, and digestive disorders generally, furnishing adequate nourishment without burdening the weakened digestive powers of the patient. In some cases an emulsion of Horlick's and olive oil is beneficial. The nutritive qualities of Horlick's also make it an ideal diet not only in acute illness and during convalescence, but in the many chronic conditions of ill-health which are favourably influenced by correct dieting.

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MALTED MILK

*Available Everywhere*

but not the science which, of late, has been prostituted in war, for the terrible destruction of the human body. Science, rightly applied, can be a wondrous help to the doctor and the Nurse, cleansing the septic wound, opening the blind eyes, strengthening the weak muscles. Science can be as much an instrument of God as the prayer of devotion.

**The Oil of gladness.**—Who so well as the nurse can give courage to the frightened, and cheer the depressed patient? There should be something in the personality of the true Nurse, which I can only call 'radiance', one of the highest characteristics of any woman and the most infectious.

**The Garment of Praise.**—This garment is a vesture which God, and God only, can wrap around us and it makes everything, even the most disagreeable things, worth while, throwing a new light on a tiresome case, transfiguring heaviness, sweetening discontent.

Never was there a time when the world needed nursing as it does now, tossing in fever, terror-stricken, weak against contending forces. Clinics are not the only ministers of God. Religion is the divine alchemy which transmutes life's dulled metal into gold. In this transmutation the Nurse has many an opportunity of working for and with God.

#### EMPLOYMENT BUREAU

| APPOINTMENTS VACANT                                                                                                                                                                                                                                      | APPOINTMENTS REQUIRED                                                                                                                                                                                                                                                                                                                                                                          |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Wanted</b>—A Sister-in-charge of Maternity Wards 40 beds. Must be State Certified Midwife, i.e. hold Central Midwives Board Certificate, and able to teach and train.</p> <p><i>Apply</i>—SISTER SUPERIOR,<br/>JAMSETJEE HOSPITAL,<br/>BOMBAY.</p> | <p>Staff Nurse seeks post. Children prepared, Member, registered Madras, experienced Nursing Tuberculosis.</p> <p>Well recommended. Free August.</p> <p><i>Apply</i> Secretary.</p> <p>Sister's post required, preferably mid-wifery. Applicant has held acting matron's posts in large mission hospitals. Experienced teacher and administrator. Free now.</p> <p><i>Apply</i> Secretary.</p> |

#### BRESTOL

BRESTOL HUMANISED CREAM, a Cow and Gate product which is now being introduced and distributed in India, appears to supply a much needed want.

The composition of Brestol corresponds more or less to that of the cream in breast milk, and constitutes a useful method of adding extra fat to Baby's diet without causing any digestive disturbance. It contains a cod-liver oil amongst other fats blended in a very pleasant malted emulsion with the addition of concentrated orange juice, and the manufacturers emphasise that in accordance with the present trend of medical opinion the vitamins are natural and *not* synthetic.

We are informed that Brestol Humanised Cream is used very extensively now in Clinics and Welfare Centres throughout the U. K. and has given striking results in the case of backward and marasmic babies. The malted form of the cream keeps well in India, and all the jars are dated for protective purposes, as is usual with Cow and Gate packings.



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Campaign. For the children  
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hope for to-morrow, and  
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