

October 9th—

- 9 a.m. ... Visit to Barnard Institute—General Hospital.
Paper—Dr. Pillai
or
Visit to Nursery School, Vepery.
- 10-15 a.m. ... Conference Session.
- 2 p.m. ... Executive Meeting.
- 3 p.m. ... Closing Conference Session.
- 5 p.m. ... Garden Party at The Residency of the Zamin-
darini of Jaggampeta, Luz Church Street,
Mylapore.
Presentation of Student Nurses' Prizes.

KAMBU

ALICE LONGLAND, R.N.

We have been seeking for a nourishing food at a cheap price to recommend to our very poor patients in Saidapet. Most of them live on polished rice and pepper water, with scarcely any vegetables or fruit. The results are pitiful. Many go quite blind at child birth, become almost paralyzed, have white mouths, and all the other symptoms of vitamin deficiency. By the kindness of friends we are able to supply limited amounts of Marmite and Halibut Liver Oil to relieve the acute stage; but we urge them to eat foods that will prevent such a condition recurring. Kambu is a cheap and nutritious grain; we can buy from eight to ten measures for a rupee, and it can be prepared in various ways; sprouted, ground and made into puttu, or porridge or roti (bread). If any one can suggest new ways for using this valuable grain, we should be very grateful to know about it.

We wrote to Dr. Aykroyd, Nutritional Research Laboratories, Coonoor, and he very kindly analysed kambu for us. Its analysis is as follows:

Moisture	12.41%	Iron (F.e)	8.84 mgs. per cent.
Protein	11.59%		
Ether Extractives	4.99	Calorific value	
Mineral Matter	2.65	per 100 grams	364.7 Calories.
Carbohydrates	68.36	Vitamin B, and a little Vitamin A.	
Calcium (Ca)	0.049		
Phosphorus (P)	0.352	Vitamine C when sprouted.	

It can readily be seen that it supplies many of the characteristics lacking in polished rice; by sprouting it, we add Vitamin C to the already existing vitamins A & B. We also find that sprouted kambu greatly relieves the ever-present constipation.

We also urge the use of cheap greens—which supply vitamins and iron and roughage.

Our first step in the treatment of all patients, unless their condition is too critical, is worm mixture. We give a moderate dose of Carbon Tetrachloride and Oil of Chinapodium in $M_g SO_4$; and we have had very fine results with it.

Anyone's suggestions along these lines will be gratefully received.