

Exercise ... Are you making it a rule to take some out-door exercise every day?

What kind?

How long?

Have you been assigned special exercises?

What?

Recreation ... How do you use your leisure time?

Sleep ... How many hours? Continuous?

Windows open?

Do you relax during the day?

How long?

How?

Menstruation... Do you menstruate regularly?

What interval?

Do you have cramps?

backache?

nausea?

Do you enjoy life?

Do you enjoy your work?

Do you realize the value of cheerfulness?

MIDWIVES' UNION SECTION

The Feeding of Infants—(Continued)

Artificial Feeding

When for any reason the milk of the mother fails, we can resort to the use of either cow's, goat's or buffalo's milk—although as regards the latter, there seems to be a prejudice against its use. The following table will give you an idea of the differences in composition of these different milks—also their comparison with human milk.

	Human %	Cow %	Goat %	Buffalo %
Protein ...	1.7 - 2.0 %	3.5 %	4.4 %	5.82 %
Sugar ...	6.5 - 7.0 %	4.5 %	4.0 %	4.20 %
Fats ...	3.5 - 4.0 %	4.0 %	4.5 %	7.45 %
Salts ...	.2 - 1.0 %	.75 %	.6 %	.87 %
Water ...	86.0 - 88.0 %	87.0 %	86.0 %	81.0 %

It will be seen from the above table that whichever of these milks is used some modification is required and the degree of modification, in my opinion, depends entirely on the digestive powers of the infant to be fed. For example, some full-term and healthy babies can take and digest pure undiluted cow's milk from birth, whilst another can only digest a mixture of 1 in 2 or even 1 in 3 dilution.

I do not know of any other advantage in using goat's milk for feeding infants except that goats are said to be much less likely to contract Tuberculosis than are cows; whilst asses are immune to Tuberculosis. Asses' milk is greatly used in some parts of the Continent for infant feeding on that account.

The following table of feeds may be taken as a guide; but, I firmly believe that every child needs studying and is a law unto himself, as regards the amount of food its growing body requires.

Age.	Feeds in 24 hrs.	Ozs. per feed.	DILUTION		Total in 24 hrs.
			Milk.	Water.	
3 days	6	1	1 pt.	2 pts.	6 ozs.
7 "	6	1½	1 "	2 "	9 "
2 weeks	6	2½	1 "	1 pt.	15 "
4 "	6	3½	1 "	1 "	21 "
3 months	6	4	2 pts.	1 "	24 "
6 "	6	6	2 "	1 "	36 "

Water should be given freely between feeds.

The greatest care must be taken to ensure cleanliness of all utensils used in the preparation of the milk—and in bottles and teats. These latter should be washed immediately after a feed and boiled once a day. The feed should be given at a temperature of 100° F. and a child should be held comfortably, and as near as possible in the position it would be if it were suckling at its mother's breast. The stools and the weight are the best indications of a baby's progress—a steady gain of 4-6 ozs. per week being very satisfactory.

Milk can be diluted with Barley-water, Lime-water, or whey instead of water.

Patent Foods

There are very many valuable patent foods on the market at the present time—the best of which are the "dried milks." These include Glaxo, Cow and Gate, Lactogen and many others.

"Sunshine Glaxo" is the latest variety of Glaxo prepared and is guaranteed to contain the vitamins which hitherto have been lacking in dried milk foods.

In choosing a patent food other than dried milks for the purpose of feeding an infant, it must always be remembered that a baby's saliva does not contain "ptyalin" the ferment for starch digestion until after the age of 6 months—therefore foods containing starch in other than a pre-digested form should not be given until the child reaches the age of 6 months.

FOR THE QUIET HOUR

Constant Mercy—Constant Praise

Scripture Reading: *Lamentations* iii. 22-33

New every morning the Lord's compassions are. Then His goodness is manifold. He plans something surprising with each sunrise. He never allows one dawn simply to repeat that which preceded it. He subjects me to a discipline different from any I experienced before, or, He enriches me with a peace such as I never enjoyed before. Life is filled with His miracles for those who have eyes to see them. It is endlessly original. Faultless wisdom, untiring faithfulness, perfect love, preside over the history of His children.

New every morning God's compassions are. Then I am strangely blind and thankless. I have never taken proper note of His increasing kindlinesses. I ought to go through the world seeing visions and dreaming dreams. About every spot I should bear Jacob's witness, "This is the house of God, and the gate of Heaven." Aye, and where has been my gratitude? Sometimes He sends me a messenger of mirth, and sometimes a messenger of mourning; but His love comes with both, and for both I should have given thanks.

New every morning His compassions are. Then my soul should be a shrine of hope. The love of God for the church and for the world is not wearied yet, and it never will be. The past and the present have enjoyed no monopoly of His power; He fainteth not. And am I harassed by anxieties, or tormented by spiritual doubts and fears, or inclined to despair because I am the chief of sinners? Ah, but His mercies "aye endure, ever faithful, ever sure." To-day He waits to bless even me.

ALEXANDER SMELLIE.

Alleluia

For the loveliness of dawn upon the sleeping sea,
For the vapours spun of mist of pearl, where great lights be,
Alleluia.

For the winding roads that lead up through the fields of air,
Whither angels that have kept their watches homeward fare,
Alleluia.

For the wonder of the waking world, her silences,
For the magic of her moving colours' gentleness,
Alleluia.

For the love that, lest our faith and hope wax faint and cold,
Opens morn and eve a vision of the City of Gold,
Alleluia.

Of what sort must be Thy country? Oh to think that we
Have a portion in a beauty passing earth, air, sea!
Alleluia.

AMY WILSON CARMICHAEL

FRAGMENTS

Dr. Theodore Krysto, in the "Scientific American" of April, 1930, says that coumarine, which is a component substance of all leguminous plants neutralizes the noxiousness of the Anopheles Mosquito and renders it no longer a Malaria Agent, if it feeds upon plants belonging to this family, such as beans, clover, alfalfa.

A new departure in the field of Nursing Service is inaugurated by the Boeing Air Transport System and is designated "The Nurses' Corps Hostess Service." The Transport Company operates on Air Service from Oakland, California to Chicago and a registered nurse accompanies each plane, to care for the comfort of the passengers, and render aid professionally when required.

The Joint Study Committee of the Canadian Nurses' Association and the Canadian Medical Association, which consists of three doctors and three nurses, and was appointed in the summer of 1927 to make an investigation into the conditions of nursing in Canada were fortunate enough to secure the services of Dr. George Weir, Professor of Education, University of British Columbia, to make the survey. Prof. Weir has been engaged in this work since November 1st, 1929, and hopes to complete it by March, 1931.

Prof. Weir is dealing with such queries as the selection of nurses, their preliminary education, the curriculum of training schools, methods of teaching, examinations, the content of nursing fees, and remuneration, co-operation with the Medical profession and community organization.

"The poison of botulism is so powerful that one teaspoonful, if properly diluted, would be more than enough to kill every man, woman and child in the world. So Prof. Chas. H. Philpott of Washington University, St. Louis, U. S. A., tells us.

"But science has recently discovered that in some of its qualities snake venom is even worse.

"The botulinus toxin retains first place in its concentrated deadliness.

"But snake venom goes it one better in its effect on the living tissues. It seems to be the only poison in the world which kills a person all through his body at the one time.

"Snake venom seems to attack all kinds of living cells in the body almost equally."

What a magnificent gesture of India's loyalty and affection for her King-Emperor is the King George Thanksgiving Fund of 9½ lakhs. Nor could it be used in the interests of a more needy cause, than that of trying to combat that awful plague Tuberculosis.

We offer our very hearty congratulations to the Student Nurses' Organization Presidency-General, Calcutta, and Government-General, Madras Units. Those very reports amply justify the formation of the Association—indeed, they speak eloquently of the need.

T. N. A. I. NEWS AND NOTICES

Report of Fancy Dress Ball, Bombay

Bravo! Miss Burrows. We gladly give prominence to the full report of so successful an effort on behalf of the capital fund of the Association.

A Great Success.

From a very early hour on Wednesday evening, it was obvious that Bombay was determined to make the fancy dress ball at the Bombay Town Hall in aid of the Association of Trained Nurses in India a great success. Crowds literally invaded the hall which had been tastefully decorated with ferns and bunting. The stage looked particularly attractive and gave evidence of the hard work put in by the committee under E. Gordon Cameron, Esq., J. W. Ritchie, Esq., Hon. Treasurer, with C. H. Klein, Esq., Hon. Secretary.

The large number of people present should go far towards the consummation of the Committee's hopes that the ball contribution to this deserving cause should be a worthy one. The handsome collection of prizes on view attracted an unusually large number of clever and attractive costumes, and the judging committee must have had an extremely difficult task in choosing the various prize-winners. In fact, a number of parades had to be made by the competitors before the judges came to a final decision. Bombay's favourite band provided the music and generously responded to the repeated encores. In fact, M. Silas and Company, who comprise the Hijackers Band are now an institution whenever a dance at the Town Hall is talked about.

An army of waiters were present and proved very capable, these were recruited from the "Lads of the Village" as the Programme stated and again quoting the programme 'May they never have a thirst that they cannot quench.' They certainly refused to let the dancers get a respectable thirst on. Further efforts to extract a few odd rupees from the dancers was made by a bevy of beauties who were selling various novelties, but as the cause was such a deserving one everyone paid up and smiled.

When the time for judging came along the floor presented an animated appearance with here a Jack Tar, pretty water carriers, Pierrots, Pierettes, Jesters and various Orientals. One prize-winner in particular was very good, that representing. "The Light of the World" of the Burma Shell Oil Company. He more than deserved his prize considering that he was so encased with tin armour that it was impossible for the poor man to sit down. However, he bore up cheerfully, on what was, indeed, a sticky night.

A few of the prize-winners are given below :—

Best dressed lady :—Miss Rita Harding as Spanish Lady.

Most original lady :—Miss Freda Steggall as Mesopotamia.

Most Humorous Lady :—Miss Newman as Bombay Gymkhana.



Miss Yvonne Constable looked particularly charming as a little dancer. She led the parade, and was given an ovation when she went forward to receive the 1st consolation prize. The 2nd consolation prize was won by Mrs. Blackwell. Mrs. Riordan and Mr. Marshall were the lucky couple to annex the spot dance prize.

The thanks of the committee are due to the various generous donors of the prizes. Dancing was kept up until the early hours of the morning and the ball can be voted as one of the most successful Bombay has had for a very long time.

Congratulations.

Our heartiest congratulations to Miss J. J. Robson who has secured the Diploma of Nursing from Leeds University. We wish her well as she returns to her work at the Rainy Hospital, Madras.

Bangalore District.

A meeting of members in the Bangalore District will be held about the second week in December. The date and full particulars will be given next month.

Some Invalid Recipes

Liver Dishes for Pernicious Anaemia.—The best form of liver is calf's or beef. Liver should be used while still fresh, and should not be soaked in water or salt and water beforehand or parboiled. The less cooking it receives the better.

Liver Soup.—1 lb. sheep's liver, $\frac{1}{2}$ pint milk, 1 pint water, $\frac{1}{2}$ pint stock, $\frac{1}{2}$ small onion, 1 teaspoonful arrowroot, pepper and salt.—Well wash the liver and wipe away all dark blood. Cut into small pieces and put into a pot with the onion and water. Boil for half an hour, then strain through a wire sieve, pressing the liver through. Put into a saucepan with the stock, milk and seasoning and stew gently for one hour. Thicken with the arrowroot mixed to a smooth paste with cold water.

Liver Omelette.— $\frac{1}{2}$ lb. sheep's liver, 1 oz. butter, 2 eggs, pepper and salt.—Wash and dry the liver and cut into small pieces (scissors do this very nicely). Separate the yolks and the whites of the eggs. Beat the yolks well, add seasoning and the chopped liver. Whisk the egg whites to a stiff froth and stir lightly into the yolks. Put the butter into the pan and when thoroughly melted pour in the mixture. Slip knife round edges to keep them free, and poke the centre occasionally; when brown underneath stand the pan under the grill a minute to puff the top, and slip on to a very hot plate, folding over to serve.

Grilled Liver and Bacon— $\frac{1}{2}$ lb. calf's liver, a little flour, 4 rashers of bacon, pepper and salt.—Wash the liver well and wipe on a soft cloth. Put a little flour on a plate and dip the liver into it covering both sides. Sprinkle pepper and salt over each piece. Make a baking tin hot and lay the rashers of bacon and the liver on it. Stand under the well-heated grill and cook for 5 minutes; slip a knife under each piece to loosen and cook other side at same time. Remove, to a hot dish, put a little water in the tin, boil up gravy and strain over the liver and bacon.

Minced Liver.— $\frac{1}{2}$ lb. calf's liver, teaspoonful cornflour, $\frac{1}{2}$ pint water, pinch of sweet herbs, 1 oz. butter, $\frac{1}{2}$ teaspoonful lemon juice, teaspoonful grated onion, sprig of parsley, $\frac{1}{4}$ teaspoonful of salt.—Wash the liver and dry well on a piece of soft linen. Put into a pan with the parsley, onion, herbs, lemon juice, salt and water, and stew gently for half an hour. Mince finely. Melt the butter in a pan and stir the cornflour into it until quite smooth. Strain the liquor from the liver into it and bring gently to the boil, stirring continually. Let it cook until it thickens, then mix the liver into it. Serve very hot with tiny snippets of toast.

Stewed Liver.— $\frac{1}{2}$ lb. calf's liver, teaspoonful of chopped parsley, teaspoonful of grated onion, small blade of mace, a little grated lemon rind, $\frac{1}{2}$ pint water.—Thoroughly wash the liver and wipe quite dry. Flour well on both sides. Put into a casserole with the onion, mace, parsley, lemon and water. Put the lid on the casserole and stand in a moderate oven for $1\frac{1}{2}$ hours. The gravy may be thickened if desired.

PROGRAMME OF ANNUAL CONFERENCE**Nagpur, 19th to 21st November, 1930***Conference sessions to be held at Y. W. C. A.***Wednesday 19th :**

Morning 10 a.m.

Devotional Service—Dr. B. Chone Oliver

Official Opening—Lady Nelson—10-15 a.m.

1st General Session :

President's Address

Confirmation of the Minutes of 1929 Conference and discussions arising out of same

Annual Reports of the Secretary, Editor of the Journal, Business Manager, Treasurer, and Local Secretaries

Report on New Handbook by the Secretary

Alteration to Constitution

Afternoon Session : 2 p.m.

Business left from Morning Session

Paper on Health and Welfare work by Mrs. Tarr

"At Home," Mure-Hospital by invitation of Nursing Staff 4-30 p.m.

Thursday 20th :

7-30 a.m. Visit to Health Centre—Mrs. Tarr

10 a.m. General Session :

Student Nurses' Association ; report of progress by Organising Secretary, S. N. A.

The possibility of having a supplementary register for nurses who are not eligible for full T. N. A. I. membership

The proposed formation of a Christian Nursing Association and its possible relation to the T. N. A. I.

Combined membership of T. N. A. I., H. V. L., and M. U. ; and Life membership of T. N. A. I.

Afternoon Session : 2 p.m.

Any business left from the Morning Session

Paper on Osteo-Malacia

Picnic tea at the Gorewara Tank 4-15 p.m.

Evening :

A Musical Evening at Mrs. Macnairs' bungalow

Friday 21st :

Morning Session :

Reports on Provincial Registration

Election of Officers

Other business

Afternoon Session :

Kala Azar

Village Health Work and the relation of Nurse thereto—Mrs. Watts

Tea by invitation of Officers—Close Conference

Friday or Saturday :

(Time to be determined later)

Consideration of the I.C.N. Montreal report of the Committee on Education

Saturday 22nd :

Executive Committee Meeting

N.B.—Charge per day for those attending will be Rs. 2-8-0. This will cover all board and lodging.

Expenses: Payments to be made to Miss Stitt, Organiser and Chief hostess of the Conference. Members are invited to fill up the Registration forms and send to Miss Stitt, if possible, not later than November 5th.

As delegates are to be staying in private bungalows (there being no hotels in Nagpur) each delegate might please bring her own bed linen and two blankets. The weather should be quite cold. Bring a hot water bag if you are a cold person.

Miss Stitt will acknowledge on a postcard receipt of all applications and will, nearer the time of Conference, let each delegate know where she will be staying.

WANTED—OLD “NURSING JOURNALS”

The Secretary of the International Council of Nurses writes that the Council desires to have, as far as possible, complete files of all the nursing magazines of member organisations of the Council. The following numbers of the “Nursing Journal” are missing from the Council’s files and we shall be glad if members can supply these old copies. Please send any that you may have to the Secretary, T. N. A. I., Kilpauk, Madras, who will gladly repay postage.

1910—All issues except May, Oct. and Dec.

1921—All issues except June.

1922—Nos. 1 and 3.

1923—Nos. 10 and 12.

NEW MEMBERS' LIST FOR NOVEMBER, 1930

No.	Name	Training Schools	Present Address
M.U. 45	Mrs. R. Teasdale ...	Lady Dufferin Victoria Hospital, Calcutta. 1 year. 15th Oct. 1928-15th Oct. 1929.	C/o Superintendent, Govt. Press, Nagpur, C.P.
4	Miss K. Mix ...	Peter Bent Brigham Hospital, Boston, Mass., U.S.A. Lying-in Hospital, Boston, U.S.A. 3 years. Sept. 1925-Nov. 1928.	N.M. Wadia Hospital, Wai, Satara Dist.

CHANGE OF ADDRESS LIST FOR NOVEMBER, 1930

No.	Name	Present Address
260.	Miss J. E. Mohler ...	Leeton, Missouri, U. S. A.
101.	„ L. G. Mewa ...	Lady Reading Health School, Delhi.
303.	„ M. L. Gordon ...	C/o Mrs. Gordon, <i>viz.</i> , Baldwin, Sirang, Braddan, Isle of Man, England.
318.	„ S. Singh ...	Infant Welfare Centre, Churiwalan, Chawri Bazaar, Delhi.
128.	„ S. Mark ...	Edith Cottage, Picketts Road, Leigh on Sea, Essex, England.
386.	„ M. Miller ...	Kulti, E. I. Ry., Bengal.
H.V.L. 43.	„ M. E. Raynor ...	Warehorne Rectory, Near Ashford, Kent, England.

CORRESPONDENCE

The Use of Cowdung for Cleaning

To

THE EDITOR,

Nursing Journal of India.

DEAR EDITOR,

In the August Number of the Journal you have a note on cowdung for cleaning. Some years ago when working in a Central India State I noticed a man with a very septic mouth, and gave him advice about mouth hygiene. He replied that he used an old Indian dental cleanser, *viz.*, cowdung. I could not credit this, so sought confirmation from two Indian ladies of good social standing. One stated that the dung was used after being reduced to ash, the other that it was sometimes used in a semi-liquid state. The man died of tetanus a few days later.

On enquiry locally, I learn that it is the sacred duty of every Hindu wife to clean certain parts of the house with cowdung daily.