

out licences, and have their shops and depôts registered for purposes of sanitary inspection, and a salutary control *can* be exercised over the food of our young and our sick—both helpless members of the community. Some years ago, a dairy company was established in a large provincial city, which not only undertook to purvey and distribute milk, but *guaranteed its purity* by carefully testing all the milk sent in to the depôt *before* it was sent out to the consumers. This plan has answered admirably, and, speaking from personal experience, I do not think a finer or purer supply of milk could be found in any city, and here, at any rate, our babies can have *pure food*.

Let us return to our subject. How did the *new* system of hand-feeding affect infantile health? I have pointed out *how* the milk was used, and its oftentimes doubtful quality. One of the results of this method was soon made apparent, and Nurses and mothers observed that the bottled babies were always wet, day and night, and cots and clothes were equally saturated; in fact, Nature was giving us a lesson (but it took us a long time to learn)—*viz.*, we were embarrassing her with more of a given substance than she required for the infant's need, and there was only one way to get rid of it, for babies never perspire, except from the head (and not often there); their skin is *warm* and *dry*, or cold and *dry*, such as the hands and feet, but *not* moist. How far it was wise to thus overtask the urinary organs in tender infancy I leave any mother or Nurse to think out for herself. There is one thing we both know, this constant drenching greatly adds to the miseries and discomfort of chafing of the genitals—at all times a source of trouble to us to avoid or deal with.

Again, Nurses and mothers complained that the infants did not appear to have their hunger satisfied with the milk-and-water diet; the curd was frequently ejected from the stomach, and in the intestine seemed to give rise to pain, and consequent crying. I have told you how variable and unsatisfactory the *bought* milk was in those days, and that no one ever had the slightest idea of *testing* its purity or *strength*; and as for cream, there *might* be enough in a pint, if left to stand for twelve hours, to cover a sixpence. One dire and early effect of this *impoverished* milk (?) was the introduction of *other substances* as substitutes for *good milk*, which in town we could not then obtain; and here again Nature had to be baulked in her ways and work.

(To be continued.)

Loeßfund's Malt Extract Lozenges contain 30 per cent. "Pure Hordeum" with white sugar. Best lozenges for children, delicious flavour, very digestible, cause no acidity. Invaluable for throat affections. In tins and bottles, 6d. and 10d. R. Baelz and Co., 14-20, St. Mary Axe, E.C.

## TASTY TIT-BITS AND DISHES DAINTY, FOR INVALIDS AND CONVALESCENTS.

Compiled specially for "The Nursing Record"

BY

LADY CONSTANCE HOWARD.

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### CLAM TOMATO BOUILLON.

TAKE half-part of fresh milk, one quarter-part of Clam Juice, the same of strained ripe, fresh tomatoes; cream and pepper to taste; heat, but not boil. Serve hot with croûtons of fried brown bread.

### CLAM FRITTERS.—No. 1.

Take one new-laid egg, half-a-pint of Clam Juice, half-a-teaspoonful of *cream of tartar*, quarter-teaspoonful of soda, some pepper, and flour enough to make a stiff batter. Fry in boiling lard, and garnish with crisply-fried parsley.

### CLAM FRITTERS.—No. 2.

The same proportion of Clam Juice and one egg, three gills of fine flour, three-quarters of a teaspoonful of baking powder, and some pepper. Fry in boiling lard; serve as above.

### CLAM CHOWDER.

Cut some salt pork into dice; add one and a-half-pints of water, sliced potatoes and onions, and boil all until done; add one pint of can Clam Juice, salt and pepper to taste, half-a-pint of new milk, and some crackers. Serve very hot.

### CLAM CAP FOR SLEEPLESSNESS.

Add boiling water (according to taste) to the Clam Juice, and pepper. Drink as hot as possible; but it may also be taken cold.

### HOT CLAM JUICE.

Take 1½oz of Clam Juice, 2oz. hot milk, 4oz. hot water, a pinch of salt and pepper to each glass.

### COLD CLAM JUICE.

Clam Juice, 1½oz.; cold milk, 2oz.; cold water, 5oz.; pepper and salt.

### CLAM JUICE SHAKE.

The same as cold Clam Juice; to be well shaken. A delicious drink.

### CLAM JUICE SODA.

Take 1½oz. Clam Juice, 2oz. cold milk, 5oz. soda, salt and pepper to taste.

Loeßfund's Alpine "Cream-Milk," pure, sterilized, unsweetened; condensed on Professor Soxhlet's principle, and directly under his supervision. The richest, most nourishing, and delicious. Best and safest condensed milk for infants. Scarcely to be distinguished from the finest fresh cream. 6d. R. Baelz and Co., 14-20, St. Mary Axe, E.C.

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