

GENERAL RULES FOR FEEDING FOR THE FIRST YEAR.

Age.	Interval Hours.	No. of Feedings in 24 Hours.	Amount of each Feeding. oz.	Total in 24 Hours.
1 week	2	10	1	10
2 weeks	2	10	1½	15
4 "	2	9	2½	22½
6 "	2½	8	3	24
8 "	2½	8	3½	28
3 months	2½	7	4	28
4 "	2½	7	4½	31½
5 "	3	6	5½	33
6 "	3	6	5¾	34½
7 "	3	6	6¼	37½
8 "	3	6	7	42
9 "	3	6	7	42
10 "	3	5	8½	42½
11 "	3	5	8¾	43¾
12 "	3	5	9	45

Emphasising the importance of sterilising milk, Dr. Chubbe says normal cow's milk should be sterile; but how is this possible under the conditions in which we know it is obtained and brought to us? Some of you no doubt have been to a suburban dairy at milking times and know all about it. But those of you who have not, just picture to yourselves, if you can, the state of the cow shed, the state of the cow's udder, the state of the man or woman's hands when they begin milking, the state of the pails the milk is received into; the swarms of flies, and the whisking of the cow's tail. Should we expect any operation case to keep sweet if subjected to such conditions? and what chance has such a highly susceptible fluid as milk?

Milk thus obtained must always contain any amount of micro-organisms, so that in a hot climate after a few hours all ordinary milk must be swarming with bacteria. Thus it should be sterilised as soon as delivered. If it is heated to a temperature of from 70 to 75 C. and kept at this temperature for twenty minutes, this kills most of the important bacteria, and is sufficient for ordinary purposes.

IMPORTANT POINTS TO KEEP IN MIND.

1. Don't give too much.
2. Don't try to pour four ounces of fluid into a stomach that will hold one ounce.
3. Try to make sure that the food you give is sterile.
4. Remember to have it as nearly as possible like human milk.
5. Use bottles that can be easily cleaned, and teats that can be boiled.

THE ROYAL RED CROSS.

The King has been graciously pleased to confer the decoration of the Royal Red Cross on the undermentioned sisters in recognition of their services to the sick and wounded during the operations in China: Miss Agnes Mary Waterhouse, Miss Marian Jeannette Hislop.

Nursing Echoes.

All communications must be duly authenticated with name and address, not for publication, but as evidence of good faith, and should be addressed to the Editor, 20, Upper Wimpole Street, W.



The King has awarded the Kaiser-i-Hind Silver Medal for public service in India of the second class to a Missionary of the Zenana Bible and Medical Mission — Miss Rosalie Harvey, of Nasik. The self-sacrificing efforts of this lady during the recent visitations of famine and plague in this sorely stricken district have thus been

recognised. Our readers will remember the heroic work done by Miss Harvey when she undertook the nursing in the Plague hospitals during the winter of 1896-7. The year 1899 witnessed another outbreak, and for some months she had charge of the native Christian Hospital at Sharanpur. Miss Harvey has founded and maintains a home for lepers at Nasik, which now has over 100 inmates.

It was by the express wish of the Prince of Wales that Miss Georgina Hallam, "Sister Victoria," of St. Mary's Hospital, who nursed him to convalescence through his severe attack of enteric fever some years ago, was specially invited to be one of the guests of the Corporation at the Guildhall banquet.

Amy, Lady Tate, has given a donation of £1,000 in memory of her late husband, Sir H. Tate, to the Queen Victoria's Jubilee Institute for Nurses, to be added to the donation given by Sir Henry, which is used for the benefit of the Queen's Nurses themselves in times of sickness.

Lady Londonderry recently presided over a meeting of the General Committee of the Women's Memorial to the Late Queen for the Endowment Fund of Queen Victoria Jubilee Institute to train nurses for attending sick poor in their own homes. The Secretary reported that, of £17,000 already received, £10,000 was given in small subscriptions by about 200,000 women; but 50,000 collecting cards had not yet been returned, and collecting organisations were only now being set up in many counties.

We are glad to observe a suggestion that additional efforts should be made to

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