

- III. The total quantity in twenty-four hours must be such as to represent the nutritive value of one to three pints of human milk, according to age.
- IV. It must not be purely vegetable, but must contain a large proportion of animal matter.
- V. It must be in a form suited to the physiological condition of the digestive function in infancy.
- VI. It must be fresh and sound, free from all taint of sourness and decomposition.

AN INVARIABLE RULE.

One of the most fruitful causes of the serious food troubles of childhood, and a prolific source of disease, is the common practice of placing infants abruptly and without interruption on fresh unboiled cow's milk, and water. In this connection Dr. Cheadle writes:—

"The risk ought always to be avoided. Let me advise you to adopt another plan.

"In the first place always have the milk boiled, so as to render it temporarily sterile, prevent souring, and render the coagula of curd lighter and more digestible. This is the first grand rule I would lay down, and it should be an invariable rule. Nurses will fight against it, and mothers object, perhaps, for there is a common prejudice against it; they say it is less nourishing, and that it is 'binding,' and that the children don't like it.

"As to the first objection, there is a slight loss of digestible proteid. In the second, that it is constipating, there is also some truth. The curd masses formed are smaller, and there is an absence of acidity from incipient fermentation which made it less provocative of peristalsis and of secretion from the intestine than fresh milk. This fault, we are told, can easily be remedied by the addition of a small quantity of fluid magnesia, or carbonate of magnesia, to each bottle, and later by the addition of some food which is a laxative, such as a malted food. The objection that children do not like it does not apply to those who are given it from the first. The moral is that boiled milk should be used in the nursery from the first."

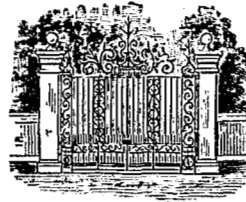
It will thus be seen that many instructive and interesting details are to be found in the book. We might quote at much greater length, but we have said enough to show its practical utility to nurses.

### The Lemco Cookery Book.

The Liebig's Extract of Meat Company have recently published an excellent little cookery book, containing 180 original recipes, which we commend to the attention of our readers. It can be obtained free by sending name and address on a Lemco wrapper to Lemco, 9, Fenchurch Avenue, E.C. The many tasty and savoury dishes which may be made by the addition of Liebig's Extract will, no doubt, become standing dishes in many households. A contemporary recently said that "the elimination of waste in the Chicago stockyards is carried to so fine a point that everything is utilised except the animals' squeals; but the Liebig Company, with British thoroughness, go one better than even the hustling Americans." The tit-bits of refuse carried away by flushing from the company's slaughter-houses are eagerly devoured by crowds of fish in the River Uruguay, and these are caught, and the oil they yield produces the gas by which the company's enormous factories are lighted.

## Outside the Gates.

### WOMEN.



We learn from *Health* that maidens who have passed their thirtieth year may now claim that they represent the most perfect and advanced type of maidenhood, and look down upon girls who marry before twenty-five as very much more akin to savages,

for it is a well-known fact that the age of marriage advances with civilisation. Everywhere the more mature woman is to the fore. The tastes of men in this regard seem to have undergone a complete revolution, and instead of fluttering about the inexperienced girl, talking pretty nothings, they are matching their experiences, broadening their horizon, sharpening their wits in clever conversation with some brilliant and beautiful woman.

At a recent brilliant gathering at Whitworth Hall, Owen's College, when 70 honorary degrees were conferred, Miss Rylands was made Doctor of Literature, and Miss Adamson, Master of Arts.

"Sons of the Sword" by Mrs. Margaret L. Woods is a delightful book in which she introduces Napoleon as one of the characters, and gives a fine analytical sketch of this man of never dying fame. To Napoleon women were but playthings, but Mrs. Woods at any rate makes him express the greatest admiration for the English women abandoned by Sir. John Moore after Aspern in Spain in 1808.

When he sees the captives Napoleon exclaims:—

"Handsome women! And what a swarm of children—fine little fellows! Let them be given something to eat and be well treated."

He continued his tour of inspection, and after a while said, abruptly, turning to the Duc de Rovigo:

"If French soldiers had English wives we could dominate the universe, Marshal."

Savary exclaimed:

"You prefer these savages to our elegant Parisians, Sire?"

"Yes, a thousand times yes!" The Emperor struck his saddle-bow with his clenched fist. "These women fulfil their duty. They produce children—ours produce barren witticisms. Which are the most necessary to a country? I tell you France has no enemies so dangerous as these women who refuse maternity."

To quote another scene—again from the review of the British women captives:—

"The Emperor rode slowly from group to group. He looked at the women with earnest curiosity, but said not a word, though he sometimes acknowledged by a gesture the terrified curtsies with which a minority among them greeted him. The greater number stood upright, with their babies in their arms, their unkempt children clinging to their skirts, disdainful to yield obeisance to Boney. These ignorant women, mostly of the humblest class, clothed for the moment with something of the grandeur of a great nationality, stood before the modern Cæsar as unbending, almost as savage in their pride as Boadicea before her Roman conquerors. It was perhaps this indefinable dignity of attitude which caused the laughter that had greeted their appearance to die away amid

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