

public are too often misled by pictures of bloated babies, who are reported to have been fed on this; that, or the other preparation, into the belief that such foods must necessarily be of physiological value. Most of these children, it is noteworthy, are represented in sitting positions, perhaps because their rickety bones are quite unable to hold their over-fattened bodies steadily in the erect posture. It seems almost impossible to persuade some mothers that a fat baby is not necessarily a healthy one; or to make them understand that the starchy food which produces corpulence does not afford the growing bones and muscles their proper nourishment; and that Nature has made no provision either in the child's natural food for the supply of starch, or in the infant's digestive apparatus for the proper and efficient digestion and assimilation of starchy matters. The first point of interest, then, in the consideration of any new food for infants is to ascertain its chemical composition. Briefly, the analysis of Hovis Food No. 1 shows that its composition is: Proteids, 6.80 per cent.; malt, sugar, and dextrine, 88.35; mineral matters, 1.60 per cent.; and moisture, 3.25 per cent. This food is almost entirely soluble in water, and from a physiological standpoint it is of the greatest importance to notice that by the addition of this food to diluted cows' milk a fluid is obtained which presents precisely the same chemical composition as that of human milk. It is needless to point out not only that this is the ideal nourishment for an infant, but that any preparation which departs in any material degree from this composition cannot be of the same nutritive value, and, indeed, may probably be of absolute injury to the infant. For this reason, therefore, on theoretical grounds, it would appear that this particular food ought to be a most valuable preparation in the many and increasing cases in which it is found that the child must be fed by artificial means. But were it for this theoretical consideration only, we would not feel inclined to specially recommend the food; and certainly we should not recommend it so strongly as we feel impelled to do, had we not during the past few months employed it in a large number of cases, and with remarkable uniformity in the good results obtained. It would be wearisome and unnecessary for our present purpose to recapitulate these cases in detail, or individually at any length; but we may quote one instance—and that by no means the most successful—as evidence of its usefulness. The child in question was six weeks old. In consequence of the mother's illness, it had to be artificially fed after a fortnight; and after different kinds of milk had been tried, it was given a well-known because widely-advertised infants' food, with the result that after a few days' use it began to suffer from constant diarrhoea and sickness. Then one preparation after another was tried, but the symptoms

continued, while the baby rapidly lost flesh, and in despair it was brought to London for treatment.

It then appeared to be dying from asthenia; it was wasted and pale. Its temperature was below normal, its pulse quick, small, and thready; it constantly moaned, and vomited all the food that it was given. It was evident that the intestinal troubles and the malnutrition alike were due to irritation kept up by improper dietary. It was starved for twenty-four hours except for about a pint of sterilised water, and then it was given Hovis Food No. 1 dissolved in diluted cows' milk. The improvement was immediate and remarkable. The diarrhoea and sickness stopped; the child put on flesh and weight rapidly; and in seven weeks' time—that is to say, when it was three months old—it had gained 11 lb. in weight, and at the end of another three months, during which it continued the same food, it was a splendid specimen of a perfectly healthy child. We have for the purposes of this article taken careful notes of twenty cases in which this food was given. The average increase in weight per week was 15 oz., and it is noteworthy that in every instance the children had been previously fed upon other and more widely-advertised, and, therefore, better-known, preparations; but in each case with the invariable result either of frequent attacks of digestive derangement or of distinct depreciation in the general condition and health; whereas not only did every child gain weight whilst taking the Hovis Food, but in every instance the gastro-intestinal troubles disappeared, and the general health rapidly improved.

### The League of St. Bartholomew's Hospital Nurses.



A General Meeting of the League of St. Bartholomew's Hospital Nurses will take place at the Hospital on Saturday, December 12th. The Business Meeting will be at three o'clock, Miss Isla Stewart, President, presiding, and it will be followed by the Social Gathering which is so distinctive and pleasurable a feature of League meetings.

The following certificated nurses of the Hospital have been elected members of the League:—

Miss E. A. Dickinson.  
Miss R. Pilkington.  
Miss A. Jeaffreson.  
Mrs. Helen Kyle Dewar.  
Mrs. Jeanie Hay.  
Miss Amy Lindon.

[previous page](#)

[next page](#)