

mixture was a suitable one. The child slept for a few hours at night, and was much less fretful and cross. The motions were healthy, and contained no undigested curd. From this time onwards the child continued to thrive. The amount of food given was gradually increased, until at the end of the third month the mixture consisted of milk 3 oz., water 3 oz., with two teaspoonfuls of cream and three of Hovis Food.

The second case of which we have notes was that of a male infant. On account of the mother's health the child had to be taken off the breast at the age of four and a-half months. At first a milk mixture was tried consisting of 3 oz. each of milk and water, with two teaspoonfuls of cream and one of milk-sugar added. This did not in the least agree with the child's digestion. The proportions of the various ingredients were then altered several times, and finally barley-water was used as the diluent. The child, however, did not thrive, and, moreover, suffered from constipation and attacks of colic. Certain artificial foods were then added to the bottle, but none of those employed proved satisfactory. Finally, Hovis Food was thought of, and a mixture of the following composition was given:—Milk, 3 oz.; barley-water, 3 oz.; Hovis Food, 3 teaspoonfuls. This proved somewhat too rich in milk at first, but after a day or two the child's condition began to improve. At the end of six weeks the amounts of milk and water were increased up to 4 oz., and to this mixture was added a small table-spoonful of the Hovis Food. Dentition had now commenced, but in spite of its accompanying disagreeable symptoms the child continued to take this mixture without inconvenience of any kind being experienced.

A third case may be referred to. This was an infant of five months who had fits. She had been brought up from birth on the bottle. The fits were severe, several occurring in the course of one day. Eventually the child made a good recovery. The case is mentioned here as during the course of this serious illness the child was given nothing but the following mixture every three hours:—Milk, 2 oz.; water, 2½ oz.; with a heaped teaspoonful of Hovis Food added. At first, of course, it is necessary to state, the child had nothing but a little barley-water, but later on the aforementioned mixture was beneficially employed.

Although we are opposed to the indiscriminate use of infants' foods in every case presenting difficulty, we feel bound to admit that, where breast-feeding disagrees, a simple milk mixture does not always meet the requirements of the case. Then we must have recourse to artificial foods, and even then it will be found that variety is of no small importance. Very often a child when kept too long on one kind of food shows symptoms of gastro-intestinal disorder which may often be removed by substituting a different food. Moreover, many artificial

foods supply what is lacking in the simple milk mixture, and this is so with regard to Hovis Food. When added to milk in the manner already indicated, this food, together with the liquor containing it, supplies the infant with all the food elements required, and these in due proportion.

From personal observation, we know that cows' milk is not readily digested even when properly diluted. When, however, a small amount of Hovis Food is added its digestibility is increased, and consequently those symptoms of constipation, colic, flatulence, and, it may be, diarrhoea, slowly disappear when this food is employed as an adjuvant to the diet. It certainly merits a careful trial, and we feel convinced that the opinion we have formed of its value will be endorsed by those who are led to test it. It is not put forward as a substitute for pure cows' milk, as many so-called infants' foods are, but simply as an addition to the milk-and-water mixtures as ordinarily employed. We hope at an early date to give a brief account of our experience with Hovis Food No. 2, which is more especially intended for infants after the weaning period and for invalids.

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## The International Congress of Women.

The International Congress of Women, which will be held in Berlin from June 13th to June 18th, proves that the German nation does not share the opinion of its Emperor that the sphere of woman is the home only. We hear that it is possible that a hall in the Reichstag itself will be given over to the women debaters as a meeting-place, and the Town Hall will be lent for a reception. Some brilliant social functions will take place. Countess von Bülow, wife of the Premier, will receive the delegates in the historic palace in the Wilhelm Strasse, where Bismarck lived when he was Chancellor, and there is even a rumour of an official visit to Potsdam.

The fact that the inspirer of the International Council of Women, and its present President, Mrs. May Wright Sewall, is an American lady, will, we have no doubt, ensure for it a gracious reception from the astute German Emperor, who smiles on all things which tend to increase the *entente cordiale* with the great Republic.

Miss Janes, International Correspondent for the National Union of Women Workers, will be glad to receive the names of members of the British National Council who intend to attend the meetings at Berlin, and will forward them to the German National Council and to the International President, Mrs. May Wright Sewall.

[previous page](#)

[next page](#)