

Preparations, Inventions, etc.

A SUITABLE DIET FOR INFANTS.

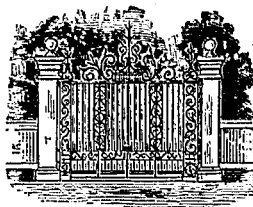
It is surely the first and zealous concern of mothers and those having the care of young children to always ensure that when a food is necessary it shall be one containing all the things that Nature orders, and in accurate proportions. The choice of a food involves the consideration of many points. The question must be asked, "Does this or that food contain in generous, but not excessive, proportions the elements which serve to build up the infant body and sustain its vitality?" The accurate quantity of tissue-forming and heat-giving essentials must of necessity be present, and its components must be such as to induce a healthy flow of the digestive juices. The food should be one capable of easy assimilation, but its form should be that best calculated to give easy mechanical exercise to the digestive and assimilative organs with a view to stimulating their normal development.

We have received a sample of "I and I" Food, a new preparation which has been put on the market, and as the manufacturers claim for it all the foregoing desiderata, and that the preparation approaches as nearly as possible a perfect substitute for mothers' milk, we have subjected it to a careful inspection and analysis. It is a blending, in powder form, of certain cereals, which have been subjected to a degree of heat sufficient to help the easy but not too rapid liberation of their nutritive elements on the food entering the infant stomach, and the cereals composing the food have evidently been selected for the abundance they contain of all the essentials to infant nutrition. As the result of a delicate and searching analysis, we find the food to be rich in albuminoids and natural fats. The presence of valuable mineral salts in their requisite quantities is also manifest. The disadvantage of predigested foods is corrected in the preparation under notice. A food which has been artificially digested before use leaves the organs inert, but in the "I and I" Food the blending of the cereals is mechanical and the full activity of the digestive and assimilative apparatus is demanded. "I and I" Food is a mild laxative, its effect being to generally maintain the normal action of the bowels. This property should especially recommend it at the present time when infant diarrhoea and similar complaints are prevalent. It is a convenient food, and, in definite proportions, it is beneficial alike to infants and children as well as to invalids of riper years. We commend it to the notice of our readers.

Outside the Gates.

INTERNATIONAL CONGRESS OF WOMEN.

LONDON, JUNE, 1899.



WE have pleasure in presenting to our readers the Financial Report of the International Congress of Women, which shows that the Congress, besides being a splendid success numerically, succeeded also beyond the

expectations of its promoters from a financial point of view. It speaks volumes for the capacity of women for business that the whole of this great Congress should have been so efficiently carried through, as shown in the audited accounts, for the sum of £1,598 9s. 2d; that there has been no necessity to call up any of the Guarantee Fund; and that the cash at the bankers at the time of the audit (£113 6s. 5d.), and donations subsequently received, will enable the Treasurer to hand over to the President of the International Council of Women the sum of £120. The Committee of Arrangements, and the Sub-Committees who worked so hard to make the Congress a success, are sincerely to be congratulated on the result of their efforts.

The fly-leaf of the Report bears the names, which we append, of the Sub-Committee of Arrangements of the International Congress, convened by the International Council of Women, the Finance Sub-Committee, and the Auditor. After the Report, and before the Balance Sheet, are published the names of the Guarantors and Donors, with the donations given.

SUB-COMMITTEE OF ARRANGEMENTS.

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The Countess of Aberdeen, *President*.
 Mrs. May Wright Sewall, United States, *Vice-President*.
Proxy, Mrs. Stanton Blatch.
 Baroness Alexandra Gripenberg, Finland, *Treasurer*.
Proxy, Mrs. Bedford Fenwick, *Treasurer of the International Congress Fund*.
 Miss Teresa F. Wilson, *Corresponding Secretary*.
 Madame Maria Martin, France, *Recording Secretary*.
Proxy, Mrs. Dora M. Montefiore.

REPRESENTATIVES OF THE NATIONAL COUNCIL OF GREAT BRITAIN AND IRELAND.

Mrs. Alfred Booth, *President*.
 The Lady Battersea, *Delegate*.
 Mrs. Percy Bunting, "
 Mrs. Creighton, "
 The Lady Laura Ridding, "
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