

Our Guinea Prize.

We have pleasure in announcing that our Guinea Prize for December has been won by Miss J. Hair, Great Northern Hospital, London, N.

KEY TO PUZZLES.

1. Boake's Sulphur Dioxide.—B oaks SUL for DI ox-eyed.
2. Welford's Humanised Milk.—Well FORD S Hew-man eyes D mill K.
3. Burrow's Malvern Water.—BUR-rows "M" all V-urn Waiter.
4. Grape-Nuts.—G rap-nuts.

The following competitors have also answered the questions correctly :—

Miss A. L. Hair, Upper Park Road, Hampstead.

Sister Garwood, The Infirmary, Norbiton.

Mrs. J. H. Train, Glenrosa, Wembley.

Miss Court, Lady Superintendent, Kensington Nursing Institution, Edinburgh Terrace.

Miss Rouse, Matron, Beacon Hill Hospital, Faversham.

Miss Lydia Wills, 123, New Bond Street, W.

Miss M. Richardson, Accident Infirmary, Hebburn-on-Tyne.

Miss F. Sheppard, Kent Nursing Institution, Tunbridge Wells.

Sis'er Wilhelmina, Meath Hospital, Dublin.

Miss H. B. Paynter, Fish Street, St. Ives.

Miss H. Milne, The Cornelia Hospital, Poole.

Miss L. Hindley, Meads Vicarage, Eastbourne.

Miss H. O'Connor, Grafton Street, Dublin.

Miss J. Gordon, Shanklin, Isle of Wight.

Miss T. Stuart, Dufftown, N.B.

Mrs. Ranger, Sloane Street, S.W.

Sister Walford, Devonshire Street, W.

Miss H. Wilson, Marine Parade, Brighton.

Miss T. Mosley, South Street, Eastbourne.

Miss A. Sands, The Crescent, Bath.

This month replies to No. 4 have disqualified the majority of the competitors, in nearly every case "Hæmatogen" having been substituted for "Grape-Nuts."

The new set of Prize Puzzles will be found on page viii.

The rules for the Guinea Prize remain the same.

"Qualified Nurses."

The Executive Committee of the Workhouse Infirmary Nursing Association have appointed a sub-committee to consider in all its details the report just issued in blue-book form of the Departmental Committee on Workhouse Nursing. We hope the Association will use its influence to prevent the institution of "Qualified Nurses" after but one year's training. This is the most injurious suggestion, and should not be carried out.

Notes on Practical Nursing.

THE DIETING OF PATIENTS.

LECTURES TO PROBATIONERS.

By Miss HELEN TODD,

Matron, National Sanatorium, Bournemouth.

VII.—INFANT FEEDING—QUANTITIES.

Very many children nowadays are, for various reasons, brought up by hand, and it is exceedingly probable that at some stage of your nursing career you may have to superintend or direct this process.

You will find, especially in district work, that it is necessary to give your directions in detail, and you must be prepared to combat an immense amount of ignorance, to oppose popular customs, and to turn a deaf ear to the numberless suggestions of busy meddlers, well-meaning though they be.

In the first place remember that as no two persons are exactly alike in their tastes, powers of digestion, and in the amount they consume at each meal, so no two babies can be fed with exactly the same quantity at exactly the same hour and in precisely the same time gain or lose exactly the same weight. The quantities, therefore, which we shall set down as desirable are rather to serve as a guide in the feeding of infants than as a hard-and-fast rule from which there must be no departure. It is also evident that we must take into consideration the size and weight of the child, for, taking two perfectly healthy babies, the one weighing at birth 10 lb., and the other 6 lb., it is obvious that the former will require more food than the latter.

The weekly record of an infant's weight is the best guide as to whether its food is agreeing properly with it. After the first two or three days—when the chart will show a loss of 6 oz. to 8 oz., which should be made good by the tenth day—the diagram should show a gradual but constantly increasing gain; if the weight fluctuates at all you may be sure that something is wrong either with the quality or quantity of the food given, and it is your duty to discover and set this right, drawing the attention of the physician to the variation.

In order that you may justly estimate the gain or loss of weight in the child from week to week, you must so arrange that it is placed in the scales wrapped in the same garment at precisely the same hour of the same day in each week. There is, generally speaking, a decided difference in the weight of the same person in the early morning and evening of the same day, and this also holds good of babies, so that weights recorded at different hours are useless for purposes of comparison.

You will find without exception that every book on the care of infants gives different combinations of milk, water and cream as suitable for them, whilst if you listen to the persuasive tones of the patent food vendor and manu-

[previous page](#)

[next page](#)