

it is essential to the success of substitute feeding that only pure cow's milk should be employed.

#### METHODS OF PREPARATION.

No method of simple dilution of cow's milk is a right one of preparing substitute foods. For example, the proportion of fat in both human milk and cow's milk is 4 per cent. It follows that if cow's milk is diluted the fat is reduced to below the quantity the child should receive.

In the milk laboratory attached to the Gordon Walker farm the first thing done with the milk after it is cooled is to divide it into its individual constituents.

It must be remembered that there is nothing in cow's milk which is not present in human milk, and *vice versa*. When, therefore, the constituents are separated, they provide all the necessary materials for the preparation of a perfect substitute human milk. By means of a separator the cream is first divided from the fat free milk. Then, when the cream has passed through, the exact quantity of fat which it contains is ascertained, for this is affected by the nature and the diet of the cow, and the time of year, and is not a fixed amount. When the constituents are divided and standardised, any prescription can then be made up. The Gordon Walker milk laboratory does not put forward any food as a food for infants, but makes up prescriptions written by physicians to suit individual infants.

The following is an example of a prescription:—

Fat . . . . .	3.00
Lactose . . . . .	6.50
Whey-proteids . . . . .	0.75
Caseinogen . . . . .	0.25
Alkalinity . . . . .	5.00

Number of feeds 10 of 2 oz. each in 24 hours, unheated.

The "unheated" does not, of course, apply to the warming of the food before being taken by the infant. It is a laboratory instruction, and insures that the milk is not spoiled by sterilising or pasteurising.

To make up the above prescription, the following ingredients are taken:—

2 oz. 32 per cent. cream.
3½ oz. 20 per cent. solution lactose.
12½ oz. whey.
¼ oz. fat free milk.
1 oz. lime water.
½ oz. distilled water.

These ingredients are placed in a glass vessel, which is then turned backwards and forwards so that they become intimately

mixed. The amount prescribed for a child for 24 hours is then divided into the necessary number of feeds, and each feed put into a separate bottle and sealed. The bottles are then placed in their special ice box, in which they are sent to their destination and kept until required.

The above is the method of substitute feeding in use at the Infants' Hospital, and milk so prepared cannot be detected from mothers' milk by any analyst in the country.

Nurses are greatly indebted to the authorities of the Infants' Hospital, and to Dr. Kely-nack and Dr. Vincent, for the opportunity of attending these most illuminating lectures.

## League News.

### A BIRTHDAY FESTIVAL.

The Victoria and Bournemouth Nurses' League held high festival in honour of their first birthday, December 10th, 1907, with birthday cake and the one candle which is all it could lay claim to, this year. Only 24 members could come, as the staff are very busy just now, but telegrams and letters conveyed regrets at absence, and birthday congratulations. Business was done, too, for the Provisional Constitution, and bye-laws were confirmed as having been found satisfactory in the working of the past year, with one exception only, which relates to the journal, which, not having paid its way last year, is provisionally for one year to be published quarterly, by which means advertisements will be secured. The President's report stated that the League now numbers 91 members, and that the work done during the year of its existence was the election of a General Council and Executive Committee, the drawing up of a Provisional Constitution and bye-laws, the affiliation of the League to the Provisional Committee of the National Council of Nurses, the choice of the badge and motto, the commencement of an Emergency Fund, and a Protest sent to the Local Government Board against the degradation of M.A.B. Matrons to second class officers. Two general meetings, five Executive Councils, and the first Social Meeting have been held during the year, and the first journal published.

The Officers and Executive Committee for the coming year were elected, after the reports of the President and Hon. Secretary and Treasurer were read. Both of these two officers were unanimously re-elected.

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