

If the upper three-fourths of the milk is used it is easy to obtain one in which the fat will be eight per cent, sugar four per cent., and proteids four per cent. If, therefore, an equal part of water is added to this, and sufficient sugar to make up the deficiency, a milk approximating to human milk is obtained. The proportion of sugar should be two level tablespoonfuls of granulated sugar to the pint.

In regard to quantities it is easy to remember, and teach, that the child should always take the same number of ounces for a feed as the month of its age, or the succeeding month, thus, at three months old, it should take from three to four ounces. Or, if mothers do not understand ounces, the same rule holds good, most bottles are marked with the number of tablespoons, two tablespoonfuls go to an ounce, therefore, one tablespoonful of milk, and one of water for each month will produce the same result.

In regard to sterilisation, complete sterilisation produces changes in the constituents of the milk due to the effect of the high temperature, which render it more difficult of digestion. Pasteurisation is found sufficient for ordinary purposes. By this method the milk is raised to a temperature of 167 degs. Fahr., at which it is maintained for 20 minutes. All water added for modification purposes should be boiled.

In the diet of the weaned child milk should form the basis, with the addition of other food. From 12 to 18 months of age, the proportion of fat must be kept up and that of sugar and proteids lowered. Fruit juice should be included in the diet.

League News.

A General Meeting of the League of St. John's House Nurses was held on Saturday, the 24th ult.

An unusually short Agenda was before the meeting, but among the principal items was the report of the Maternity Nursing Exhibit, which the members are organising for the Nursing Exhibition to be held in July, and concerning which they are keenly interested.

The members were most enthusiastic about the coming Congress, and the At Home which they purpose giving to the Presidents and Delegates who will be in London for the Congress meeting, and on this account no social gathering was held after the meeting.

A vote of sympathy was passed with the Kingston Infirmary Nurses' League, upon the sad loss by death of their beloved President, Miss J. A. Smith.

MARY BURR,
Hon. Sec.

The International Congress of Nurses.

The Right Hon. the Lord Ampthill, G.C.I.E., G.C.S.I., has consented to take the chair at the Banquet in honour of the President of the International Council of Nurses, and the Presidents of the National Councils of Nurses which comprise it, to take place at the Gaiety Restaurant on the evening of Wednesday, July 21st next. Lord Ampthill is President of the Colonial Nursing Association, and Chairman of the County Hospital, Bedford, and the keen personal interest he has taken in the organisation of trained nursing by the State has won for him the sincere gratitude of thousands of nurses, at home and abroad. No more popular Chairman could possibly have been procured for this interesting occasion, and the Organising Committee is sincerely to be congratulated that Lord Ampthill with his usual kindness has accepted its cordial invitation.

DELEGATES OF GREAT BRITAIN AND IRELAND.

The following ladies have accepted the nomination of the Council to act as Delegates at the Quinquennial Meeting of the International Council of Nurses:—

Miss Mary Lamont, President Irish Nurses' Association; Superintendent Irish Branch, Queen Victoria's Jubilee Institute for Nurses.

Miss Gertrude A. Rogers, President Leicester Infirmary Nurses' League; Lady Superintendent The Leicester Infirmary; Senior Vice-President of the National Council of Nurses of Great Britain and Ireland.

Miss Mary Burr, Hon. Secretary St. John's House Nurses' League; Director of the National Council of Nurses of Great Britain and Ireland.

Miss Kathleen L. Burleigh, Lady Superintendent, Royal Hospital for Sick Children, Edinburgh.

In accepting the invitation to preside at the Session "The Nurse in the Mission Field," Miss Snively, of the General Hospital, Toronto, writes: "You could not have chosen better for me. Missions have always been dear to my heart, and I am proud to remember we have nurses in China, India, Africa, and Persia, trained in this hospital, and that we have now three volunteers in training. My only regret now that the years of work are lessening (Miss Snively has nearly completed twenty-five years' service as Lady Superintendent at Toronto) is that I have not done more to influence my school in this direction. May the trained nurse of the future be a great power for good not only in her own land but the world over."

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