

her and formally handed over to the trustees. It is dedicated "To the glory of God, the memory of Randolph Gordon Erskine Wemyss, and to the services of the injured of his fellow men." The hospital, which has been erected at a cost of £5,000, contains wards for women and children, operating room, doctor's and nurses' rooms, caretaker's house, chapel, and mortuary.

Miss Helen Gordon has sent a cheque for £500 to the Forfar Infirmary, to endow a bed in memory of her late brother, George Gordon, V.D., Lieut.-Colonel, Prince Alfred's Guard, Port Elizabeth, South Africa.

The Infectious Diseases Hospital at Auchtermuchty, N.B., must be a desirable place of residence for the sick according to Mr. Orr of Ceres. At a District Committee he was called to order for describing its delinquencies and calling it an abominable place. He objected to patients being sent there, and said every parent and guardian in Ceres was up in arms against their children being sent to Auchtermuchty. It would take an army of Fifeshire policemen to take the next patient from Ceres to Auchtermuchty, such was the antipathy of the people towards the hospital there. It seems this hospital is "an old broken-down mansion house" and "a disgrace to the Cupar district." At least the Provost owned as much.

## The National League for Physical Education and Improvement.

### HINTS ON THE FEEDING AND CARE OF INFANTS.

The National League for Physical Education and Improvement, which is located at 11, Southampton Row, London, W.C., is really engaged on national work, and has recently issued a most valuable card on "Hints on the Feeding and Care of Infants" at the reasonable cost of 1d. each, or 1s. a dozen post free. The card gives instruction on breast feeding,

cleanliness, clothing, and care when the child ails; hand feeding, preparation and amounts at various ages of the infant; how to make barley water, to manage bottles, and advice about prepared foods.

*Hints.*—Useful hints are plentiful:—Do not rock the baby after feeding; raise its head and shoulders to bring up the wind. A child may be thirsty, and water may stop its crying. Do not give extra milk. Never give sweets and food between meals; they ruin the teeth and stomach. Dummy teats and comforters should not be used. Biting a bone ring does no harm. Bathe the child once a day before the fire, dry it well, and put on warm clothes. Wash the mouth out with a clean rag in warm water. Change wet napkins as soon as possible, sponge with warm water, dry thoroughly, put on dry warmed napkins. Never wash napkins in soda water, as they make the baby sore. Always let an infant have fresh air to breathe, with windows open day and night, even in cold weather. If fine, let an infant sleep in its pram out of doors all day in a sheltered corner. Weigh the baby once a week; if not increasing in weight take it to see a doctor.

*Bottles.*—Never use a bottle with a tube. A boat-shaped bottle, marked in tablespoonfuls, is best. Always keep two bottles in use. Don't use the same bottle twice running. Do not let baby suck too quickly; ten to twenty minutes should be allowed for each feed. Only warm sufficient of the milk for one feed; never keep what is left over for next feed. Thoroughly wash out and scald the bottle and teat after every meal, and keep them covered in a basin of cold water with a little bicarbonate of soda. Always taste the milk to see if it is not too hot. See that the opening in the teat is large enough, but not too large.

This card should find a nail on which to hang in the homes of rich and poor.

The following table of the feeds for an average child in good health are recommended:—

TABLE OF FEEDS.

Age of child.	Mixture.	No of Bottles in 24 hours.	Amount per Bottle.	Amount per 24 hours.
During 1st fortnight	Milk 1 part, water 3 parts ...	10	4 tablespoonfuls	About 1 pint,
" 2nd "	Milk 1 part, water 2 parts ...	10	5 "	" 1½ "
" 2nd month	Equal parts, milk and water	9	6 "	" 1½ "
" 3rd "	A little more milk than water	8	7 "	" 1½ "
" 4th "	More milk than water ...	8	8 "	" 1½ "
" 5th "	Milk 2 parts, water 1 part ...	7	10 "	" 1½ "
" 6th "	" " " " " " ...	7	10 "	" 1½ "
" 7th "	Pure boiled milk ...	6	12 "	" 1½ "
" 8th "	" " " " " " ...	6	14 "	" 2 pints
Over 8 months ...	" " " " " " ...	6	14 "	" 2 "

If cream be obtainable add one teaspoonful to each bottle up to five months old; if not, give one teaspoonful once a day of cod-liver oil.

[previous page](#)

[next page](#)