

proteid, 1.5 per cent.; and though these are substances we can never replace, we can at least educate ourselves to follow the essentials.

It is quite common to find babies having varying quantities of Virol or Malt Extract added to their food. How many prescribing take into account that the food value of Virol is 105 calories per oz. and percentage of sugar 60 per cent., fat 12 per cent., proteid 3 per cent.; the percentage of Malt Extract is sugar 60 per cent., proteid 5 per cent.? In feeding children, either to maintain health or to regain it, one must realise each child requires so much food calculated in calories according to his particular age, weight and condition, and that the food must be modified to the human standard; extras to be included in the calculation—not added.

Children recovering from enteritis often have a difficulty in dealing with fat; it is, therefore, unwise to begin with more than 1 to 2 per cent.; others, again, will run through the whole range of sugars (cane, lactose, malt, dextri-maltose) before their digestion is suited and re-education can be begun. After the acute stage, modified cows' milk boiled 10 minutes and added in increasing quantity to whey is a useful means of again attaining full-strength food. Boiling softens and breaks up the curd and guards against frequent motions. The boiling will be daily decreased and finally stopped; and when one uses the carefully calculated milk formulæ of Dr. Truby King the sugar and animal fat can be gradually balanced and increased.

In using "Allenbury" or "Glaxo," or indeed any dried or patent foods, their percentage and method of modification should be first studied and due thought given to the amount of heat to which the fat has been subjected in the process of preparation.\* Gone are the days when infants cots were shrouded in curtains. Fresh, cool air is essential for health, and more so for its restoration. Moreover, Dr. Truby King stresses the necessity of moving air. It is recognised now that even premature infants thrive better in a moderately heated room provided the body heat is maintained, as advised in the essay for the enteritis child. Why then recommend that the child, even with a sub-normal temperature, be placed in a tent covered with blankets on a stifling August day?

Yours, &c.,  
J. B. N. PATERSON.

#### THE HEALTH OF THE MATRONS.

To the Editor of THE BRITISH JOURNAL OF NURSING.

DEAR MADAM,—My attention has been drawn to a letter, headed "The Health of Matrons," in the current issue of THE BRITISH JOURNAL OF NURSING. In this letter my recent illness is referred to, and six reasons quoted as being likely to seriously affect the health of Matrons. I desire,

\* It is generally understood that there are 3 vitamins necessary, e.g. { A, anti-rachitic  
B, anti-beri-beri  
C, anti-scorbutic

at once, to state that no one of these six reasons were the cause, either directly or indirectly, of my recent illness. I strongly object to my name being made use of in such a connection.

I am, Yours truly,

(Signed) R. COX-DAVIES.

Hotel Bristol, Brighton.

[We are assured by "Head of a Training School," who last week wrote the letter which is alluded to, that she has not the pleasure of Miss Cox-Davies' acquaintance, and politely expressed her regret as a colleague on hearing of that lady's illness. She certainly did not infer that her questions *re* the health of Matrons was inspired by it. But as three of her most valued Matron friends have recently found "present nursing conditions" a terrible strain, and had broken down in health, she gave a list of the apparent causes. We constantly hear from Matrons that nursing conditions are in these days far more strenuous than in the past, and invited expressions of opinion on the matter, several of which we have received and hope to publish in due course.—ED.]

#### KERNELS FROM CORRESPONDENCE.

B.J.N. APPRECIATED.

Miss Mary K. Coleman, R.B.N.A. (Coonamble, N.S.W.).—"I enclose subscription for your valuable journal. . . I feel that nothing keeps me so closely in touch with Great Britain as 'the JOURNAL.'"

Mrs. Breckinridge (Paris).—"I enclose subscription and future address at Arkansas, U.S.A. This JOURNAL has been coming to me all the year at Vic-sur-Aisne, and I could not do without it in the United States."

A POSER.

Disappointed Pro.: "I note that the State Examination is not to be held till July, 1924. I shall finish my three years' training in April of that year. Will it be possible for me to sit for the examination, or must I continue an Intermediate Nurse and thus not qualify for the State Certificate after examination?"

[We cannot reply to this poser, but think that it is probable that a certain degree of latitude will be permissible for the 1924 Exam.—ED.]

#### PRIZE COMPETITION QUESTIONS.

October 1st.—What are the principal biting and stinging insects? What diseases do they convey, and with what preventive or remedial treatment are you acquainted?

October 8th.—What changes take place in the nipples: (a) during the first three months of pregnancy, (b) in the first seven days of the puerperium? Name the complications which may occur during the latter period.

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