

of an exceptionally healthy season, has not been marked by any increase in demands for the services of sisters. In addition, applications for nurses for maternity cases have diminished as a result of the improved conditions in accommodation and nursing arrangements which are now provided at a nominal fee for the wives of officers in many of the Military Family Hospitals throughout India. Economic conditions, and the departure of a large number of surplus officers and their families from this country, has also been a contributing cause to the slackness of work experienced. Since the advent of the cold weather, however, calls for the services of sisters have increased considerably, and at most of the centres at the present time they are finding steady employment. The cases attended have been 1,537, as against 1,463 for 1921. The total number of refusals of cases being 135 as against 297 for last year. The reports of the sisters have, with very few exceptions, been excellent, and the record of good work accomplished and the wholehearted support and spirit of loyalty prevailing is very encouraging. The health of the sisters as a whole has been satisfactory, although considerable anxiety has been occasioned by the serious illnesses of some sisters, necessitating numerous transfers, and resulting in the invaliding, in some instances, of sisters to England before the end of their term of service. During the year twenty-nine sisters left the Association, eleven on the expiration of their contracts, six on account of marriage, five invalided, and seven released at their own request. Twenty-seven sisters joined the Association, eight from England or from South Africa, three from Australia, and fifteen have been engaged in India. Three temporary sisters were engaged exclusive of the staff of nurses employed in the Walker Hospital and Portmore Nursing Home. Two Lady Superintendents have also rejoined from England. This year, on account of the present state of financial stringency, it was not considered advisable to allocate any sum from the general funds for the purpose of a bonus to the nursing staff for 1921, and although the reason for this measure is much to be regretted, the need is happily not so insistent on account of the general rise in salaries granted to the staff in the spring of 1921.

THE ILLNESS OF SISTER CARTWRIGHT.

We regret to inform her many friends that Sister Cartwright has had a relapse, and although slowly recovering is still seriously ill. She is in the care of an R.N.S. Sister, who reports that she is as happy and comfortable as possible under the circumstances.

THE FEEDING OF INFANTS.

The elaborate feeding table for infants from birth till twelve months, which was laboriously learnt by us in our training and feverishly committed to memory on the eve of examinations, is fast taking a back seat. In many hospitals and clinics the baby of to-day is fed according to his requirements in calories. Also in the feeding of diabetic patients it is necessary for the nurse to be able to estimate the number of calories contained in the daily diet.

The amount of heat generated in the body by food is registered by the Calorimeter and recorded in calories, "one calory being the amount of heat required to raise 1 kilogram of water 1° C."

Foodstuffs all have a certain heat and energy value, and this value has been estimated by experimental means, viz., burning food in an apparatus called a "Calorimeter," and from this it has been found that :

- 1 gram of protein yields 4.1 calories.
- 1 gram of carbohydrates yields 4.1 calories.
- 1 gram of fat yields 9.3 calories.

Therefore, having first ascertained the percentage of protein, carbohydrates, and fats contained in any given food, it is easy to estimate the number of calories by multiplying the percentage by 4, 4, and 9 respectively.

Example.—100 grams of milk contain :

Protein	2% × 4.1 =	8.2
Carbohydrates ...	6% × 4.1 =	24.6
Fat	4% × 9.3 =	37.2

70.0 C.

or 20 calories per oz.

30 grams of sugar contain 30 per cent. of carbohydrates :

$$30 \times 4 = 120 \text{ calories.}$$

The average number of calories required by an adult doing ordinary work is estimated for 24 hours as 2,500–3,000 calories.

Dr. John Thompson, in his "Clinical Study and Treatment of Sick Children," gives a very useful formula for calculating the amount of a baby's feed according to his caloric requirements, which I will quote :

	Calories per lb.
Fat infants over four months of age need	40-45
Average under four months and moderately thin infants of any age	50-55
Emaciated infants (varying with degree of emaciation)	60-65

In framing the diet for a baby in accordance

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