

with his caloric requirements we begin (1) by putting down the total number of calories that are needed, theoretically, for his nourishment.

2. We next arrange for the necessary minimum of protein required for growth and for repair of tissue waste. This is done by taking one-tenth of the body-weight of milk.

3. Then we note how many calories are provided by the protein, fat, and sugar which this amount of milk contains, and how far they fall short of the full number needed.

4. Lastly, we supply the extra calories by adding either sugar only, or sugar and milk, or sugar and cream, according as these are indicated by the child's general condition and digestion.

*Example.*—(1) A child of four months who weighs 12 lb. requires  $12 \times 45 = 540$  calories in his daily food.

(2) To supply the necessary amount of protein we begin by allowing him one-tenth of his body-weight (192 oz.) of cow's milk, viz., 19 oz.

(3) From this we gain  $19 \times 20 = 380$  calories; that is to say, 160 calories short of the required number.

(4) To make up the calories to the proper amount we may add to the day's supply 2 oz. of milk (40 calories) and 1 oz. of sugar (120 calories).

Milk (oz.) ...	...	$19 \times 20 = 380$
Milk (oz.) ...	...	$2 \times 20 = 40$
Sugar (grams) ...	...	$30 \times 4 = 120$

540 C.

A child of this age would take seven feeds of 5 oz. each in 24 hours; the total quantity of milk is 21 oz.; therefore if 14 oz. water are added it would bring the total up to 35 oz., which would be the quantity required.

This table is valuable in the feeding of healthy babies, though it might prove disappointing for the feeding of sick babies; still, even for them it proves a good basis for framing suitable diets.

“A.”

### NATIONAL COUNCIL OF TRAINED NURSES OF GREAT BRITAIN AND IRELAND.

Notice is hereby given that a Meeting of the Grand Council of the National Council of Trained Nurses of Great Britain and Ireland will be held on Friday, November 9th, 1923. The Hon. Secretary, Miss Isabel Macdonald, will be pleased to receive any Notice of Motion any affiliated Society desires to have placed upon the Agenda. Address, 431, Oxford Street, London, W.1.

### MENTAL HOSPITAL MATRONS' ASSOCIATION.

The second meeting of the Mental Hospital Matrons' Association was held by the kind permission of Dr. Wolseley Lewis, the Medical Superintendent, and Miss Macaulay, Matron, at the Kent County Mental Hospital, Maidstone, on September 29th.

The chair was taken by Miss Macaulay, O.B.E., R.R.C., who conveyed to the members present the regret of Dr. Wolseley Lewis that business-compelled his absence from the institution. He was much interested in the work of the Association and would like to have been present and to assure them of his desire for its success.

A number of letters of regret were received from members unable to be present.

The question of a meeting place in the future was discussed, and London and Birmingham were suggested as central places. It was agreed that the next meeting should be held in London, and Miss Hearder gave an invitation to the Association to meet in December at the Bethlem Royal Mental Hospital.

It was decided that notes of the meeting should be sent to absent members.

The question was raised on the letter of an absent member of a uniform scale of pay in mental hospitals, but the general feeling expressed was that it would be inadvisable for the Association to take action in regard to this question as conditions differed greatly in public and private mental hospitals. Miss Christopherson pointed out that tremendous salaries had been paid by public authorities to avert strikes, and it would be absurd to expect private institutions to pay the same. She thought that in the future the junior nurses would pay for their training.

The Hon. Treasurer, Miss Hearder, presented a satisfactory Financial Statement, and on the proposition of Miss Christopherson, Matron of Bootham Park Mental Hospital, York, it was decided that the financial year should begin in September.

The Chairman urged upon the members the importance of preparing their nurses for the State Examination for Mental Nurses to be held in 1925, and of impressing on every nurse that that examination was the one which would be of value to them in the future, as affording entrance to the State Register of Nurses, and the legal qualification gained thereby. She spoke warmly of the value of the standard set up for Mental Nurses in the past through the examination of the Medico-Psychological Association, and it was agreed that there would be no difficulty in preparing for the examination of the General Nursing Council in institutions where it had been the practice to prepare for the examination of the M.P.A. as the Syllabus was much the same.

Miss Macaulay said further that the General Nursing Council had made a great concession in making the Preliminary Examination (in Elemen-

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