

OUR BABIES.

(By **HYGEIA**.)

Published under the auspices of the Society for the Health of Women and Children.

"It is wiser to put up a fence at the top of a precipice than to maintain an ambulance at the bottom."

ADDRESSES OF PLUNKET NURSES AND SECRETARIES.

Dunedin.—Plunket Nurses Ellis and Laing. Tel. 1136. Office of the Society, Health Department Rooms, Liverpool-street, Dunedin. Office hours daily (except Sundays), from 3 to 4 p.m. Hon. sec., Mrs. Edmonds, Melville-street. Tel. 53.

Christchurch.—Plunket Nurses Falconer and Hickson. Office of the Society, Wardell's Buildings, Cashel-street. Tel. 851. Office hours, 2 to 3 p.m. daily (except Saturdays and Sundays). Hon. sec., pro tem., Mrs. C. Reid, Knowles-street, St. Albans. Tel. 1071.

Wellington.—Plunket Nurse McDonald, 73, Aro-street. Tel. 2425. Hon. sec., Mrs. McVicar, Brougham-street, City. Tel. 2042.

Auckland.—Plunket Nurses Chappell and Brien, Park-street. Tel. 851. Office of the Society, 2, Chancery-street. Tel. 829. Office hours, Tuesdays and Fridays, 2.30 to 4 p.m. Hon. sec., Mrs. W. H. Parkes, Marinoto, Symonds-st. Tel. 240.

Napier.—Plunket Nurse Donald, Masonia Hotel. Tel. 87. Hon. sec., Mrs. E. A. W. Henley, P.O. box 64. Tel. 147.

New Plymouth.—Plunket Nurse Murray, Imperial Hotel. Tel. 123. Office, Town Hall; Wednesdays and Fridays, 2 to 4 p.m. Hon. sec., Mrs. R. J. Matthews, Fitzroy. Tel. 104.

Timaru.—Plunket Nurse Bowman, Office of the Society, Arcade Chambers. Tel. 314. Office hours, 3.30 to 4.30 and 6.30 to 7.30. Hon. sec., Mrs. Smithson, Faillie, Sefton-street. Tel. 230.

Invercargill.—Plunket Nurse O'Shea, Aileen's Hall, Kelvin-street. Hon. sec., Mrs. Handyside, Gala-street.

Ashburton.—Plunket Nurse Falconer, Office of Society, Bullock's Arcade. Nurse in attendance every Saturday from 11 a.m. to 5 p.m. Hon. sec., pro tem., Miss Standish.

Society's Baby Hospital, Karitane Home, Anderson's Bay, Dunedin. Tel. 1985. Demonstrations on points of interest to mothers are given by the matron every Wednesday afternoon from 2.30 to 3.30. All mothers are invited.

Messages may be left at any time at the Plunket Nurses' offices or private addresses. All other information available from the hon. secretary of each branch.

PLUNKET NURSES' SERVICES FREE.

Dried Milk for Babies.

In last week's column I showed the harmful influence of the excess of proteid present in cow's milk, whether given pure, or in the form of condensed or dried milk with water. It will be remembered that while human milk was seen to average from 1.1 to 1.5 per cent of proteid, a dried cow's milk such as Glaxo yielded, on dilution for use, 3 per cent, or about two or three times more than the proper percentage; in other words, practically the percentage found in ordinary cow's milk. However, in Mr. Nathan's letter, he says: "We could boast that there is no result to be found in using dried cow's milk, as there would be in using even humanised milk. The difficulty of the digestion of proteids is absolutely overcome."

The meaning of this is somewhat obscure, but, assuming that the word "residue" was intended and not "result," it would appear to be contended that humanised milk leaves an undigested residue in the alimentary canal, and that dried milk does not.

A gratuitous assumption of this kind is quite absurd. All foods, even mother's milk, leave some undigested residue, but German scientific investigations go to show that, if not given in excess, the absorption of the casein of properly modified cow's milk is not inferior to that of mother's milk.

However, grant for a moment that our correspondent is right, and that there is really complete absorption of the proteid of Glaxo into the blood; this would do

away with the only argument we have ever heard advanced in justification of the use of cow's milk in which the proteid has not been reduced so as to approximate it to the low percentage found in human milk. The stock reply made in extenuation of giving too much proteid is, "Oh, yes, but possibly Nature does not require the baby's digestive organs to digest and absorb more of the proteid than is needed—some may remain undigested in the intestine." Of course, such a stagnation of any large proportion of the most putrescible of the constituents of milk would be highly dangerous, especially in summer, and is, indeed, regarded as a factor in the causation of that fatal malady—summer diarrhoea. But in order to escape the imputation of danger from excessive intake of proteid and consequent over-taxing of the kidneys, or poisoning of the system, those who do not happen to advocate the "humanising" of cow's milk have frequently, in my own experience, fallen back in argument on the hypothesis of incomplete absorption of the excess of proteid. Now, Mr. Nathan says that when Glaxo is used the whole of the proteid is absorbed, every particle of it, and if this is really the case, there is no escaping from the conclusion that the baby's poor little kidneys must be called on to do daily two or three times as much work as Nature has designed them to carry out. When the constituents of any food are given in entirely erroneous proportions "imperfect absorption" is, of course, the most obvious way out of the difficulty, and when this explanation is rejected and complete absorption is claimed there is nothing to fall back on—the inevitable conclusion being that the food will prove more or less injurious. Actual experience confirms this. Excess of proteid has been long recognised as the main objection to the use of unmodified cow's milk for babies—the main cause for its disagreeing.

Mr. Nathan says, in criticising a statement I made some time ago as to the ready digestion of emulsified cod liver oil

by babies:—"I also notice that you make use of the words, 'the baby digested completely.' Well, I would like to point out that the highest authorities that we consulted, and under whom we are acting, have pointed out to us that fats are not digested in the ordinary sense, but are absorbed. That is why 'Glaxo' is a much better preparation and much easier of digestion than any 'humanised' milk."

I need not pause to ask what is meant by the remark that in Glaxo "the character of the cream has been changed into a fat"; and I fail to see what importance there is in splitting hairs on a technical question of terms in physiology, which falls within the province of the physician and somewhat outside that of myself as a housewife or Mr. Nathan as a merchant. However, we will ask his own authority, Dr. Robert Hutchison, to decide for us whether it is right or wrong to speak of the digestion of fats. In his latest book, "Applied Physiology," page 34, Dr. Hutchison says, under the heading

FAT.

"The fat molecules of the food, having been split up by digestion into fatty acids and glycerine, are absorbed in that form."

I shall conclude this subject next week.

Grandmother's Letter.

Regarding the little girl Annie, whose latest weight I was unable to give in a recent article, the following letter from her grandmother shows that she is not falling off in any way:—

"Little Annie returned home on Monday. She is in splendid health, and weighs 3 stone 1 lb."

Three stone one pound is the average weight for a girl of six years. Annie will be six some months hence.

Mimic Naval Battle.

DREADNOUGHTS TAKE PART IN IMPRESSIVE NIGHT FIGHT.

Details reached Portsmouth on the last day of January of the result of the first naval manoeuvres of the year. Admiral May not only succeeded in keeping apart two fleets whose combined strength would have crushed him, but in a picturesque night battle annihilated one of the fleets—in theory—off the coast of Spain.

the fleets participating in these operations were the First and Second Divisions of the Home Fleet and the Atlantic and the Mediterranean Fleets. Over forty battleships and big armoured cruisers were engaged, including all the Dreadnoughts and Dreadnought cruisers except the Neptune.

Three fleets were formed with White and Blue desirous of joining. Each was weaker than Red, but, if united, outnumbered him. Red, still under Admiral May, of the Home Fleet, was composed of ten battleships, eight armoured and three protected cruisers, while Blue and White each consisted of six battleships, three unarmoured and three protected cruisers. Blue and White were together under the orders of Admiral Povey, of the Mediterranean Fleet, but White had its own admiral in Vice-Admiral Sir J. R. Jellicoe.

It was supposed that the Blue and White fleets were at sea, and, being short of coal and provisions, were trying to make for their base, Vigo, but to succeed in this it was necessary that they should unite forces and defeat Red.

Hostilities began on Wednesday, Jan. 25, and within a short time the fast Red cruisers, by means of their wireless apparatus, had intimated to Admiral May that they had sighted the White Fleet. The latter was in full flight, with the Red cruisers hanging on to the rear, while the Red battleships were steaming at full speed to overtake the enemy.

By the Thursday evening the Red and White battleships were in sight of each other, and though White made desperate efforts to escape in the darkness, the efforts were unsuccessful. At 10.30 Red commenced firing with blank ammunition, his long line of battleships being ranged on White's port quarter, and two miles away, while the Red cruisers were on his rear.

The fight was described as having been a splendid sight. It was a dark night, and the flashes of the big guns and the frequent gleams of the searchlights made a most picturesque illumination. The fight was kept up until after midnight, each side carrying on a heavy fire from all the guns available.

Soon after midnight the Commander-in-Chief of the Home Fleet signalled the "negative," and the fight was over. White had been completely wiped out.

The Blue fleet was still at sea, but by this time his coal must have been very short, so his capture was only a question of time. The exercise was, therefore, brought to a conclusion with the victory of Sir William May.

It has yet to be ascertained how many ships each side was supposed to lose. At the close of the operations the rival fleets returned to their respective bases, Arosas Bay and Vigo.

ARDATH

LONDON

"WINFRED"

VIRGINIA

CIGARETTES

mark a distinct class of smokers.

They are chosen by men who would not dream of smoking ordinary kinds. "Winfred" are the cigarettes of quality for men of taste.



10

20

Plain or Gold Tipped **6d. 1/-**

Types of British Manhood.

The "K.C."

smokes "Winfred" Cigarettes because with all his keen judgment he cannot detect a flaw in their quality.

Obtainable of all leading Tobacconists, Stores, Clubs, Hotels, &c., throughout New Zealand.

Sole Manufacturers:

ARDATH TOBACCO CO., LONDON