

spoonful; milk, one-fourth, with whey and water, is advisable. At the third month, if the feeding has been carefully adjusted in the manner advised, by cream and milk, half cow's milk and water can be taken, or one-third cow's milk, cream and whey, and water, but only at two meals given at either end of the day. When these are well digested, let more meals of the same strength be given during the day. At the fourth month it is wiser to increase the quantity only, and keep the strength as usual. Pure milk can be taken during the sixth month.

*The Quantity of Food per Meal.*—The following averages at given ages will be helpful to work up to or from:—

At birth, 1 ounce.

Fourth week, 2 ounces.

Second month, 3 ounces, increasing an ounce per month up to the fifth month, at which time 6 ounces to 7 ounces will be taken at one meal. At six months of age, 8 ounces to 10 ounces will be found to be sufficient.

*Regularity in Feeding.*—Every second hour during the twelve hours of day, for the first two months of life, this being extended gradually as the quantity is increased to every third hour, which point should be reached at or about the third month. The time occupied in giving the food to be included in the times named. Sleep during the day must not be permitted to interfere with this regularity. The meals at night may be given at longer intervals.

*Manner of giving the Food.*—The ordinary tube bottle is serviceable in Hospital, but a simple small feeding-cup with teat attached is much more handy and easier to keep clean. If the hole in the teat is too large, the food will be given too fast. At the sixth month one of the best malted foods may be used twice in the day.

## Women Judges in Chicago.

THE appointment of Women Judges at the Chicago Exhibition was regarded somewhat in the light of an experiment—an innovation that must first be put upon its merits before being made a precedent. And for this reason it is a matter of great congratulation to all who are interested in the progress of women that the experiment having been tried, has been approved. For my own part, I must express my admiration for the position women were privileged to hold at the World's Fair, and for the way in which they vindicated their fitness to rank among the administrators of public affairs.

In the Section of Liberal Arts, to which I was attached, great satisfaction was expressed at the

way in which the men and women had harmonised. At the last Committee meeting a resolution was proposed to the effect that while the authorities had regarded with some distrust the appointment of women on the several juries, the working result had shown that the plan was admirable; that the women had performed their duties at least as well as the men; and that the men wished to put it on record that their association with them had been of so pleasant and satisfactory a nature that they were strongly in favour of the appointment in the future of women to serve in this capacity. The resolution was unanimously agreed to by the delegates from all nations, and a copy was directed to be sent to the authorities of the Exposition.

As a practical proof of the appreciation of women's work on the part of the Committee, I am glad to record that Mrs. Crawford, whose work was admirable, was invited to prepare the Official Report on the Japanese Section of Artistic Manufactures; while I was asked to write the History of the Department of Hygiene and Sanitation. These Reports, together with a History of every Department, prepared in each case by an expert, will be presented to Congress, and the whole collection is to be printed as the Official History of the World's Fair.

The jury duties were very interesting, and, in spite of the intensely hot weather, the work was of a delightful nature. The "one-judge system" has been much condemned and criticised; but, granted that the "one judge" knew his work, the system was admirable. A printed slip was issued to each judge for every separate exhibit; his or her criticism was written upon this, and brought before the whole Committee which met three times weekly. So that the judgment of the juror had to run the gauntlet in most sections of some seventy judges, each of whom had the right to challenge, to question, and to combat the decision of a single individual.

If it appeared that there was sufficient basis for objection, a Sub-committee was formed to see the exhibit in question, and decide finally on the merits of the case.

Thus the exhibitor was protected from bias or prejudice on the part of a judge.

A sketch of the Hospital and Hygienic Department of the World's Fair should prove of interest to the readers of THE NURSING RECORD, who will share the universal satisfaction that the British Nursing Section reached a higher standard and attracted more admiration than any similar exhibit.

The Dolls in their varied Nursing costumes, representing the Military, the Naval, and all types of Civilian Hospitals, made a charming centrepiece in the Section; and were the more attractive from the fact that in the American Hospitals there is not such a wealth of frills and bows and dainty

*previous page*

*next page*