

larly if it be of the hyperæsthetic variety. Bladders filled with ice, cold douches, and other expedients enable us to successfully combat it.

The organic headaches deserve mention by themselves, so I will not venture upon such a wide field. In all cases of this kind it is a symptom, and while attempting to relieve it, we must not forget that there is usually a cause.

TREATMENT OF DELIRIUM TREMENS.

Dr. Kitchen gives the following treatment, in the *American Journal of Insanity*:—

In the treatment of delirium tremens many points are to be taken into consideration, as the condition of the patient, the length of time the delirium has lasted, and the surroundings of the patient.

Our custom is to place this class of cases in a large room, well ventilated, with about one-thousand cubic feet of space for each patient.

Usually the patient is much fatigued on admission, and is in feeble physical health, and not infrequently there are complications, as bronchitis or pneumonia, and occasionally Bright's disease.

When no complication exists we give a tepid bath. The patient is put to bed, and usually a camisole is required to restrain him.

The usual, and perhaps better, treatment, is at once to place the patient on liberal and nutritious diet, as beef juice, cream, or essence, soups, milk, milk punch, egg-nog, etc.

If he is feeble, the reasons for giving stimulants are plain, though the delirium is caused by the same stimulant. Some recommend pure alcohol to be given instead of brandy, whisky, or even wine.

Of course, in administering stimulants to this class of patients, great and watchful care should always be exercised. The pulse is a safe guide, as stimulants should lower it and give it fulness. To quiet the tremors and restlessness, opium serves a good purpose, administered by hypodermic injection.

The treatment which in all probability is the most effective, is a generous diet, full doses of fluid extract of conium during the day, to control the muscular action, and during the evening hydrate of chloral, with tincture of hyoscyamus, the latter to be repeated until sleep is secured.

ON THE HAND-FEEDING OF INFANTS.

BY EUSTACE SMITH, M.D., LONDON.

There are few subjects of greater interest, or of which it is more important, in a sanitary sense, to possess an accurate knowledge than that which relates to the feeding and nurture of infants. Many mothers are unable to nurse their babies, and there is an increasing dislike to transfer maternal duties to a hireling; consequently, the question how best to provide a fitting diet for a being whose digestive powers are feeble and immature, but whose growth and healthy development are dependent upon a suitable supply of nourishment, is one to which it is

of the utmost importance to furnish a correct answer.

The mortality among children under the age of twelve months is enormous; and of these deaths, a large proportion might be prevented by a wider diffusion of knowledge, of one of the least difficult of subjects. The rules for the efficient nourishment of infants, are plain and simple, and the application of them, although requiring tact and judgment, is yet not a matter which ought to occasion any extraordinary embarrassment.

The great principle at the bottom of all successful feeding—viz., that an infant is nourished in proportion to his power of digesting the food with which he is supplied, and not in proportion to the quantity of nutritive material which he may be induced to swallow—is so obviously true, that an apology might almost seem to be required for stating so self-evident a proposition; but experience shows that this simple truth is one which in practice is constantly lost sight of. That that child thrives best who is most largely fed, and that the more solid the food the greater its nutritive power, are two articles of faith so firmly settled in the minds of many persons, that it is very difficult indeed to persuade them to the contrary. To them wasting in an infant, merely suggests a larger supply of more solid food; every cry means hunger, and must be quieted by an additional meal. To take a common case: A child, weakly perhaps to begin with, is filled with a quantity of solid food which he has no power of digesting. His stomach and bowels revolt against the burden imposed upon them, and endeavor to get rid of the offending matter by vomiting and diarrhœa; a gastro-intestinal catarrh is set up, which still further reduces the strength—every meal causes a return of the sickness; the bowels are filled with fermenting matter, which excites violent griping pains, so that the child rests neither night nor day; after a longer or shorter time, he sinks, worn out by pain and exhaustion, and is then said to have died from "consumption of the bowels."

Cases such as the above are but too common, and must be painfully familiar to every physician who has much experience of the diseases of children. When seen sufficiently early, the treatment of the derangement is simple and the improvement immediate, but it unfortunately often happens, especially among the poorer classes, that application for advice is delayed until the child's strength has been reduced to the lowest point, and all our efforts to remedy the mischief may in such cases prove unavailing.

The disastrous results of ignorant attempts to supply a substitute for human milk, have brought the whole practice of hand-feeding into disrepute; but if a food be judiciously selected, with a correct appreciation of infant wants, and an accurate estimate of infant powers of digestion, there is no reason why a child fed artificially, with judgment, should not thrive as well as one suckled naturally at his mother's breast. The food we select for the diet of an infant should be nutritious in itself, but it should also be given in a form in which the child is capable of digesting it, otherwise we may fill him with