

employed. But in far the greater number of cases mischief results from this, for the addition of water does not improve the digestibility of casein, inasmuch as it does not dilute it; and when milk so treated is taken into the stomach, the water is soon taken up, leaving the casein unchanged. Nor does the addition of sugar make the coagula easier of digestion, while skimming the milk deprives it of one of its most important constituents. Inasmuch as the mother's milk contains proportionally more fat than other milks, it may be that the finer coagula produced by it are due to the presence of this fat, and it would be better to use other milk from which casein had been removed than that which had been deprived of its cream. The admixture of farinaceous-substances also leads to disastrous results. Barley-water, however, is an article that contains so small a quantity of starch that it may be advantageously employed for dilution—good cows' milk diluted with from one-third to one-half of barley-water forming one of the best articles of food that can be used for infants when it is necessary to bring them up artificially. When it cannot be procured, oatmeal may be substituted with advantage. By these a real dilution of the casein is produced, rendering the coagula much finer and more nearly like those produced in human milk.

In the discussion which followed, Dr. Joel Foster expressed his belief that almost as much mischief is done by over-feeding as by under-feeding infants. Attached to the New York Infant Asylum, he has found it necessary to use a substitute for breast-milk, owing to the difficulty of getting a supply of this. For this purpose he employs cows' milk, which he allows to stand until the cream begins to rise, then taking the upper portion and diluting it with barley-water. He is very particular in giving it at regular intervals, and at a temperature near that of the body; for, when given below this, it may readily produce gastro-intestinal disturbances. It has been found that milk taken directly from the cow does not do for children nearly so well as when allowed to stand for about two hours, when a partial separation of the cream has taken place, and then taking the upper portion of the milk. In this way more fat and less casein is obtained. Dr. Messenger urged the propriety of thoroughly cooking whatever article is used for diluting the milk, and he always insists that the barley-water should be boiled for three or four hours. Dr. Lewis Smith remarked, with reference to the use of farinaceous food, that up to the third month the salivary glands and pancreas