

that she may supply ABUNDANCE OF GOOD milk. If the nurse's supply cannot be made both good and sufficient, we believe on the whole that next to this there is nothing better, nothing so good, for infants food as milk from a healthy well fed cow. Although cows milk contains more casein and less sugar than human milk, and the curd in cows milk is not so fine, the chief trouble is after all in the care of the milk after it has been taken from the cow, As we often have contended, and as we are pleased to find Dr. Palmer in his late work above mentioned stating: "As a rule, the mischief to the milk occurs between the cows udder and the human stomach.....Pails, cans, pans and nursing bottles and tubes must be absolutely clean, and by the frequent use of boiling water and whatever other means may be necessary the possibility of the presence of specific ferments must be prevented." Hence, we have found much benefit from giving the milk to the infant direct, warm from the cow, as soon as possible after it has been milked. In country places where a cow can be at hand and milked 3 or 4 or 5 times a day this can be easily managed.

The milk must not be given undiluted. If the child be less than five or six months old or not very vigorous, we would recommend the following: one-fourth of a pint of fresh cream with three fourths of a pint of warm water and half an ounce of MILK sugar, from a reliable druggist, and from one-eight to one-half pint, according to the age and vigor of the child, of new milk. This makes a food nearly of the composition of human milk.

Dr. A. Jacobi, Prof. of diseases of children in the New York Post Graduate School, in a recent paper, gives the following important directions on infant diet:—"The principal substitutes for breast-milk are those of the cow and goat. The mixed milk of a dairy is preferable to that of one cow. Cow's milk must be boiled before being used. Condensed milk is not a uniform article, and its use precarious for that and other reasons. Goat's milk contains too much casein and fat, besides being otherwise incongruous. Skimmed milk, obtained in the usual way, by allowing the cream to rise in the course of time, is objectionable, because such milk is always acidulated.....