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INFANT DIETARY, WITH SPECIAL
REFERENCE TO STERILIZA-
TION AND EXHIBITION
OF APPARATUS.

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It is not the object of the writer to discuss the subject of Infant Dietary in a general way, or to refer to the merits of the different articles of infants' food, except incidentally, but to bring before you a comparatively new method of preparing food, known as sterilization. Sterilization means the killing of germs. The remarks and conclusions of this paper are especially applicable to infants whom it has been necessary to deprive of their mothers' milk.

The subject is by no means a new one, Dr. Jacobi, of New York, having years ago laid before the profession the necessity of boiling milk for bottle-fed children. It is only during the last few years, however, that the matter has been prominently brought forward. To my knowledge, neither by any medical journals nor by any paper read at a medical society in Ontario has sterilization been dealt with; and aside from its importance and the deep interest which the writer feels in it, this is my reason for bringing it before you. There is an immense literature on the subject of infant dietary, and by all authorities it is acknowledged that the mother's milk is the proper food for an infant. But many circumstances may arise to

interfere with the nutrition of the child in the natural way, and it is then that the question of a substitute food becomes all important, and the relative merits of ass's, goat's and cow's milk, and of the various infant foods, are discussed. Comparing the constituents of these articles of diet with mother's milk, it is found that ass's milk bears the closest resemblance, goat's next, and then cow's. But owing to the accessibility of the latter, it is the food generally used. When cow's milk is altered in various ways, it can be made almost exactly similar in constituents to mother's milk. Nevertheless in practice, in warm weather, cow's milk does not agree as a rule with infants. Indigestion, diarrhoea, and inflammatory troubles are too often set up. These occur more commonly in cities and towns, so that for years it was thought that the heat and bad hygiene were the causes. But why infants under six months of age should be exempt while other children in the same family should suffer could not be explained. Of late years, since the common acceptance of the germ theory of disease, other ideas of causation have crept in, and while we still believe that heat and bad hygiene are the causes, acting as they do by lowering vitality and hence interfering with the functional activity of the alimentary canal, yet they have another and more important effect *on the food*.

A few years ago Dr. Siebert, of New York city, investigated the relation of heat to the summer troubles in children. His investigations extended over a number of years, and he