

It will be seen that in modifying cow's milk the proteid must be reduced one-half by diluting the milk. This reduces the fat and sugar also. Hence fat and sugar must be added. The theoretical problem, therefore, is simple: Reduce the proteid by diluting the milk; increase the fat and sugar by adding those elements. To accomplish this purpose it has been customary to dilute one pint of milk with an equal quantity of water; but as the already deficient amount of sugar has then become still further reduced (to $2\frac{1}{4}$) the deficiency is made up by adding a tablespoonful of granulated sugar or milk sugar to one pint of the mixture. As fat has also been reduced one-half (to 2) a small quantity of cream is generally added.

Another point upon which physicians agree is, that milk from the herd is better than one cow's milk, on the ground that it is less likely to vary in its composition from day to day. Again, it is admitted that sanitary conditions should be insisted upon at the dairy and due precautions be taken to prevent bacterial infection. Not only should the cows be kept clean and healthy, but cleanliness should be observed by the men themselves at the time of the milking, while the various pails, cans, bottles, etc., should be made perfectly sterile. In other words the profession is now awakening to the importance of obtaining *clean milk*—that which is fresh from spore-bearing bacteria.

The majority of physicians are now convinced, from clinical experience, that diluted "condensed" milk is unfit for infant feeding—its prolonged use very frequently producing rickets. A dilution of 1 to 12, the one most commonly used, contains but $\frac{1}{8}$ the amount of fat and $\frac{1}{3}$ the amount of proteid of average breast milk. Double that strength contains but $\frac{1}{4}$ the proper amount of fat, but the amount of sugar is so excessive as to soon upset the stomach. It is evident, therefore, that a food so wide of the standard is not a proper one for the infant. The practice, too, observed now at some dairies, of using chemical preservatives in milk such as borax, boric acid, formaldehyde, etc.—is universally condemned as harmful.

Diversity of Views.—Concerning the best mode of modifying cow's milk so that it may resemble breast milk, not only in the proportion of its constituents, but in its digestibility—even our most eminent pediatricians are at loggerheads—one advocating "laboratory" and the other "home" modification, in both of which methods the strength