

that a "3-6-1 mixture," as it is called (3 per cent. fat, 6 per cent. carbohydrates, and 1 per cent. proteids), is a very generally useful form of modified milk, approximating closely an average breast-milk. Another good albuminous food is the red meat juice in drachm doses added to the water or other fluids that may be in use. Liquid peptonoids, panopepton, and so forth, may be mentioned in this class. As to the farinaceous fluids, they are all of the same type, and may be equally well made from barley, rice, oatmeal, sago, tapioca, corn starch, or arrowroot, so long as one bears certain points in mind. One point is that the more vegetable albuminoids there are the better, and that, other things being equal, the husk and the layers of the grain next it should be boiled as well as the starchy contents of the grain.

Another point is that very thorough boiling is necessary, three to four hours at least, to cause diastatic change and prevent trouble from the indigestible starch. Thorough straining, too, is important. The consistency of a farinaceous fluid should be that of thin to medium cream, such as will pass easily through an ordinary rubber nipple. And now that the nipple is mentioned it is worth while remarking that if the stomach is irritable it is very often due to the fact that the hole in the nipple is too large, and the child swallows too rapidly.

One of the most useful of all the starchy preparations is likewise the oldest, the good old bag of flour the size of the lower half of the forearm boiled steadily for ten hours. The outer shell is thereafter removed, and the firm central part, like a piece of soft white bathbrick, grated down and slowly reboiled as required with water to make a gruel of a consistency varying with the age of the child. For children over six months, at any rate, this is a most useful food in diarrheal conditions.

One will often find whey very useful, made either with sherry, or, what I think is better, essence of pepsin or junket-powder. It makes an excellent vehicle for liquid peptonoids or red meat juice.

Fischer, in a recent number of the *N. Y. Med. Record*, speaks highly of very weak cold tea, especially when stimulation is desired, and of an acidulated drink made by adding to a tumblerful of plain boiled and cooled water five to ten drops of dilute hydrochloric or phosphoric acid, and sweetening with a little glycerine (a powerful antizymotic) or saccharin.

It is well on inaugurating the change of diet to try to lengthen the interval of feeding—always bearing in mind the urgent need of water to replace the fluids drained from the tissues by the diarrheal loss. Thus, if a child has been getting four ounces, two of milk and two of barley water every two and one-half hours, one should try to give, instead, say, four