

City Dairy Company to make up whey mixtures on the prescription of physicians. This company is now supplying a number of my patients with whey mixtures, the percentages of which I vary from time to time by telephone.

A few of my patients prefer to make up their own whey mixtures. They make the whey and buy the highest percentage cream, 32 per cent., obtainable in Toronto from the City Dairy.

Some practice and care is necessary in the making of whey, if it is to be of much value. It should be clear or slightly turbid. Before the addition of cream or milk to it, it should be heated to 150-155 F. to destroy the rennet ferment; otherwise, it (the ferment) would coagulate the added cream or milk. If heated above 160 F. the lactalbumen is coagulated. Possibly no harm is done as far as digestibility or nutritive value is concerned, but it does not look tempting.

Sooner or later there comes a time when it is advisable to introduce in the infant's food a certain amount of caseinogen. Those who can digest it make, as you know, better bone and muscle. The introduction of this constituent of milk was always a matter of conjecture until the following formula was worked out two winters ago by Drs. Galley and Canfield, then House-physicians at the Hospital for Sick Children. With this formula it is as easy to write a whey mixture in definite percentages as it is to write a prescription for modified milk by the Scott formula.

$$\begin{aligned} \frac{1}{10} \text{ F.} &= \text{No. ounces 32 per cent. Cream.} \\ \frac{1}{10} (\text{S.} - 4) &= \text{Milk Sugar.} \\ 3 \times \text{Cas.} &= \text{Whole Milk.} \\ \text{Whey} &\text{.....ad 10 ounces.} \\ &\text{Alkalinity, required percentage.} \end{aligned}$$

$$\begin{aligned} \text{F. 3 per cent.} & \quad 3 \div 4 = .75 \text{ ounces} = \text{ounces 32 per cent. Cream.} \\ \text{S. 7 " } & \quad (7 - 4) \div 10 = .3 \text{ " } = \text{Milk Sugar.} \\ \text{P. 1 " } & \quad \left\{ \begin{array}{l} \text{Cas. .25} \quad .25 \times 3 = .75 \text{ " } = \text{Milk.} \\ \text{Lact. .75} \end{array} \right. \\ & \quad \text{Whey} \quad 8.50 \text{ " } \text{Whey.} \\ & \quad \underline{\hspace{1.5cm}} \\ & \quad 10 \text{ ounces.} \end{aligned}$$

$$\begin{aligned} \text{F. 3.25 per cent.} & \quad 3.25 \div 4 = .81 \text{ ounces} = \text{ounces Cream.} \\ \text{S. 7 " } & \quad (7 - 4) \div 10 = .3 \text{ " } = \text{Milk Sugar.} \\ \text{P. 1.25 " } & \quad \left\{ \begin{array}{l} \text{Cas. .5} \quad .5 \times 3 = 1.5 \text{ " } = \text{Milk.} \\ \text{Lact. .75} \end{array} \right. \\ & \quad \text{Whey} \quad = 7.69 \text{ " } \text{Whey} \end{aligned}$$

$$\begin{aligned} \text{F. 2.25 per cent.} & \quad 2.25 \div 4 = .56 \text{ ounces} = \text{ounces Cream.} \\ \text{S. 6 " } & \quad (6 - 4) \div 10 = .2 \text{ " } = \text{Milk Sugar.} \\ \text{P. .75 " } & \quad \left\{ \begin{array}{l} \text{Cas. 0} \\ \text{Lact. .75} \end{array} \right. \\ & \quad \text{Whey} \text{.....ad 10 ounces.} \end{aligned}$$