

fluid, rich in fat, and leave the lower, comparatively poorer, portion behind. When a child is to be fed there are taken of this :

|             |   |                 |
|-------------|---|-----------------|
| Weak cream  | 3 | tablespoonfuls. |
| Lime water  | 2 | "               |
| Sugar water | 3 | "               |

Sterilization not suggested.

This makes only four ounces, and if the child requires eight ounces at once double the quantities must be mixed. This is simply warmed and is ready for use. It is more economical and less liable to ferment than the mixture known to the profession as the Meigs' mixture. In place of the sugar water, I advise my patients to use boiled water and half a teaspoonful of sugar of milk. I also advise them to put it in the steamer and steam for from 20 to 30 minutes. This will keep for a day or two or longer in the hottest weather.

Whether the milk is prepared after this formula or not, it is always advisable to use only the upper half or third—the "top milk," as it is called "across the lines."

Within the last few weeks I have been giving this modified Meigs' mixture to a child a year old, and who was weaned four months ago. His capabilities for digestion were no greater than those of a good, healthy baby at six months. At once the mixture appeared to be digested, and now he is thriving on it better than on anything since his birth, though a short time before I had tried Rotch's preparation, and had to abandon it after a few days. Within twenty-four hours on Rotch's mixture the breath became sour; then followed vomiting of curds and the presence of curds in the stools.

Peptonized milk was supposed to completely revolutionize infants and children's feeding when first suggested by Fairchild Bros., only a few years ago. I advised it frequently for some time, and on many an occasion it appeared to work like a charm, especially in cases of gastro-intestinal catarrh. Latterly it has disappointed me, and during the last year I have not advised it more than two or three times.

Dr. Adams, of Washington, speaking of a couple of cases of gastro-intestinal catarrh in the Children's Hospital of that city not doing as well as his private patients, investigated and found that the resident physician was experimenting with peptonized and pancreatinized milk. He found that as soon as this was

stopped and properly prepared cow's milk was substituted, the cases quickly recovered.

Condensed milk is frequently recommended by physicians and largely used by the laity. It contains a large proportion of sugar, often forms fat quickly, and thus makes large children. Children fed on condensed milk, though fat, are lethargic and flabby; although larger, are far from being strong; have little power to resist disease; often cut their teeth late and are likely to drift to rickets (Louis Starr).

Another writer—Baruch, in the *Dietetic Gazette*, July, 1888—writes in a similar strain. He says that children fed on a solution of condensed milk will take more food, absorb more water into the tissues, and produce less blood and muscle. Hence they cannot resist disease, and while they appear to be nourished they are anæmic, lymphatic, and they readily become scrofulous if the tendency exists.

Sometimes milk in every form, and however carefully prepared, ferments soon after being swallowed; and excites vomiting and causes great flatulence or distress, while it affords little nourishment. With these cases the best plan is to withhold milk entirely for some time and try some other food.

Whey is a very good substitute, and frequently tides a child over a critical period. I think of one now who lived ten days on it alone, improving daily. Or barley water may be used. Or keeping a child for some hours on whiskey and water, or whiskey and water may be alternated with the barley water, or a teaspoonful or two of the juice of raw beef will often be retained when everything in the shape of milk is rejected.

Such foods are only to be used temporarily, until the tendency to fermentation within the alimentary canal ceases; then milk may be gradually and cautiously resumed.

In regard to patent foods Rotch says: "They must necessarily be unreliable; their claims are not supported by intelligent and unprejudiced investigation." Further, he thinks "it is high time for us, as physicians, to appreciate exactly how inefficient in themselves, and how misleading in their claims, are these artificial foods, and also in what a false position, as protectors of and advisers to the public, we are placed in doing anything but ignoring them." He is convinced that the merit of their, at times,