

The milk of the wet nurse is the nearest approach to the milk of the mother, and without doubt a good wet nurse is a very desirable person. But the physician must be careful. A wet nurse must be a perfectly healthy woman. If she has any constitutional ailment, the babe is apt to be affected thereby. If she has syphilis, or tubercle, or rickets, the babe will suffer.

If any functional or organic disease is present, such as indigestion, gonorrhœa, tubal disease, or nephritis, the milk will be affected thereby. She must not menstruate, nor be pregnant, or the milk will be unfit for use. She must be mentally at ease, for mental disturbance is inconsistent with perfectly healthy milk. She must be moral and of good temper and free from licentious habits of any kind. Because the character of the milk is affected by these things, and quantities of albuminoids not natural to healthy milk will be excreted. J. Lewis Smith mentions a case in his practice, where the nurse was allowed to visit her home on Saturday. On her return, the child was seized with an attack of diarrhœa and of vomiting and died. Enquiry revealed the fact that the nurse had spent her visit in debauchery.

Again, the milk of the wet nurse must be of the same age as that of the mother, or it will not agree. If we add to all these considerations the fact that the expense would be beyond the purse of the average family, it is apparent that it is only under the most favorable circumstances that a wet nurse can be thought of. But granted a woman, whose milk is the same age as that of the mother's, free from constitutional taint and present disease, kind disposition, moral, good temper, free from worry, and you have the best possible substitute for the milk of the babe's own mother.

The first of the specially prepared foods to which I wish to call your attention is condensed milk. This article is prepared by evaporating the water from cow's milk and thus producing a thick semi-fluid preparation, which on dilution with water is supposed to resemble the original from which it was made. In some preparations cane sugar is added as a preservative, but others have not this sugar added. Condensed milk is very convenient. It comes to the house along with the groceries. There is no trouble with the milkman, or the servants. No care is necessary to preserve the milk during the hot weather. If it has been or-

dered by the physician, the mother's only care is in the proper dilution, and in feeding. Everything is supposed to be all right when she opens the can. But fraud may be perpetrated in this, as well as in fresh cow's milk. Analyses show that the contents of the cans while generally constant, do vary sometimes, the variability differing with the brand, but there is one noticeable deficiency in them all, viz: in the fat. In the cans as opened, the fat is 10%; dilute this nine times with water and the per cent. is 1.35%, while it should be from 3% to 4%. It is said that in New York city all the condensed milk companies sell cream, which gives a color to the suspicion that the product of their factories is made from skimmed milk. Dr. Chandler, in a report to the Board of Health of N. Y., mentions the deficiency of fats, and stated that in one sample only 1 $\frac{3}{4}$ % was found. Dr. Rotch, of Boston, has pointed out also that often the per cent. of casein is deficient. Another objection is that in the sweetened varieties, the sugar used is cane—while milk sugar is the natural ingredient. The difference lies in the fact that cane sugar ferments more easily; that is, it undergoes the alcoholic and butyric acid fermentation; milk sugar will undergo the lactic acid fermentation, but this is checked by sterilization.

Let us now enquire what the clinical results from feeding on condensed milk are.

It has been noticed that infants fed on it look well, grow fat and have good digestion; but lack vitality. They are easily prostrated by an attack of diarrhœa, or any acute disease. The reason lies in the deficiency of fat, which bears the proportion of 20 parts to one of the nitrogenous elements, while it should be 12 to one.

Louis Park states that infants fed on this have lately been shown to suffer from a form of scurvy. Hæmorrhage takes place under the periosteum of the long bones. The disease is often associated with rickets, and is rapidly cured by changing the food to fresh cow's milk.

Another disadvantage of this form of milk is the atrocious ideas that people have (even physicians) of the proper amount of dilution. It has been given in the strength of 3j to a pint of water, and from this down. Many a child has been starved to death on this diet. Supposing a preparation of the average strength, 28% of water, 72% of solids, and of this latter, 50 parts sugar, 10