

easier in the digestion of the best milkman's milk we can obtain here, than it is in the digestion of the usual dilute form, and still less than when diluted with farinacious decoctions. Providence has wisely arranged this matter so that if the milk—the food intended for the infant—be variable as to its constituents, the stomach has the power to digest and more or less completely appropriate them. Hence the milk of the human female, which is often richer in all of its constituents than many samples of the milk of the cow, is digested, and the child flourishes; and on the contrary, the milk of the cow, which possesses many per cent. more of oil and casein than the average human milk, is easily digested, and the child thrives satisfactorily. The essential points in the whole matter being that the milk given contains nutriment material within a reasonable bulk sufficient for the nutrition of the child, and that it be given soon enough after leaving the breast or udder to be sweet and good. I avail myself of this opportunity, as I uniformly do of any which presents itself, to denounce the doctrine of dilute cow's milk as infant food, as one destitute of reason and extremely dangerous. If this be true of milk simply diluted, what must be the state of the case when diluted with vegetable and farinacious substances? For about ten years of my professional life, I have watched this subject closely, having had several children of my own to raise on the milk of the cow. I have yet seen no reason for diluting the milk sold in this city, to make it fit food for the infant at any age. On the contrary, I have often found a necessity for richer milk than could well be obtained here. My experience has satisfied me, that a great part of the difficulty and danger attending the raising of children by hand, as it is called, proceeds from this tinkering of the milk used. I regard the raising of a child with a tolerably good organization as about as easy on the milk of the cow as on the breast. The essential points for the mother or nurse to observe are, that the milk be sweet, that is to say, not soured, that it be warmed to about 100°, that it be taken from the bottle through finely perforated nipples, that the bottle and nipple be kept clean, and finally, *that the child have all it will take.* And here I would repeat the precaution before alluded to not to give the child milk during the very warm weather of our summers till water has first been offered to it, else it will often take milk in inordinate quantities simply because it is thirsty, and will thus be overfed and injured. Children at the breast are often injured by this neglect. To those who may possibly regard these views of infant feeding as radical and perhaps dangerous I feel bound to say that I am supported by unquestionably competent authority. While writing these pages, I had the extreme gratification of receiving the pamphlet paper on "Food for