

Dr. Meigs, of Philadelphia, and in certain cases is much esteemed by Dr. Morrill Wyman of Cambridge. To quote Dr. Wyman, he says: "I have used gelatine with milk for children and adults with delicate stomachs, and I think with advantage; cases of diarrhoea in which the milk is passed in curdled masses undigested, seem to me to be considerably relieved by the combination. My theory is (I do not think much of theories in medicine), that the gelatine prevents the coagulation of the milk, which is then in a better condition to be acted upon by the digestive agents. The proportion of gelatine is about one teaspoonful, to be dissolved in water and mixed with a half pint of milk. This proportion is less than is required for blanc mange."

Liebig's farinaceous food, or Liebig's soup, as it is called, is tolerably well borne in many cases, and it is occasionally advisable to try it. It is well known that flour is incapable, or only partially capable, of digestion in the stomachs of infants, while it is equally well known that at a later period the power to transform starch into sugar and thus digest it, is increased.

It is found that this deficiency in infancy is owing to the absence of a ferment in the stomach, and in using Liebig's soup this effect is presumed to be supplied by the presence of diastase in the malt, which, acting as a ferment, causes the desired change in the flour to be effected. That this action will take place to a certain extent with the properly prepared malt flour is certain; but it remains to be proved whether it enables the whole of the flour to be thus transformed.

It is needless for me to give the directions for preparing this soup, as they have already been published in the *Journal* several times.

The food ("soup" seems a misnomer) is not a substitute for milk, since milk itself is an essential element in its preparation, but it is really an improved mode of giving milk with flour or other farinaceous material. Its real merit consists in adding a material to the flour which will aid the stomach of the child and infant to digest it, and that which remains for investigation is the proof, to be derived from the evacuations, whether such aid has been effectual. This may be ascertained roughly in any case by noting the size of the stools. A trial should be made with the milk and flour alone, and then with the food according to Liebig, and if the dejections are as large in the latter as in the former, it may be safely inferred that the food has no special advantages over the use of boiled milk and flour. As the stomach of a child of three years, and probably of one between one and two years, can digest flour and transform it into sugar, this preparation offers scarcely any appreciable advantage to them over the long-established one of well-boiled milk, flour and sugar. When cream (or good first-class milk) can be obtained for infants, it is beyond all comparison the best food for them, and no addition of any kind should be made to it; and hence for the children of the rich and well-to-do classes, Liebig's food is scarcely necessary. As regards cream, Dr. Van Wyck, of San

Francoisco, says, "For twenty years I have discountenanced the use of diluted cow's milk, substituting properly diluted and sweetened fresh cream, solely on the ground that a nearer approximation to woman's milk can be effected than in any other way known to me; and hence there is less liability to produce injurious effects. Apart from this I think there are often good reasons for using only the cream which rises after the milk has stood some twenty-four hours. Very much of the milk sold in our cities and towns is adulterated in various ways, and in many instances when such is not the case, the cows are improperly fed and cared for.

"By using the cream only we avoid, in the first instance, the adulterating materials, and, in the second, we are enabled to give a less quantity of a diseased or abnormal secretion.

"Having obtained a quart or more of the purest attainable milk, set aside for twenty-four hours, and then skim off, but not too closely, the cream. As the cream of cows differs in richness from a number of causes, it is impossible to give in figures the amount of water necessary for the proper dilution. I therefore direct the cream to be diluted with boiling water to an extent that will make it as near the richness of the mother's milk at that period as possible, adding enough sugar of milk to bring it up to the natural standard of sweetness. I prefer the milk sugar to the cane or beet sugar, for the reason that, should acidification occur, we have in the former lactic, whilst in the others acetic acid as a result. To be as explicit as possible, I should say that with the cream afforded from the milk ordinarily served to purchasers, the following formula will be found very nearly correct:

Child in good Health.	Cream. Parts.	Boiling Water. Parts.	Milk Sugar. Parts.
One week old,.....	1	11	25
Two weeks old,.....	1	10	25
Three to four weeks old,.....	1	8	25
One to two months old,.....	1	7	25
Three to four ".....	1	6	25
Four to six ".....	1	5	25
Eight to ten ".....	1	3 to 4	25

"Should this prove too strong, it will be necessary to make a further dilution with, if needed, an alkali, to prevent acidification."

A certain amount of lime-water is generally ordered to obviate this result; but experience has proved that the bicarbonate of potassa is preferable for the reason that as an antacid it is equally efficacious, while it prevents the formation of so solid a curd, and thereby renders it more soluble.

There is nothing better in the way of farinaceous food, than the barley prepared by the Messrs. Robinson, of England. I usually make it according to directions accompanying the article, varying the amount of barley and milk according to the age of the child, character of the stools, etc.

Whatever be the diet adopted, our object is to keep up the nutrition of the body with the smallest possible amount of irritation to the alimentary canal; and the food, whatever it may be, which will produce this result, is the food best suited to the case; drugs alone will be powerless. The successful adjustment of the diet, an adjustment in which the