

Reprinted from the *Montreal Medical Journal*, August, 1891.

ON INFANTS' FOOD.*

BY A. D. BLACKADER, B.A., M.D.,

Lecturer on Diseases of Children, McGill University; Assistant Physician, Montre a General Hospital.

One of the subjects which must give us no little thought and trouble at all times, but especially during the summer weather, is how to feed the infant deprived of its maternal supply. Its food must be sufficiently nourishing—*i.e.*, should contain albuminous, fatty, saccharine, and saline ingredients in proper proportions, neither too little nor too much, or nutrition will suffer; it must be easily digestible, else will colic, vomiting or diarrhœa supervene; and it must be practically a sterilized food, free from bacteria or other micro-organisms, else will the infant run the chance of being poisoned by some product of their activity. Many investigators are endeavouring to solve the difficulties which surround the subject. Practically, all unite in regarding cow's milk, or some preparation of it, as the only serviceable substitute for human milk. He would be a rash physician who would dare to order a permanent diet for an infant in which milk did not enter; and every patent food in the market is dependent on it for much of its nutritive material.

The use of cow's milk, however, is attended with some difficulties, which must be clearly appreciated, and overcome, if we would succeed in attaining our three requisite conditions. These difficulties may be briefly stated as follows:

1. Cow's milk contains about double the amount of the

* Read before the Medico-Chirurgical Society of Montreal.

