

causes of milk impoverishment. This can usually be accomplished by daily exercise in the open air, artificial feeding at night for a few weeks so the mother can sleep, and correcting the diet. The use of liquid extract of malt often gives good results in such cases.

In other cases, the child tugs away at the breast all the time; its mother weary and worn out, and he vexed and irritated, working hard for a living and not getting it. This condition of affairs goes on until we have a case of "Acute Inanition," characterized by high temperature, great loss of weight, cold extremities, depressed fontanelles, and great prostration. On examination in some cases, the mother will have no milk at all. A delicate child when suddenly weaned, may also present these symptoms.

Treatment.—Procure a wet nurse at once if possible, if not, use a peptonized milk food, low in fats and proteids; give stimulants freely, five or ten drops of brandy every two hours; keep the extremities warm, and be very careful not to unduly expose the child when dressing it.

Cow's milk is the best substitute for mother's milk. The chief differences between cow's milk and mother's milk is in the amount of proteids each contains; the differences in solubility of the curd, and the differences in reaction. In cow's milk only one-fifth of the curd is soluble; in human milk, two-thirds. Human milk is always alkaline, cow's milk is acid, and cow's milk contains about twice the amount of proteids. Proteids are reduced in cow's milk by adding water, but then fat and sugar are in too little quantity to sustain life, so we increase these by adding cream and sugar of milk. A child under three months of age wants a milk containing fat about three per cent., sugar—six, and proteids—one; over three months, fat—four, sugar—seven, and proteids—one and a half, but much is still to be learned regarding precise indications for varying the proportions of the different elements in milk modifications. The only test for nutrition is a gain in weight. A child fed on modified cow's milk, should be fed at regular hours, about every two and a half to three hours, because such milk digests slower than human milk. It should be given at blood heat, and kept so during the meal by a woolen slipper drawn over the bottle. Never give the bottle in the cradle, but nurse him in the natural way. If a mother tells you her child is colicky, and has green acid stools, lower the sugar. If gaining little in weight, there is probably too little sugar. Too much fat produces regurgitation of food, usually sour and foul smelling.

Always examine the movements, and if there are large curds accompanied by a colicky pain, the child is getting too much proteids.