

morning's milk which is pure and fresh—better than not from a mixed dairy—and dilute with a half of a pint of water; put on to boil; take of Robinson's prepared barley, which comes in packages, a heaping dessertspoonful or tablespoonful; rub this to an even paste with a small quantity of milk; then add to it the milk that is boiling, and *stir this for twenty to thirty minutes*, letting it boil. This should be strained, and a small quantity, say a teaspoonful, of white sugar added to it, the whole to be placed in the refrigerator for the day. When cool a jelly will be formed. Of this the child should take about four ounces, made fluid by heating, and strained in bottle or by spoon, every three or four hours. The last feeding would for a time be about ten o'clock in the evening; after a few months the child will need nothing after usual bed-time until first meal in the morning, at about seven o'clock.

Barley flour seems to hold a position somewhat neutral as regards action on the intestinal tract. Should the bowels become constipated, or should you desire to change the food, a preparation of oatmeal known as "Bethlehem Oat Meal" can be used in the same way as the prepared barley. The wheat foods may be used in the same way; they are apt to constipate, however.

At times it may be well in preparing the food to mix these various articles, as a child needs a variety in taste as well as a grown person. If a child is younger than six months, of course it will be necessary to add a larger percentage of water and a smaller amount of cereal. I am satisfied, from investigations made last year (Some Observations on the Salivary Digestion of Starch by Infants Trans., College of Physicians, Third Series, Vol. VI.), that infants are able in some degree to digest a small quantity of starchy food, and that the starch contained in the above described preparation is not merely useful in preventing the formation of a heavy curd, but that it also is useful in nutrition. I have found the preparation that I have suggested to you applicable in the majority of cases, and especially in those children who are apt to suffer from indigestion during the summer season, with its unfortunate results. It is also useful when gradual weaning is thought advisable. In such cases the child is nursed from the mother in the early morning; after its bath, say ten A. M., it is to take its bottle or cup of food; nurse again at *one* or *two*, a cup of food at six, and again nurse at ten in the evening. As far as condensed milk is concerned, I am satisfied that it is an extremely valuable preparation, but not one upon which it should be attempted to raise a child. It is useful as a bridge to tide over difficulties, and as such can be relied upon, but a child that is brought up on condensed milk alone from an early period is, in my experience, liable to succumb more rapidly to the influence of disorders than other children, either nursed or fed with cow's milk, are able to withstand. Prejudice has frequently interfered with the use of

condensed milk, I regret to say. It is certainly nutritious and easy of digestion, and frequently will agree, when properly administered, with a child whose stomach is intolerant of other food. Of the purity of the brand usually used there is no question, and I would advise you to study this matter carefully yourselves, and not throw away a valuable food because many statements are made against it.

It is easy enough to find some form of diet that will nourish a healthy child. The most difficult problem to solve is the food to be administered to an infant who is delicate from birth and cannot nurse, one who is suffering from some form of intestinal catarrh, or one whose digestion has been totally upset by a severe attack of summer complaint.

These are in fact the most difficult cases that we have to deal with; in treating such cases we should bear in mind that a child's food should not be made so extremely weak, in order to avoid all irritating qualities, as to make it fail in its object of supplying nutrition, but we must endeavor to make the child's digestive-functions meet us half way, and thereby establish an equilibrium; we can either do this by the administration of those drugs which are known to facilitate digestion, such as the various forms of pepsine or pancreatine as the case demands, or we should endeavor by tonic influences to bring about a healthy establishment of the functions of those organs whose secretions are needed for the proper digestion of food.

If a child is so weak and exhausted that it will not digest the mildest form of prepared food, and it is impossible to obtain breast milk, for this should be our first thought, it is useless to weaken the condensed milk, or whatever we use, to such a degree as to make it absolutely valueless as a nutrient; the proper thing to do, under such circumstances, is, in my opinion, to give some form of food which requires but little action of the digestive juices, or to prepare the food so that it is partially digested beforehand.

I have used for some time with great advantage, egg albumen dissolved in water, as a food for sick children when the stomach was intolerant of ordinary milk food, also gum arabic water will nourish for a surprisingly long time, and allay irritability.

The barley food, as recommended above, would be valueless in a case of this kind, and pure cow's milk diluted to resemble as closely as possible the mother's milk, would be regurgitated; in such cases, and they are very frequent in the summer months, especially if you are called much in consultation practice, the preparation of milk which has undergone partial digestion by the pancreatic ferment, in an alkaline condition, I have found most useful. The preparation is one which must be made with care and according to the following directions: Into a clean quart bottle put a powder of five grains of Extractum Pancreatis and fifteen grains of bi-carbonate of soda, and a gill of water; shake; then add a pint of fresh milk. Place the bottle in a pitcher of hot water, or set the bottle