

troubles. Our success in treating cow's milk and feeding a child thereon will depend almost entirely on the manner in which we deal with the casein to prevent this tough curd from being formed.

Two methods are advised (Money):

(1) By mechanically preventing the particles of casein from running together.

(2) By chemically preventing coagulation by the use of lime-water or other alkalies. This latter plan is entirely wrong, because to accomplish its purpose would require a quantity equal to  $\frac{1}{3}$  of the meal. In the former method various kinds of mucilaginous fluids are recommended, such as acacia, gelatine, isinglass or tragacanth.

The plan I have followed for some two or three years is to use for this purpose barley-water made from the common grain of the farmer, or preferably the same crushed. It serves to mechanically separate the particles of curd, and has some nutritious properties as well. The mucilaginous material comes largely from the inner surface of the hull. In Scotch or pearl barley this is lost.

I give the mother written or printed instructions as to the plan of feeding. I have her use boiled water for dilution, also cream as the child grows older, for I have found that especially where the supply of milk is not first-class, fat instead of being in excess, is often deficient in quantity. The deficiency of sugar is made up by adding sugar of milk. The acidity has not, in my experience, been an important factor.

The plan of quantities and times of feeding according to the age of the child are as follows :

Age of Child.	Cow's Milk.	Barley Water.	Boiled Water.	Cream.	Sugar of Milk.	Intervals of Feeding.
1st. week	4 drams	4 drams	.....	.....	15 grs..	Every 2 hours night and day
Rest of 1st. mth.	6 "	5 "	.....	.....	15 "	Every 3 hours from 4 a.m. till 10 p.m.
2nd. mth.	9 "	6 "	3 drams	2 drams	20 "	Every 2½ hours from 3 a.m. till 10 p.m.
	12 "	6 "	6 "	3 "	30 "	Every 3 hours from 4 a.m. till 10 p.m.
4th. "	16 "	6 "	8 "	4 "	45 "	" " "
5th. "	18 "	6 "	10 "	6 "	1 dram	" " "
6th. "	20 "	6 "	10 "	5 "	1 "	" " "
7th. "	24 "	6 "	10 "	6 "	1 "	" " "
8th. "	26 "	8 "	10 "	6 "	1½ "	" " "
9th. "	28 "	10 "	10 "	7 "	1½ "	" " "
10th. "	30 "	10 "	10 "	8 "	1½ "	" " "
11th. "	32 "	10 "	10 "	8 "	1½ "	" " "
12th. "	34 "	10 "	10 "	9 "	1½ "	" " "

This plan gives as you see six hours rest to the mother and child. Often the child will sleep longer in the morning. Regularity in feeding is

a very important matter and should be rigidly insisted upon. At all times if you will, but especially when the external temperature reaches 60° F., it is best to sterilize the milk. Instruct the mother or nurse to do this by placing the bottles filled with milk in a large steamer over a pot of boiling water. From one-half to an hour's steaming will completely sterilize the milk. The bottles should then be tightly corked and set aside in a cool place ready for use. The barley-water is made by adding a cupful of barley whole or crushed to a quart of cold water. This is slowly boiled until reduced to about one pint, when it is strained and set aside.

Care is necessary in the selection of sugar of milk. The cheaper kinds contain a large amount of flour and chalk.

The most convenient feeding bottle is an ordinary 6 or 8 oz. R. S. P. one, of which several should be in use at once. They are easily kept clean.

Conical black rubber teats which fit nicely over the neck of the bottle are the best. *Never allow a tube of any kind to be used.* Both teats and bottles when not in use should after thorough cleansing in boiling water, be placed to soak in a solution of soda bicarb., or a weak solution of permanganate of potash. Never allow the child to suck the empty bottle, this fills the stomach with air.

A properly graduated glass measure which can be purchased cheaply in any drug-store, is both a necessity and a convenience. Measuring by means of a teaspoon is out of date and inaccurate. A wire bracket over a lamp or gas-jet is convenient whereby the food may be warmed at night. The temperature of the food when given to the child should be about 95° F. The quantities I have marked down are, of course, subject to variations according as the child is large or small.

The cream acts well in keeping the bowels regular. If not sufficient an occasional dose of fluid magnesia, P. D. & Co's. cascara cordial, or minute doses of calomel will do very well.

The usual bathing and due attention to cleanliness all help to a good result. Any excoriation of the buttocks should be prevented by careful toilet and the used of borated talcum. Unless the weather is extremely severe, the child, properly protected, of course, should be out one or two hours