

old, nothing should be allowed but milk, or some preparation of milk, as milk and lime-water (equal parts), whey with cream, or milk and water thickened with isinglass,* or with Liebig's food for infants, in the proportion of one teaspoonful to four ounces of fluid. By using these different preparations, a certain variety can be introduced into the diet and the meals should be so regulated that the quantity taken on each occasion, and the length of the interval by which the meals are separated, may be properly proportioned to one another and to the state of the patient. The Liebig food should be given not oftener than twice in the day; and if it excite flatulence, or if any sour smell be noticed from the breath or evacuations, the quantity of one teaspoonful should be diminished, or the food should be even discontinued altogether.

Beyond the age of six months a little weak beef or veal tea, or the yolk of one egg, unboiled, may be added to the diet. The egg is best digested when beaten up with a few drops of brandy and a tablespoonful of cinnamon water, as in ordinary egg-dip. As with younger infants, the quantity of food to be given at one time must depend upon the strength of the child and the condition of his stools.

If the child be over twelve months old, very small quantities of farinaceous food may sometimes be ventured upon, and will often agree. The best form in which this can be given is well-baked wheaten flour, of which one teaspoonful is all that should be allowed at one time, prepared carefully with milk.

So long as milk is well borne, the arrangement of the diet is comparatively an easy task; but in the not uncommon class of cases where milk is difficult of digestion, and can only be taken in very small quantities, a different dietary must be adopted. These cases usually occur in children of eighteen months or two years old. A good scale of diet for a child of a year and a-half old, in whom this peculiarity is noticed, is the following, consisting of five small meals in the twenty-four hours:

* Isinglass is useful for its mechanical action in separating the particles of casein, so as to prevent the formation in the stomach of a large dense indigestible clot. By this means the casein is finely divided, and its clots resemble more the flocculent coagula of breast-milk.