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HOW TO MANAGE MILK AND BABIES IN WARM WEATHER—THE SUMMER "COMPLAINTS" OF INFANTS AND THEIR PREVENTION.

IT has become too commonly believed that it is the heat which causes the great prevalence of diarrhoeas and the high mortality therefrom among infants during the summer season. Heat has, it is true, a relaxing effect upon the bodily tissues of the infant, but it is chiefly the effects of the high temperature upon the food which decompose the food and alter its constituents, that injure the child.

Hope, of Liverpool, and Meiner, of Dresden, have found from statistics that one hundred artificially fed infants die to each three which are breast-fed;—that the mortality is thirty-three times greater among the former than among the latter. In the latter the child takes its food direct from the mother before any change can take place in the milk.

Dr. Caillé, of New York (Arch. of Ped., 1890), says that most all cases of infantile diarrhoea are due either to improper food or improper feeding. As an illustration of the former he gives, unhealthy milk, either of the mother or of the cow; and of the latter, overfeeding, even at the breast.

Cow's milk is the almost universal food of hand-fed infants. Milk after being drawn from the cow rapidly absorbs—takes in from the—air the germs or bacteria of fermentation and putrefaction, and its constituents, especially in warm weather, are soon changed thereby, and it is no longer pure, wholesome milk, but contains newly formed ingredients of a more or less poisonous character, rapidly produced by the action of the bacteria, and is quite unfitted to be taken into the baby's stomach.

If for hand-fed infants a well-fed healthy cow could be kept near at hand and the milk be drawn from her six or eight times a day, just as required by the

baby, diluted and given to the child immediately, the teats, milker's hands and all vessels used for the milk having been first thoroughly cleansed, the conditions would then approximate those of breast-fed infants. But this is not often practicable, although sometimes it could be easily done.

When the mother cannot supply enough for her young baby, and sometimes by extra nutritious food and care her supply might be so increased as alone to carry her babe through the warm season, or when a good wet nurse cannot be substituted, or when the child is too old for the mother to nourish at the breast, cow's milk is then the best substitute for human milk, in the present state of our knowledge. This is the recognized view of all the best medical authorities; although some rely much upon some of the prepared foods, especially Nestlé's, which probably stands highest. When the cow cannot be kept near at hand to be milked from as required, the best milk possible should be obtained; the parents making enquiries as to the condition of the cows, the credibility of the dairy, etc. Don't try the "one cow's milk" plan. Mixed milk from a number of cows is safer and better.

But pure or whole cow's milk is too "strong" for the human infant. It contains too much of the casein—the cheesy matter—but too little fat and sugar. It must, therefore, always be more or less diluted for infants less than nine or ten months or a year old. There are two or three good ways recommended by authorities for dilution.

One good way is this: To one half the jar of milk (or less or more according to age and requirements) add a little rennet,