

place. The following classes include types of most of these foods at present in the market.

CLASS B.—MALTED FOODS.

As examples of malted foods we may take Mellin's Food and Horlick's Malted Milk. The former is entirely free from starch, while the latter contains a large percentage of fat, according to one analysis.

CLASS C.—STARCHY FOODS.

Under this division come one well-known milk food, which is said to contain nearly 37 per cent. of starch; and yet another food, which contains as much as 78 per cent.

CLASS D.—MILK FOODS CONTAINING FERMENTS.

A well-known example of this group contains pancreatic extract, but has also a large amount of unconverted starch in its composition.

This classification is a very rough and ready one, but will serve our present purpose. At the present time, more than ever before, the subject of infant feeding has engaged the attention of physicians. The manufacture of infants' foods has grown apace, until at present their number and variety make it difficult to select the one best suited to any particular case. The physician is confronted with a series of foods each claiming to be the most perfect in existence. There cannot be the least room for doubt that modified cows' milk is the best and safest. By sterilising it and then diluting with water, adding a certain amount of cream and lactose, we obtain a substitute for human milk which in composition can be made to correspond exactly with the latter. All the same, do what we will, cows' milk so treated rarely proves quite satisfactory when given to young infants. Its administration usually produces some gastro-intestinal disturbance, very often taking the form of flatulence and constipation. Hence it comes about that in very many cases when artificial feeding has to be resorted to, and modified cows' milk disagrees, recourse must sooner or later be had to some manufactured foodstuff. Personally, we have made trial of most of the popular infants' foods, and we are not prepared to say that these failed in many instances to accomplish what they professed to do. My object at present, however, is to give a short account of my recent experience with a new food introduced to the profession by the proprietors of Hovis Flour, and known as Hovis Food No. 1.

This food was put upon the market about twelve months ago, and since then we have used it experimentally in some cases which seemed well suited for testing the beneficial effects of such a food. The composition of this food is stated to be as follows:—

Proteids	6.80 per cent.
Malt, sugar, and dextrin ...	88.35 " "
Mineral matter	1.60 " "
Moisture	3.25 " "

From the above analysis it will be at once evi-

dent that this is a malted food, and therefore belongs to Class B. This food is prepared under the direction of duly qualified medical men, who are also authorities on the subject of infant-feeding. It is intended that this food, when mixed with cows' milk in the manner we shall presently indicate, shall present a perfect substitute for human milk, and that it shall be used until the eighth or ninth month—that is, until the period of weaning commences in the ordinary course of events. The food is in the form of a fine powder. During the first week of life two teaspoonfuls of the food should be added to the feeding-bottle containing one-half water and one-half cows' milk. After the first week, a tablespoonful of the food may be added to the same proportion of water and milk. In any case, the required amounts of milk and of water are poured into a saucepan, the necessary quantity of Hovis Food added, and the whole warmed gently to the temperature for feeding, the mixture being carefully stirred until all the food is dissolved. Of course, the infant does not require a bottleful at each meal, and so proportionate quantities of milk and Hovis Food should be taken, as indicated by the age of the infant. The proportions of milk, water, and food may be varied as may be found necessary, but those given above are stated by the manufacturers to be suited to the needs of the average healthy infant, and we can endorse their opinion. Barley-water or lime-water can be added with advantage in some cases, as neither of these in any way interferes with the composition of the food.

The first case in which we made use of Hovis Food was that of a male infant. It was a first child, but the mother was unable to nurse him owing to insufficient milk secretion. After several ineffectual attempts had been made to increase the milk supply, hand-feeding was resorted to, as whenever the child was put to the breast he simply turned away his head and absolutely refused to lay hold of the nipple. At first a mixture consisting of three teaspoonfuls of milk with six of water and a small teaspoonful each of sugar and cream was tried. This did not, however, seem to suit the requirements of the case, as considerable colic resulted. The abdomen was flatulently distended, and the child lay awake nearly the whole night screaming loudly. The amount of milk was reduced, and a little more water added to the mixture, but this made little or no difference. Then barley-water was substituted, and for the next few feedings the child seemed to suffer less pain, but the wakefulness at night continued, and by the third week the child was beginning to lose weight. It was then put on a mixture containing milk $\frac{1}{2}$ oz., water 1 oz., to which was added a small teaspoonful of Hovis Food. It was fed with this every two hours. After the first three feedings it became evident that the

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