

**DIET IN INFANCY.**

THERE can be no doubt that great advances are being made in the manner of caring for infants, simply and solely because the subject of infant dietetics is receiving due attention. Very little, for example, has been said about the quantity of water to be given a child, and it is probable that only too many infants have too little of it. Even the products of healthy digestion may harm the stomach if there be an absence of water. As perspiration, diarrhœa, wasting away, occasional fever, lessen the amount of water in the blood-vessels, the blood becomes thicker, and may form little clots in the small veins. "In the brain they lead to convulsions and defective innervation; in the limbs to œdema, or gangrene. The remedy is water in sufficient quantities,"—if need be, as enemata. There is nothing among the elements so good to wash out the internal tissues with as water. It promotes tissue change, sets the excretory organs fairly under headway, relieves an over-loaded liver, and will act like a perfect charm on an irritated kidney. In laryngitis and bronchitis it liquefies viscid expectoration, and in many forms of constipation it acts beneficially.

Abstinence, on the other hand, also has its victories no less pronounced than imbibition. Dr. Jacobi says, "For some forms of acute gastro-enteritis, where vomiting and diarrhœa are excessive, the only salvation is in total abstinence for from four to eight hours. Not infrequently the turning point in the course of the threatened danger dates from the commencement of what appears to be cruel starvation."

A point the writer, already quoted, lays stress upon, is, that sugar shall be added to cow's milk, when diluted for an infant. Now, if there is one point which is certain, it is that sugar of milk undergoes acetification quicker than cane sugar. Why, then, should physicians go out of their way to inconvenience people unnecessarily to add sugar of milk instead of cane sugar to their infant's food. Upon this subject we may say that we quite agree with a recent medical writer who declared in favour of a malt food the sugar in which is maltose.

The writer added half a teaspoonful of Malt Extract (Kepler's) to each pint of cow's milk given to his child, and, as a consequence, the youngest thrived as it had not done on anything else. The value of malt sugar is not questioned. In this consideration of simple things we would direct attention to common salt, one of the most important proximate principles man takes into his stomach. Its uses in the economy are manifold, and one-tenth of all there is of it in the system is displaced daily. Cow's milk contains more potassium than sodium, and the presence of common salt lessens the solid

coagulation of milk by either rennet or gastric juice.

"Thus, cow's milk ought never to be given without table salt, and the latter ought to be added to woman's milk when it behaves like cow's milk in regard to solid curdling and consequent indigestibility." The addition of the soluble malt preparation, as above recommended, effectually overcomes the curdling and indigestibility.

**HOW TO GAIN IN WEIGHT.**

**ALBUMEN** (*i.e.*, materials like meat, gluten, casein, white of egg, &c.) is the food which makes flesh, and a certain amount of it is made up in the system every day, no matter whether any of it is taken or not, and no matter whether work is done or not. It seems, then, that albumen is most closely associated with the vital processes, and a man will die sooner when deprived of meat than of any other food.

Now, to increase the flesh a full supply of such food as meat, gluten, &c., is absolutely indispensable, and, if it be given with plenty of fat, and starchy or saccharin food, will increase the weight. In low states of disease the most useful food is meat, but as the ordinary meat teas do not contain the nutritious part of the flesh, Zymine should be employed to digest out the insoluble ingredients.

A practical question is, Why do people who are taking a goodly amount of cod liver oil grow thin? It is because they take too little meat. To do most good, oil should be combined with farinaceous food, such as butter on bread. The endurance of fat-eating people is proverbial, and no other food will yield the force that fat will. Therefore it is that in wasting diseases that recourse is had to cod liver oil. Because the oil has been given as a medicine, it has oftener disagreed than it would otherwise have done.

The new form of cod liver oil may be counted among the more recent medical innovations. Formerly it was the custom among physicians to prescribe this oil in emulsions. These emulsions were manufactured with alkalies, which with essential oils made them soapy or heavy, and, therefore, bad for the stomach. Now it is the order of the day to give cod liver oil with a food, such as malt extract, and not with drugs. Consequently a revolution has taken place in the dietetic treatment of consumption, scrofula, &c.

The initiative of all this was the discovery that cod liver oil could be dissolved in a good malt extract, and the Kepler Solution of Cod Liver Oil in Extract of Malt is now prescribed by physicians everywhere. It will fatten where cod liver oil would do no good; and where the person does not seem to be gaining so fast as is desired, see that plenty of meat is allowed, and success is morally certain; that is to say, there will be increase in flesh and fat, consequently, gain in weight.

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