

### FEEDING BABY.

TIME after time have we referred to the dangers attending upon feeding young infants with farinaceous foods, for a babe has no power to digest starch in its early months. As, however, the end of the first year approaches, and the little teeth are being developed to meet the requirements of the system and deal with aliments entirely different from milk, the fond mother may give her child various kinds of light foods. Till the end of the twelfth or fifteenth month the steps taken in this direction should be well measured. Of the three great classes of foods, those like starch yield their force to the system with the least digestive effort. From time immemorial gruels have constituted a primary food for the young. While millions have wasted away beneath their use, millions more have found in this daily bread the food sufficient for them. The strong survived their administration till their systems required and could utilize them, the weaklings have succumbed. Many a jewelled mind, though, is set in a poverty of physical endowments. Review the history of science, letters, reformations—the history of men, and what grandeur of mind has been “set in lead—set in rags.” So in weakness may be a strength, prodigious, over-powering, invincible. And in the onward march of civilization we learn to give the earnest of our care to those who are weak. The tenderest babe may develop the finest sensibilities of nature.

By examining the inner surfaces of an infant's lips, the tender, delicate fabric of the mucous membrane appears. Equally delicate and tender is this membrane all along the digestive tract. With due regard to the avoidance of injury to this part, on which devolve such great functions, we have strenuously advocated the most general use possible of freshly peptonized milk; but, as the older-growing child cannot live on milk alone, we are brought to the preparing of a food somewhat more substantial. Such a food is milk gruel, and it should most certainly be peptonized the same as plain milk.

It will be recollected that in peptonizing milk the addition of water is essential to reduce the casein of cow's milk to that of the mother's. When the age is reached at which farinaceous food is thought desirable, peptonized milk gruel may be prepared by having a teaspoonful of good wheat flour or other flour boiled with the water before adding to the milk. The following directions will be found very useful:—

In a clean quart bottle mix half a pint of thick, well-boiled, hot gruel, with half a pint of fresh cold milk, and add the Peptonizing Powder (Fairchild) contained in one glass tube.

Or the following method may be adopted instead: Add five grains of Zymine (Fairchild) to half a pint of gruel, and set in a warm place for two hours, mix with one pint of fresh milk, and add five grains of Zymine and fifteen grains of bicarbonate of soda, and set the whole in a warm place for thirty minutes, then boil.

All gruels, like arrowroot, flour, barley, oatmeal, &c., should be well boiled, so that the starch granules may be thoroughly swollen and broken up. Arrowroot requires but a few minutes for this, oatmeal a much longer time.

When such cereals as oatmeal or barley are used, the peptonized gruel should be strained before being added to the milk.

Peptonized milk gruel has a more agreeable taste to many patients than milk alone, is often required for children from six months to a year old, and is of great service where a variety is desired.

Jellies may be made of peptonized milk gruel, the same as of plain peptonized milk.

To adults who are suffering from that form of dyspepsia of which little is said, though it is extremely prevalent—dyspepsia due to the indigestion of starch, the use of Zymine (Fairchild), either in powder or in “Tabloids,” will often do yeoman service. To the stricken fever patient undigested starchy food should, under no circumstances, be allowed. The rôle played by undigested starchy matters in the course of disease is in no sense an insignificant or trivial one.

### A HOUSEHOLD REMEDY.

HAZELINE is a most useful household remedy, and is a preparation of the American Witch-hazel tree. It is a pleasant, slightly sweetish, fragrant liquid, containing all the medicinal properties of the *Hamamelis Virginica*, and is soothing, sedative, cooling, bland, astringent, and purifying.

It is as efficacious as any remedy that can be applied to relieve the pain, burning, and soreness of bruises or sprains, contusions, or strains. It affords immediate comfort and relief when rubbed over rheumatic muscles and joints. Its sedative action, when locally applied, is equally pronounced in many forms of headache and neuralgia, and in soreness, lameness, stiffness, and lumbago.

On account of its antiseptic, astringent, and healing properties, it is one of the very best remedies that can be used in catarrh of the nose and throat. If a little of it be occasionally snuffed into the nostrils, the catarrh is often cured, and even a cold abates. As a gargle in sore throat, quinsy, pharyngitis, and acute sore throat, it is both palliative and beneficial. Hamamelis often assuages the pain of toothache and facial neuralgia, if some of it be held in the mouth, and affords sure relief in spongy, bleeding gums and sore mouth. By reason of its clarifying, softening, healing effect on the skin, it is used extensively for chapped hands, cracked lips, sunburnt skin, freckles, and other cutaneous discolouration.

In inflammation of the eye, with pain, dread of light, redness, and a discharge, if diluted with an equal part of water, and poured constantly on a piece of cotton laid on the eyelids, it operates like a charm.

Applied locally and taken internally, it is the most efficient remedy for piles. It is used in the London hospitals, and endorsed by the greatest authorities in the medical profession. It may be applied on a pledget of Lawton's Absorbent Cotton, while the piles are external; but when they are internal, two or three tablespoonfuls of it should be injected as often as required. In the majority of cases it acts like a specific. In anal ulcers and fissures it is a grand palliative and often heals completely. A most elegant and convenient form for use in most of the above cases is Hazeline Cream.

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