

DWARFING CHILDREN.

THE advancing tide of civilization brings everything more and more distinctly into the relationship of cause and effect. The result of this is a tendency to search for preventive measures. What will be more startling to a parent than to find that the height, weight, and shape of his or her child is influenced by the food supplied? We remember the profound astonishment that came over the face of a mother who had decided to feed her child artificially when told it would probably be five pounds in weight and two and a half inches in length less at the age of five years than another baby fed on mother's milk. This may serve as food for reflection for some, and render it pre-eminently the desire of mothers to nurse their young. It is only common sense to infer that imperfect food means imperfect nutrition, and imperfect nutrition imperfect development.

What is the general wasting which sweeps away half the infants born into the world, but a factor that must for ever impair in some degree the human system? It is but the effect of improper food and feeding, and these to an infant mean everything. As soon as an infant's stomach and bowels get out of order, the child is on the road that leads to almost all of the diseases of children. Cow's milk with its cheesy curds, starchy foods with their irritating particles insoluble in an infant's canal, barley-water, egg-albumen, mucilages, and condensed milks are only so many substitutes devised by the ingenuity of manufacturers to take the place of the only natural food there is for infants. They all possess a tendency to derange the digestive apparatus. None of them are sufficient as foods for babes, however useful they may appear at times.

Perhaps of all the diseases mothers dread, rickets, next to general wasting, has most terrors. Rickets is due to a lack of deposition of phosphate of lime in the bones, and this want is attributable to various causes, but we will refer to two. One is a deficiency of phosphates in the food, and the other irritation of the digestive organs, preventing the absorption of the phosphates into the system. When the phosphates are insufficient, the bones begin to soften and bend; and all should understand that bending bones mean improper nutrition. Certainly bad hygienic conditions may impair the effects of good food, but a large share of rickets is attributable to bad food.

Shall we pass without mention that affection wherein the joints seem enlarged, but where there is not increased general development, but rather the reverse? We mean scrofula. Whatever the evidence may be of the identity of scrofulous and tuberculous germs, one thing is certain—that dyspeptic states are oft-times a precursor of both. Irritation of the intestine leads to enlargement of the intestine glands, and this to tumefaction of the abdomen, debility, and no end of troubles, among which are spine disease, hip disease, white swellings, all of them tending to diminish children's stature.

What after all is the practical outcome of this? The answer is unmistakable—feed the baby properly; in other words, feed the baby with breast milk. In case this is not possible, still stick to the food of the mammals—milk. Do not forget, though, that this is possessed of a cheesy nature, which must be modified

to approximate human milk. "Humanized" milk is now readily prepared by adding a Zymine Peptonizing Powder to each pint of milk.

REMARKABLE POWERS OF KEPLER'S EXTRACT OF MALT.

ALTHOUGH for very many years the praises of malt, in the form of beer, have been sung by poets, and its nutritive qualities admitted and recommended by physicians, it is not until quite recently that the benefits of malt *per se* have been taken advantage of to any extent. The opponents of alcohol having proved beyond all doubt that alcoholic liquors, notwithstanding that they contain an element of good, are not really strengthening, the obvious suggestion presented itself—why not discard whatever is injurious therein, and retain that which is beneficial? And this is practically what has been done by Kepler.

Diverse as medical opinion has been on the subject of alcohol, it may be said to be unanimous in favour of malt extracts, the testimony on the side of their dietetic value being overwhelming. Dr. George Moore, the eminent physician of Mayfair, says: "In certain diseases of the throat and lungs, and when cod liver oil excites disgust and disordered digestion, I agree with the late distinguished Niemeyer, who, in his work on pulmonary consumption, states that malt extract, from its marked fat-forming qualities and facilities of assimilation, may often be used when oil does no good, or even harm. The malt is, in my opinion, a valuable nutrient and restorative."

Though all extracts of malt exert a more or less powerful digestive, and solvent action on bread and other starchy foods, which fully entitles them to be considered of high nutritive value, it is evident that the Kepler Extract is free from alcohol, and possesses from five to ten times mere value than any alcoholic or fermented extract of malt. It must be distinctly superior, owing to being concentrated in vacuo by an improved process, and containing all the valuable properties of malted barley—that is, diastase, dextrine, malt, sugar, phosphates, &c.

The medical press of England, which has always been favourable to malt extracts, is particularly favourable to this, the most concentrated form for the administration of pure diastase. The *Lancet* alludes to that produced by the Kepler process as "the best known and the largest used extract of malt." It is as distinct an advance in therapeutics as was the introduction of cod liver oil. It is one of our best nutritive and digestive agents for atonic dyspepsia, and is undoubtedly useful in consumption and other wasting diseases"; while the *London Medical Record* says: "The Kepler Extract of Malt is the best, the richest in diastase, and the most largely used. We have witnessed the process, have tasted it, and are satisfied that it is not only unsurpassed, but unequalled. It is the extract of malt which every physician now prescribes. It speedily improves the powers of assimilation, and in cases of consumption, scrofula, and many other wasting diseases, especially of children, a wonderful improvement in the patient's condition may be noticed, even after a fortnight's treatment. The introduction of Kepler's Extract of Malt is a decided advance in therapeutics."

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