

contains a deficiency of fat and so cannot compare in nutritive value with a food prepared from cream. For children from a month old up to the age of six months, half milk and half sugar water (one ounce milk sugar in 20 ounces water) with about twentieth part of lime water may be used.

BARLEY WATER is often used to dilute milk for the feeding of infants; the object being that the mucilaginous liquid may prevent the deposition of hard curd in the infants stomach. It is uncertain whether such is really the result, though it is probable that the curdling of milk in a mucilaginous substance takes place more slowly and is of less density. It must be remembered that infants under three months have hardly any power of digesting starch, but over that age a thin starchy fluid can be of nutritive value and may take the place to some extent at least of the nourishment lost by dilution of the milk. At three months old, equal parts of cow's milk and barley water may be used; and at six month's two parts of cow's milk and one part of barley water.

During any period of indigestion, WHEY is a useful food for an infant. It is best prepared by warming a pint of milk in a saucepan and adding a teaspoonful of essence of rennet. After standing a few minutes, break up the curds by stirring in order to liberate some of the fat and then strain through muslin. This whey will contain about 1.5 to 2 per cent. of fat, .8 or .9 per cent. proteids, 4.7 lactose, .6 per cent. salts; this should then be sterilized.

PEPTONIZED MILK.

In children with irritable stomachs or weak digestion the partial peptonizing of milk is of great value, as the curd thrown down in the infant's stomach is much softer and more easily digested. This form of food should not be used for a lengthened period, as if the child's stomach be accustomed to semi-digested food which does not stimulate the secretion of gastric juice, this secretion may continue to be insufficiently formed, and the digestive powers remain below par. The method of preparation is as follows: the cream mixture mentioned previously may be heated to 110° F., and a powder containing Pancreatine and soda added; after ten minutes the mixture is heated to 160° F. to destroy the ferment and prevent its further action, for if the process be continued too long the mixture becomes bitter, and the child may refuse to take it.

Condensed Milk.—This form of food is a great favourite with the lower classes on account of its cheapness and convenience; but its nutritive value is not great owing to its deficiency in fat, proteids, and lime salts; children habitually fed on it are usually puny and undersized, and may suffer from rickets, scurvy, constipation, &c. It has the advantage of being sterile when the tin is opened, and in being comparatively easy of digestion, and so may be useful as a temporary food during digestive disturbances, as vomiting or diarrhoea, but should on no account be the sole diet for any length of time.

There are two varieties of condensed milk, the sweetened and the unsweetened, to the former of which cane sugar has been added. The unsweetened is the best kind, though it is deficient in milk sugar, as the following analysis of one brand will shew. The table represents it diluted 1 in 4 or 6 by measure as it should be given.

Fat	1.65
Lactose	2.2
Proteids	1.5
Ash16
Solids	5.51

Its nutritive qualities may be improved by addition of sugar of milk to the bottle.

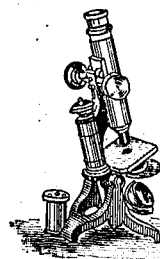
(To be continued.)

Medical Matters.

THE TREATMENT OF RECENT FRACTURES BY MASSAGE.

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THE use of massage in the treatment of recent fractures is by no means new, having been advocated by Lucas-Championnière some time ago; it is also mentioned in the majority of modern text-books on surgery, but in spite of this, seeing the excellent results obtainable, I do not think it is carried out as frequently as, in my opinion, it deserves to be. Every case of fracture is not suitable for this treatment, and, therefore, as in practically all surgical complaints, its practice as a matter of routine is not desirable. The great advantages of the method are as follows: (1) It materially diminishes and in many

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