

not allowed to bring up the children entrusted to their care on what seem to them to be common sense principles.

It is interesting to contrast with the Russian system of feeding given above the dietary prescribed for an infant after twelve months of age by Mr. Frank Cole Madden, F.R.C.S., formerly Medical Superintendent of the Hospital for Sick Children, Great Ormond Street, in his valuable book on the Practical Nursing of Infants and Children, published by Cassell and Co., Ltd. It is as follows:—

“DIETARY FROM TWELVE TO EIGHTEEN MONTHS.

The child should still have about two pints of milk a day, and now the starchy constituents of the diet must be increased. Bread and milk, well-made porridge, mashed potatoes, lightly boiled eggs beaten up in milk, custard, tapioca, sago and other puddings made with milk may be specially mentioned. Not more than four meals a day should be given, preferably, perhaps, at six a.m., ten a.m., two p.m., six p.m., and another consisting of half a pint of milk at night.

SCHEME OF DIET FROM TWELVE TO EIGHTEEN MONTHS.

At six a.m. A breakfast cupful of warm milk, in which dry bread is soaked.

At ten a.m. A breakfast cupful of milk to drink and thin oatmeal porridge.

At two p.m. Some mashed potatoes and gravy, with sago, tapioca, arrowroot or custard pudding to follow, or a lightly boiled egg with stale bread and butter, and junket.

At six p.m. Bread and milk, or biscuits soaked in milk.

Half a pint of milk during the night.

DIETARY FROM EIGHTEEN MONTHS TO TWO YEARS.

Give two pints of milk a day, and, in addition, finely chopped underdone meat, or pounded or grated meat, mixed with potatoes and gravy may be given once a day. The changes may be rung also on eggs, milk puddings, gruel, bread and butter, well-cooked white fish—sole, cod, etc.—mashed up with bread-crumbs and gravy, or boiled chicken. Marmalade and home-made preserves generally, digestible vegetables, fruit, especially stewed apples, various broths—mutton, veal, chicken, etc.—soups and beef-tea, may all at one time or other be introduced into the dietary.

Thus four meals a day are sufficient, made up as follows:—

At 7.30 a.m. Milk, or bread and milk, or porridge, with bread and butter, and a lightly boiled egg.

At eleven a.m. A large cup of milk and bis-

cuits, or bread and dripping, or bread and butter with marmalade or treacle.

At two p.m. A cup of soup, beef tea, or broth with bread soaked in it, and custard pudding, or fish with mashed potatoes and gravy, and stewed apples, or an egg, bread and dripping, and rice pudding.

At six p.m. Milk or gruel, bread and butter, and junket.

Milk during the night if any food is asked for.

AFTER TWO YEARS.

The child's appetite increases, but little change is to be made in the ingredients of the dietary for some time. The next stage includes meat and other wholesome digestible food. Meat must always be cut up very small, mashed for preference, and potatoes and gravy mashed up with it. Milk must be the principal fluid taken. Fish, fowl, and light meats, soups, and broths, bread and milk, bread and butter or dripping, milk puddings, fats (cream, butter, fat bacon, etc.), potatoes, and green vegetable, eggs and fruits should form the dietary till the child is four years of age or more.

It is particularly important that a child should have meals at regular hours, and nothing must be allowed between meals.

Plenty of fluids, especially milk and water, must be given with the food. Cocoa or weak tea may also be allowed, but for growing children the beverage *par excellence* is good fresh milk. Children must also be taught to take their food slowly, and should have as much variety as circumstances permit. No twice cooked meat, veal, pork, or other indigestible meats should be allowed, but fresh ripe fruits, and green vegetables, should be largely used. Stewed fruits are much better than pastry, milk than tea or cocoa, boiled fish than fried, sole than lobster or salmon, and bread and milk than sweets. The habit of allowing children to swallow delicacies, borne only under protest even by the adult stomach, is the most frequent cause of the digestive disturbances to which the young are so liable.”

Thus while in Russia babies from nine months old and upwards are allowed meat twice a day, and have very little milk or farinaceous food, in this country we give meat very sparingly for the first few years, and rely mainly on milk and farinaceous food.

To our English ideas the above diet scheme is founded on commonsense principles, while the Russian system puts a strain upon the digestive system of a child of tender years, which must, one imagines, be prejudicial to its health. It would be interesting to hear what is to be said in its favour from the Russian standpoint.

[previous page](#)

[next page](#)