

Place the lime in an earthenware vessel and pour the cold water over it. Mix thoroughly and allow it to stand for a few hours, then strain off the clear fluid.

When cow's milk is impossible to obtain, condensed milk can be used. This is milk with all the water pressed out of it and sugar added to the sweetened brands. It has the advantage of being sterile and easy to digest, but the mineral salts are altered which might cause scurvy in a child entirely fed on it, and the excess of sugar in the sweetened brands is apt to give the child griping pains from acidity and to predispose it to rickets.

Unsweetened condensed milk is therefore preferable, but it is more extravagant, as a fresh tin ought to be opened for each feed. To 2 parts of water add 1 part of condensed milk, it then resembles cow's and can be treated as such.

On the Continent, where asses' milk can be obtained, it is a good substitute for human milk, but it is poorer in every ingredient except proteid and mineral matter and has a slight laxative effect.

Goat's milk has more proteid than any other and is not at all suitable for very young infants.

For delicate babies "Whey Mixture" can be recommended: 8 parts whey to 1 part of milk, 1 of cream, with sugar added. This contains the amount of albumen equal to human milk. Whey can be used alone with sugar for newly-born infants if they are feeble. It has the advantage of being anti-scorbutic. To make whey, take $1\frac{1}{2}$ pints of milk (heated to temperature 104 deg. Fahr.) add 2 teaspoonfuls of rennet. Stand it aside until clotting has occurred. The clot must then be broken up thoroughly and all strained, which ought to make about 22 ounces of whey. This to be brought to a heat of 180 deg. Fahr. for 20 minutes, then strain again.

Peptonised milk is used as a temporary substitute for feeble or marasmus babies when they cannot digest cow's milk. It is made from Fairchild's Peptogenic Powders, and directions are supplied with the powders. By this process the milk is predigested.

Albumen water is another good temporary substitute, especially for babies suffering from diarrhoea. It is made with the white of an egg, well beaten with 1 teaspoonful of sugar and 6 ounces of cold boiled water. About 2 ounces to be given every 2 hours. One can generally tell if a baby is thriving if its weight increases weekly. If, however, it loses weight and becomes flabby, pale and rickety, it very likely denotes that it is not having a sufficient quantity of proteid and mineral salts. If it is suffering from diarrhoea and sickness, and

curds are passed in the stools, it is probably having too much proteid or fat. If, on the other hand, the child is liable to colds and constipation and shows a want of energy there is a likelihood of its having an insufficient amount of fat and sugar.

The following table will give an idea of the number of feeds and the quantity for each feed during the first year. But no hard and fast rule can be laid down, as so much depends on the general condition of the child:—

Age.	Amount of each Feed.	Intervals of Feeding per day.	Night Feeds.	No. of Feeds in 24 hrs.
1st week	1 to $1\frac{1}{2}$ oz	2 hrs.	2	10
2nd to 3rd "	$1\frac{1}{2}$ " 3 "	2 "	2	10
4th to 5th "	$2\frac{1}{2}$ " $3\frac{1}{2}$ "	2 "	1	9
6th week to 3rd month	$3\frac{1}{2}$ " $4\frac{1}{2}$ "	$2\frac{1}{2}$ "	1	8
3rd to 5th "	4 " $5\frac{1}{2}$ "	3 "	1	7
5th to 9th "	$5\frac{1}{2}$ " 7 "	3 "	0	6
9th to 12th "	$7\frac{1}{2}$ " 9 "	3 "	0	5

A baby is usually weaned about the 8th or 10th month, when more solid food, such as bread, oatmeal, and rice may be given, but it is important, that a sufficient quantity of proteid in the form of milk, gravy or raw meat juice should always form the basis of its diet, together with a certain amount of fat, which is absolutely indispensable. A good substitute for fat is cod liver oil and lime water in equal parts.

It is best to avoid all patent foods under 6 months, and then malted foods are preferable owing to the starch having been converted into sugar, as in "Allenburys' Malted," "Mellin's," and "Benger's" foods.

As the child grows older unmalted foods can be given, as the amylolytic ferments are then more active, and able to convert the starch in these foods to sugar.

After one year a child can be given small quantities of minced chicken, underdone meat, the yolk of an egg, etc., but it is necessary for it to have at least $1\frac{1}{2}$ pints of milk daily in its food.

At the trial of a registered midwife for manslaughter at the Liverpool Assizes, an objection was raised and sustained to a copy of the rules of the Central Midwives' Board being tendered in evidence on the ground that, being printed neither by the Government printer nor under the superintendence or authority of His Majesty's Stationery Office, they did not meet the requirements of the Documentary Evidence Act, as amended by the Royal Publications Act.

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