

OUR PRIZE COMPETITION.

HOW WOULD YOU FEED (a) A HEALTHY CHILD, FOUR MONTHS OLD; (b) A CHILD SUFFERING FROM MARASMUS, FOUR MONTHS OLD; (c) A CHILD SUFFERING FROM ACUTE DIARRHOEA AND VOMITING, FOUR MONTHS OLD?

We have pleasure in awarding the prize this week to Miss Edith Hooker, Military Hospital, Edmonton, N.

PRIZE PAPER.

The best food for a child four months old is mother's milk, but if the mother is diseased or the child is delicate, then feed artificially by spoon, bottle, or tube.

(a) If healthy, cleanse the child's mouth, also the mother's nipple; then put the child to the breast every three hours by day and four-hourly by night. If the mother's nipples are sore, pump off the milk, and spoon feed.

Some mothers have not sufficient milk: then feed alternately by bottle and breast. Benger's Food is excellent. It contains certain ingredients which, when prepared, convert starch into sugar, as a child so young has not sufficient saliva to act upon the starch; also in Benger's Food the casein of milk is modified, therefore firm indigestible curds cannot form in the stomach, while the basis of the food is rendered soluble. All milk must be sterilised or pasteurised and covered. Although sterilisation does away with the anti-scorbutic elements, which are bone-making, still it is free from germs.

A child will contract diarrhoea and curdled stools from too much sterilised milk, so then give pasteurised milk. Lime water should be mixed with all feeds. It makes bone more brittle, and prevents rickets—a disease of childhood through insufficient mineral matter in the bone.

Food.	Amount.	Day.	Night.
1ST.			
'Benger's Food' ..	℥ss	.. 3 hourly	.. 4 hourly
Milk.. ..	℥iiss	.. "	.. "
Water	℥iiss	.. "	.. "
Cream	℥ss	.. "	.. "
Lime Water	℥i	.. "	.. "
Sugar-of-milk	℥i	.. "	.. "
2ND.			
Water	℥iss	.. "	.. "
Milk.. ..	℥iiss	.. "	.. "
Cream	℥iss	.. "	.. "
Lime Water	℥i	.. "	.. "
Sugar-of-milk	℥i	.. "	.. "

A child must never be fed previous to its bath. After feeding, lay on its side. Keep all utensils perfectly clean; sterilise everything.

Never allow a child to suck in air. Milk to be quite fresh. If the stools contain curds, dilute the milk more.

(b) For a child suffering from marasmus carefully feed, as very little absorption takes place. Feed internally and externally. First bathe the child and carefully dry it; then carefully massage into the lymphatic spaces warm cod-liver oil, taking a fresh space each time. Dress, place in a warm bed, and bottle or spoon feed with whey cream, pasteurised milk, Virol, or Benger's Food.

The doctor may order hyd.-c-creta gr. $\frac{1}{2}$; also followed by a "rectal irrigation" of Izal, to disinfect the bowels. Careful attention must be given to bowels, bladder, and skin. As an anti-scorbutic give one teaspoonful of sweetened orange juice every second day.

Food.	Amount.	Day.	Night.
Whey Cream Pasteurised	℥ivss	.. 3 hourly	.. 4 hourly
Milk	℥iv	.. "	.. "
"Benger's Food"	℥iv	.. "	.. "

(c) If a child contracts diarrhoea and vomiting, clean out the stomach with soda-bicarb. solution, and the bowel with a saline irrigation.

The doctor may order a hyd.-c-creta gr. $\frac{1}{2}$, and sips of water by mouth for two days, and rectal salines or subcutaneously saline and brandy for two days. The stomach requires rest during this period. Keep the mouth quite clean. Commence the third day with ℥i peptonised milk or albumen water hourly for twelve hours; then gradually increase to ℥ii for next twelve hours. Now give humanised milk or pasteurised milk ℥iii hourly for twenty-four hours, with η i brandy. Rectal salines will be continued until the child is taking its proper diet. Now give Benger's Food in weaker proportion. By the third week the child is taking nearly fully strength food again.

Some doctors prefer hyd.-c-creta to castor oil, as the oil irritates the stomach and makes the child vomit again. The mercury stimulates the biliary ducts and aids peristaltic action, while the chalk somewhat diminishes the action of the large intestine. Hyd.-c-creta helps to check vomiting. It also is a disinfectant and purgative.

HONOURABLE MENTION.

The following competitors receive honourable mention:—Miss Elizabeth Barrodale, Miss Kathleen Kohler, Miss U. M. Quilter, Miss D. M. Clarke, Mrs. Jean Mathews, Miss Sarah Bains.

Miss K. Kohler writes:—Constipation, diarrhoea, or curds in the stools show the child is

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