

The Midwife.

BABY "FRUITARIANS."

The readers of this journal are well acquainted with the value of fruit juice in the treatment of babies suffering from marasmus and diseases of nutrition, as its use at the Infants' Hospital, Vincent Square, S.W., has often been described in lectures by Dr. Ralph Vincent reported in these columns. Miss M. A. Payne, Sister-in-Charge of the Sydenham Infant Welfare Centre, in an interesting article in the St. Bartholomew's Hospital Nurses' *League News*, describes a series of cases saved by Fruit Juice Treatment at the Sydenham Infant Welfare Centre, in connection with which an Infant Hospital of twelve cots was started for babies suffering from the above diseases. We are indebted to the Editor for our illustrations.

Miss Payne writes:—"The subject of diet is most carefully studied, and a good number of infants recover on carefully modified milk and cream, and ordinary warmth and nursing attention. But there are a certain number of wasting babies which seem to react to no treatment, and we had a number of these of the very worst type to deal with. Some had been in other hospitals, and all had had previous treatment before coming into the Hostel.

Saved by Fruit Juice Treatment.

"One day our medical officer decided to try these obstinate cases with fruit juice. We had one baby who had been in four months; she weighed 6½ pounds, and was seven and three-quarter months old—a perfect little skeleton. She had a bad discharge from both ears, and raw buttocks which nothing would heal. The child was practically at its last gasp when the M.O. put her on fruit juice only. She was given orange, apple and rhubarb

juice *ad lib.* in her bottle. In the first twenty-four hours she demolished thirteen oranges, eight apples and three sticks of rhubarb—24 ounces of juice in all.

"The result was extraordinary; she stopped her continual whine and slept for hours. The discharge from her ears practically stopped and her buttocks absolutely healed. She however lost four ounces in weight. In the second twenty-four hours she took 20 ounces of fruit juice, seemed very comfortable, and slept, but towards night became rather cold (temperature 96.2), and the M.O. decided to give her one bottle of modified milk. This improved matters, and from that time she went straight ahead, gaining weight daily, enjoying bottles of juice *ad lib.*, and a gradual increase of milk bottles week by week. At the

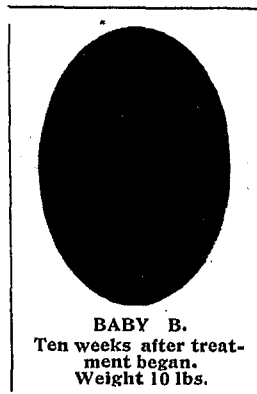
end of five weeks her daily quantity of food was—pure milk, 5 ounces; fruit juice, from 12 to 20 ounces. At the end of ten weeks she was digesting 13 ounces of pure milk in a modified form, and took from 4 to 7 ounces of juice daily. She weighed 10 pounds, and instead of being a skeleton was a dear, fat, laughing little girl.

"Baby P., a dyspeptic, and wasted for six weeks, a little skeleton weighing 5 pounds 8 ounces, was admitted very ill. He had weighed 7 pounds 8 ounces at birth, and had cried day and night since ten days old. Treatment ordered was fruit juice, and the baby took 6 ounces straight off, and slept seven hours. At the end of that time he took another 6 ounces, and slept six hours again. He seemed very happy, and gained

daily after the first drop in weight of 2 ounces at the end of the first twenty-four hours, and was kept on fruit juice only for six days. This was during the experimental stage of the treatment, and proved too long. Alarming symptoms



BABY B.
Aged 7½ months, weight 6½ lbs.



BABY B.
Ten weeks after treatment began.
Weight 10 lbs.

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