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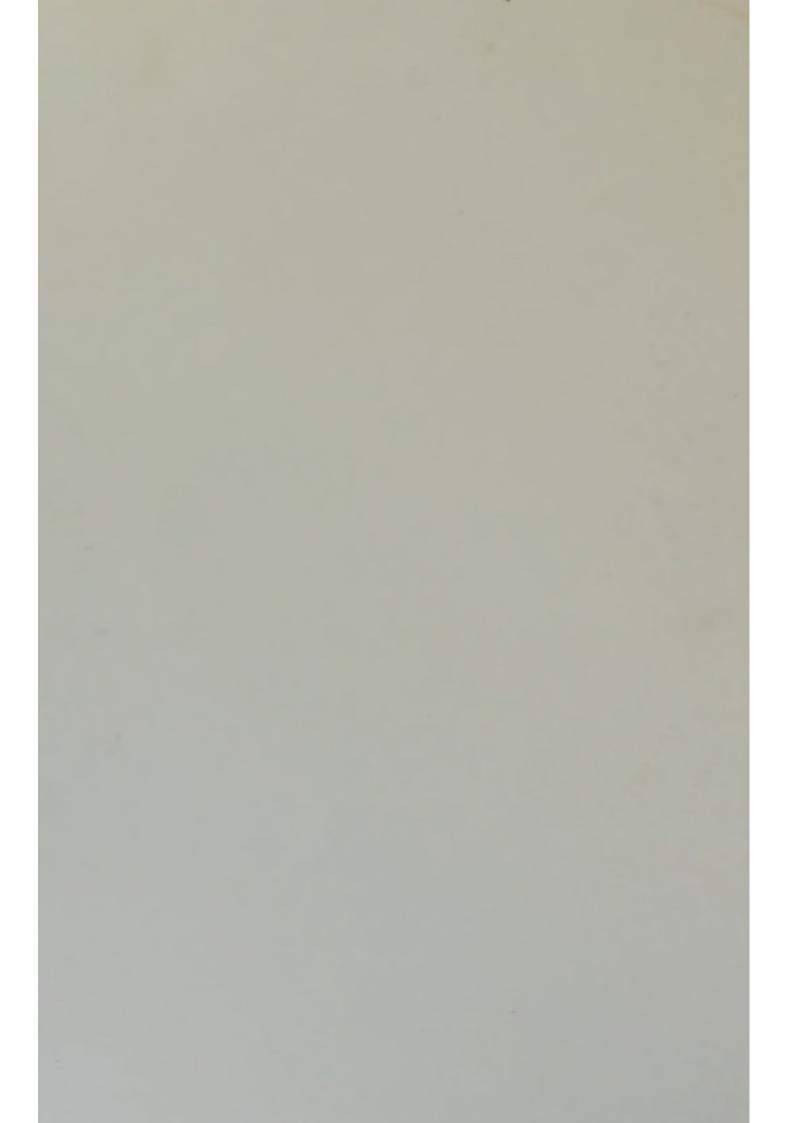
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ON

MILK AND MILK FOOD.

Diet in Health and Disease,

WITH

REMARKS ON EMACIATION, DYSPEPSIA,

AND THE

PRESERVATION OF HEALTH.

The Nutrition, Care, and Management of Infants.

W. C. COCKSON,

BY

AUTHOR OF WORKS ON SOCIAL AND SANITARY SCIENCE; LATE EDITOR OF "THE HERALD," ETC., ETC., ETC.

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MILK AND MILK FOOD.

HE consideration of milk as a most important article of diet for persons of all ages has, only of late years, forced itself upon the attention of writers upon dietetics. Even now it may be said to be an unpopular theme—not exactly in accordance with the public taste. It is looked upon as a crochety, nambypamby, wishy-washy sort of subject, fit only for babes, teetotallers, vegetarians, and other extremists. Imagine the reception by an audience of an essay upon the respective merits of roast beef and milk. While handling the former the essayist would almost reach the heroic, carrying his audience with him; while the subject of milk would fall flat, stale and unprofitable.

The cause for this may doubtless be traced to ignorance of the relative value of milk as compared with other articles of food, there being far less difference, from an economical point of view, when the cost is compared with the solid nutritive matter.

Ordinary milk contains

Water										•											87'55
Fat	•	•	•	•	•	•	•	•		•	•		•	•	•	•		•	•	•	3.08
Casein	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	4'04
Milk Su	g	a	r		•	•	•		•	•	•	•	•	•		•		•			4'62
Ash	•	•	•	•	•	•	•	•	•	•				•	•						0.21

The fatty constituent yields olein, stearin, butyrin and palmitin, found floating in the milk in minute globules; on the milk being allowed to stand these globules rise to the surface, forming the cream.

100'00

Casein is the principal nitrogenous compound in milk and is at the same time the most indigestible, it being insoluble in water. When milk is coagulated the casein forms the curd, which when pressed and dried becomes cheese. The addition of water to milk has a tendency to separate the casein and make it more indigestible. Another nitrogenous principle in milk is albumen, which is coagulated by heat. When milk is boiled—the popular but stupid method of preparing milk for the table—the albumen is converted into a leathery like substance most difficult of digestion.

Milk also contains sugar, common salt, chloride of potassium, and the phosphates of lime and magnesia; these being valuable elements in the formation and reconstruction of important parts of the human body.

The great difficulty with cow's milk is its variable quality. This is especially unfortunate when an infant or invalid depends upon it entirely for nutrition. If the milk used is below the normal standard, the child is half starved; if richer than usual, it is over-fed and suffers accordingly. Another great drawback of ordinary milk is its absorbent character. The proximity of the milk-pail to foul smells from any source is wofully productive of disease when that milk comes to be partaken of as food. Very recently the medical officer of health for St. Pancras, Dr. Stevenson, reported a circumscribed outbreak of typhoid fever poison in a particular milk-supply. Forty-six cases of the disease occurred within a brief period, and of these forty-one consumed milk obtained from one and the same source. Of the five other cases, two were imported into the locality, two were developed under conditions ordinarily associated with typhoid fever, and of one no obvious cause could be ascertained. A detailed examination of the cases showed that the only link of connexion between the greater number, which seemed likely to be concerned in the production of typhoid, was the community of milk-supply. One case is instanced which seems to afford something like a direct confirmation of the theory of propagation of the disease by the milk. One of the patients was the sister of a boy in the employ of the milkman. This young woman had been confined to her room for several months with a bad leg, and must have contracted typhoid at home. Her brother was in the habit of bringing home some of the residue of the afternoon's milk, and this the woman drank. As she was located on the fourth floor, she was certainly not exposed to emanations of sewer gas. About four hundred families were supplied with milk in this particular milk-walk, and of these twenty-one, or 51 per cent., were attacked with typhoid. Dr. Stevenson entertains no doubt that the poison of the disease was distributed in the milk, but at the time of the report from which the above facts are taken the mode in which the poison had gained access to the milk had not been ascertained.

It is only necessary to watch the daily journals to see how • frequently such cases as this are multiplied. The epidemic of typhoid fever at Bolton in the winter of 1876 is within the memory of all, and is the more significant as its source was distinctly traced to the impure water from which the cows drank. Another cause depreciatory of the ordinary milk supply is its readiness to assume the first stages of putrefactive decomposition. In ordinary parlance this is mildly termed turning sour, but the fact remains that it is not then a healthy article of diet for either infancy or adults. The mere exposure of milk to the air induces lactic acid fermentation. This causes diarrhœa.

It is indisputable that food to be capable of supporting life in due proportion must contain three substances in proper proportion: --Ist., plastic or nitrogenous matters, to build up the flesh and nourish the muscular parts of the body; 2nd., hydro-carbon, to keep up the animal heat and to provide fat for the body; 3rd., mineral matters or salts, to supply the bones, hair, and nails of the body, besides having an important chemical action upon the solids and fluids of the body. Fibrine, albumen, and casein are nitrogenous; fats, sugar, and starch are hydro-carbons; lime, potash, soda, magnesia—the phosphates, are mineral matters.

Milk contains all these substances, so necessary to perfectly sustain the body, in most beautiful combination.

Yet, as we have seen, there are objections to it. As a diet for infants, it is variable in quality, liable to contain impurities, is rendered more indigestible by the addition of water, and is very apt to assume the first stages of putrefactive decomposition.

These objections to milk as a diet for children and invalids will equally apply. Even healthy adults with strong digestive powers are often heard to exclaim that milk does not agree with them, it lies heavily on the stomach, it produces a sense of oppression, and has anything but an exhilarating effect. This proves, if anything will, that the stomach does not take kindly to it, that it requires an addition of nitrogenous food that shall act as a solvent, so that it may be more readily acted upon by the digestive organs. This is what Nestle's Milk Food is claimed to be—pure milk deprived of water with all its other elements intact, with the addition of a preparation of wheat, supplying greater nutrition and acting as a perfect solvent to the whole compound.

THE NUTRITION OF INFANTS.

T is well understood by all who have studied the subject, that one of the principal causes of the great mortality among infants and young children is due to erroneous ideas as to diet and the consequent use of unwholesome, innutritious, and improper food.

The natural food of an infant is undoubtedly the mother's milk. Simple obedience to this law is, from a hygienic point of view, beneficial to the mother as to her babe. Nature usually provides the mother with an abundance of the lacteal fluid, for some time at least after the birth. As time progresses, this supply, from varying causes often becomes deficient, and other means must be resorted to for the nutrition of the child. The mother is often compelled to forego the duty of nursing her child from debility, a hereditary predisposition to disease, and from other less justifiable causes. In many cases recourse is had to the wet-nurse, a proceeding fraught with difficulties and positive danger, and is, from several points of view, to be deprecated. It is scarcely necessary to discuss the subject in a treatise of this limited character, the ethics of the question alone would take a wide range, and occupy much space. It must suffice to enumerate the valid objections that have been made to the employment of the wet-nurse. These are, briefly : the risk that the child may imbibe a scrofulous or other hereditary taint through the milk of its nurse; the deception often practised as to the proper nutrition of the child; the impossibility of controlling the diet of the nurse; the moral wrong of inducing a mother to neglect her own offspring for that of another. There are many ramifications of these evils, and every physician knows they are evils which really do exist.

There is little doubt that the unnatural system of employing a wet-nurse has become more general than it otherwise would, owing to the non-discovery of a perfect imitation and consequently substitute for the mother's milk. Every mother who has attempted to supplement the deficiency of the natural supply of food for her offspring, or to rear her child entirely by hand, by means of the socalled infants' foods is well aware of the many drawbacks attending their use. This question of a perfect substitute for the mother's milk has always been a subject of painful anxiety to the medical profession, who were utterly unable, conscientiously, to respond to the inquiry of many a fond mother, "What shall I give baby to eat."

Doctors often find in the course of their practice that the pharmacopœia is lacking when some particular result is sought to be obtained. The best they can do is to prescribe the drug nearest in its effects. This is a parallel to the condition of things as regards a proper food for infants until the discovery of Henri Nestlé's Milk Food. Infants had to be fed upon the then existing foods. These consisted of farinaceous foods, cooked and uncooked, the starchy compounds, such as arrowroot, corn flour, &c., well known to be deficient in nutritive strength and bone-forming qualities.

Other much vaunted foods went to the opposite extreme, and were far too rich in nitrogenous elements. Better suited to the digestive powers of a labourer, they were most unsatisfactory for an infant, indigestible and, as a natural consequence, a decided irritant of the stomach and bowels.

From time immemorial cow's milk has been used as a food for infants; it is not, however, in any sense, even when pure, a good substitute for the mother's milk. To explain why, it is necessary to glance at the following analysis, which represents the constituents in 1000 parts of woman's and cow's milk.

Human. Specific Gravity 1030° to 1034 Water 894.0 Solids 106.0 (of which)	Cow. 1030 to 1035 873 127
Butter 38.0 Casein 34.0 Lactose and Extractive 40.5	30 51. (of which 1.8 consisted of insoluble salts). 46. (with soluble salts).

A careful examination of these two tables does not show any very great difference in the amount of solid constituents. Then why is it necessary to dilute cow's milk in order to render it digestible in the stomach of an infant? The reason is plain when we notice by the table the large proportion of casein in the cow's milk. Casein is the most indigestible of all the constituents, and it is to reduce this quality that milk is diluted with water. So that by giving an infant a stomachful of diluted cow's milk it will only contain a relative proportion of casein, about equal to that contained in a stomachful of woman's milk. The result of giving the milk pure would be the coagulation of a mass of curd or cheese in the stomach, for the immature gastric juice is utterly unable to dispose of it. The result would be a serious illness, and possibly death. This brings us to the next difficulty—it is this—that if pure milk is diluted to reduce the quantity of casein, all the other constituents are reduced likewise, and it resembles human milk in only one particular, viz., its small percentage of casein. The effect of feeding an infant on diluted milk is to insufficiently nourish it, so much so that it will inevitably fade and pine away, literally starved to death.

that it will inevitably fade and pine away, literally starved to death. Herein lies the principle of Nestlé's Milk Food. It has been prepared with the sole end in view of overcoming all the above difficulties. We shall endeavour to elucidate this point fully in the next chapter.

THE INVENTION, PREPARATION AND COMPOSI-

TION OF NESTLE'S MILK FOOD.

T cannot be denied that, at the time Mr. Nestlé commenced his researches as to the possibility of preparing a superior food for infants, the necessity for such a food existed. It was a real want acknowledged by mothers and physicians of eminence in every civilized country, particularly those physicians who had given special attention to the rearing, treatment and care of children. In proof that a better, sounder and more scientific system of nutrition was needed, it has been estimated on high authority that one-tenth of all children born, die the first month after birth, and one-fourth before reaching a year old, while Dr. Letheby calculated that 20 per cent. —exactly one-fifth—of all the deaths were among infants of less than a year old.

During one of the sessions of the Paris Academy of Medicine some interesting discussions upon this subject took place, it being finally agreed that the question of a more suitable food for infants, children, and invalids, was worthy the attention of men of science. It was this discussion that suggested to Mr. Nestlé, an eminent analytical chemist, of Vevey, Switzerland, the preparation of a food composed of the finest wheaten flour, a little sugar, and milk from cows having an extensive range on the healthy and fertile sides of the Alps, breathing the pure air, and feeding on the succulent grasses of that salubrious region—the finest milk-producing country in the world.

Mr. Nestlé first obtained an average analysis of human milk, together with that of pure milk, as we have seen by the tables in the last chapter. With this data he proceeded in experimenting with the soluble and insoluble portions of wheat, also with the casein in the milk—the results aimed at being the production of a compound of the same nutrient qualities as the mother's milk.

The mode of preparation consisted in concentrating the milk in vacuo at a low temperature, whereby the properties of the milk remain unchanged, nothing being excluded except the water.

The wheat by a peculiar process was thoroughly cooked, the indigestible, irritating and insoluble portions being excluded, the product being rich in gluten, the highly nitrogenous flour acting as a solvent upon the casein of milk, and greatly facilitating the digestion of the whole compound. The milk food is a fine powder, which has, even in its dry state, a refreshingly sweet taste and smell, when mixed with the proper proportion of water it is both palatable and appetizing. The calculation as to its component parts is so scientifically exact that one part of the powder to ten parts of water bears the closest possible resemblance to breast milk. If the mother is entirely without milk, the milk food is by far the best exclusive food for the earliest period of infancy. This food is in universal use on the Continent of Europe; in the Infant Asylums and Foundling Hospitals especially it has proved itself to be an immense benefit. This has been abundantly testified as will be seen by referring to the evidence of the eminent members of the profession appended herewith.

From the care taken to ensure the purity of the ingredients, and the methods and mechanical appliances being strictly in accordance with scientific principles, it is claimed that Nestlé's Milk Food supplies a long felt desideratum. Its many advantages, all susceptible of proof, may be summed up as follows :—

It is a thoroughly pure compound of wheat, sugar and choice milk, combining the richest elements of the animal and vegetable kingdom.

It is prepared with all the aids that science affords.

It is always uniform in quality.

Its preparation for use is simplicity itself, as it requires only the addition of water.

It is a perfect imitation of mother's milk.

It is delicious, very nutritious, easily digested, and is retained on the stomach when all other foods are rejected.

It is a full, complete, and perfect diet for infants.

Infants fed, either partially or wholly, upon this food, have a remarkably healthy and lively appearance.

It is soothing, satisfying, flesh-forming, and strength-producing.

It being dry and highly concentrated its freshness is preserved, constituting not only the best, but a really cheap food.

THE PROPER DIET AND FEEDING OF CHILDREN.

LL writers on the dieting of children have observed with regret the growing tendency of parents to feed their children on the same articles of diet as themselves. This is in the highest degree improper. To feed children on a stimulating animal diet with the accompaniment of tea, coffee, or cocoa, displays a culpable thoughtlessness or ignorance of the laws of life.

"Evil is wrought by want of thought, As well as by want of heart."

Dr. Ferguson found that children fed on a tea and coffee diet, between the ages of five and ten, grew only two pounds per annum, while those fed on milk and farinaceous food, night and morning, grew ten pounds each year. Physicians are well aware of the deteriorated physique of tea and coffee children, and their inability to resist disease is notorious.

The light of science has enabled us to guide the nourishment of the body at all ages and in various conditions of its existence. The bills of mortality prove very conclusively that infancy and childhood can least of all afford to dispense with this assistance.

We are thus taught that the body cannot be built up, nourished and sustained without such food as shall supply it with the nitrogenous elements of muscle, the carbonaceous element of fat, and the various mineral matters which enter into the composition of bone, and furnish an esential element of the nervous tissue. Now it is unquestionable that the most suitable food for children, for at least two out of the three meals per day, should be milk combined with wheat, the king of grains. Such a diet contains all the elements of nutrition, flesh-forming, nerve-nourishing, bone-making, fat-creating; with heat-producing materials in the exact proportion required by the growing child.

There are no other known articles of food which so perfectly sustain, nourish and build up the gradually expanding human body. If children and the youth of both sexes could be fed on this perfect type of food, as a principal part of their diet, mankind would become regenerated, and we should soon see a nobler race of men and women.

Nestlé's Milk Food fulfils all the conditions of a really complete diet, in the most adaptable and readily prepared form. It can be eaten thin or in the form of a porridge, according to age and appetite. From the mode of combining the milk and wheat in the form of a powder, no mistake can be made as to the proper quantity of each. The appetite alone will be a safe guide as to the requisite amount to be eaten at each meal. Its preparation for use is most simple, water only being required to produce a bland, unirritating, wholesome, and most nutritious diet. Regularity in feeding children is of great importance, a child may form a habit of eating six or eight times a day, or it may be taught to satisfy its appetite at three regular meals. Eating between meals is most objectionable, a simple crust of bread will call into play the whole digestive machinery, to the consequent weakening of its powers when the time comes for grappling with the regular meal. The stomach needs rest between meals and should have it. This is as applicable to the adult as to the young.

Many children have a morbid craving for food, and are indulged by thoughtless parents who imagine the growing system requires it. The cause is more likely to be found in improper food, late hours, and undue excitement. Early to bed is a safe rule for children, and by all means let them have their sleep out.

One reason why children clamour for cake and sweets between meals, is because they are not fed on plain, wholesome, nutritious food. Bakers' bread, usually a principal part of their diet, is a tasteless, over-fermented, unsatisfying compound. Feed the children on good, sweet, home-made bread, with Nestlé's Milk Food in the form of a porridge, and this morbid craving for cakes and confectionery would speedily vanish. If children are reared in strict obedience to the laws of life, not pampered with luxuries, nor poisoned with improper food, they will grow up strong, healthy and happy, and reach the highest development of mind and body.

THE DIETETICS OF THE SICK ROOM.

T is not intended to present here a dissertation on the preservation of health, by means of a proper diet, although there is no more interesting subject and, furthermore, one so little studied and understood. This of course ought not to be the case, for diet may be made a powerfal agent in the maintenance as well as restoration of health. Errors of diet, in the sick or healthy, are capable of causing or perpetuating disease. Most people are content to take what is called ordinary care of themselves, and should they unfortunately fall sick they pass into the hands of their medical adviser. This is the way of the world, and as custom is all powerful we shall not attempt to resist it. Our space will not admit of an essay upon "what to eat, drink, and avoid," and the necessary dietetic and sanitary precautions so that health may be preserved. Everyone, however, should consider for him or herself that prevention is a thousand times better than cure, and also that to a large extent the preservation of health is in our own hands. A knowledge of this fact will, with the powerful instinct of self-preservation, enable us to take the necessary measures to protect ourselves from unwholesome influences. For instance, our zymotic diseases, that occupy so conspicuous a place in the Registrar-General's return, can be traced beyond the shadow of a doubt to foul air, bad water and pernicious food, these agencies being entirely beyond the control of medical science. Therefore it is the duty of all to acquaint themselves with the conditions of health and the laws of life that suffering may be prevented and life enjoyed to its fullest extent.

The question of diet is forced upon the attention of an invalid, and it is an advantage if the curative efforts of the doctor are intelligently seconded by the patient. The great object of a proper diet in disease is to keep up a healthy nutrition of the whole organism; for it must be borne in mind that although the patient may be confined to bed and thus prevented from taking exercise, yet he is necessarily using an amount of muscular exertion which must be provided for by diet. For example, the all-important muscles of respiration and of the heart continue to act, and to require that their healthy nutrition shall be provided for by a supply of plastic materials in the food. The great principle in disease is to so alter the forms and proportions of the healthy diet as to, as near as possible, meet the altered conditions. It will be apparent, to any thinking mind, that the heat-producing elements of food must preponderate, as respiration and the muscular energy of the heart is more actively kept up than the other functions of the body. It is on this ground, if on no other, we contend that Nestle's Milk Food is the most suitable and best adapted form of nourishment.

All physiologists agree that warm food is more healthful than either hot or cold, so that to attain the maximum of benefit invalids should partake of the milk food at about 98° F.—blood heat. If food is taken into the stomach colder than that it does not begin to digest until it attains the required heat. Carpenter says, in his *Physiology*, "Anything taken into the stomach at a trifling temperature above 100° occasions a decomposition of the gastric juice, which entirely destroys the digestive power," so that a new supply of gastric juice must be secreted with which to digest the food, thus requiring the stomach to perform a double labour. A person in health with plenty of vital force can afford to transgress these conditions, but with the invalid the first rule should be to aid nature in performing her functions, and she will surely repay such asistance tenfold.

As regards the quality of the food to be taken at a meal, that may with safety be left to the appetite of the invalid. It can be eaten as thin as gruel or of a thicker consistency, or it can be made into delicious biscuits and cakes. When made into a biscuit an egg may be added. In reality the milk food, if eaten in any shape, is far preferable to beef-tea and many of the other slops that seem almost indigenous to the sick room. It is so, by reason of its nutritive qualities, its delicious palatability, its agreement with the stomach, and the ease with which it assimilates.

TO AGED PERSONS, MOTHERS NURSING, WITH REMARKS ON EMACIATION, DYSPEPSIA, &c.

HERE are many conditions of life, other than those already indicated, in which the use of the food is highly recommended. It.

is especially useful in old age. When the teeth have decayed and fallen out, it may be considered an unfailing indication that soft food, not needing mastication, but merely insalivation, is the most suitable for the powers of the stomach. The great centre of organic life is near the stomach, which of all the organs of the body is perhaps the one most necessary for our existence. It is by means of this organ that the continual daily waste of the organs of the whole body must be replaced. How necessary then is it that its powersshould not be overtasked by passing into it food of a solid nature that has been imperfectly masticated. It is not enough to fill the stomach with food. Digestion begins in the mouth, and unless the mouth does its share of the work, the stomach is required to do a double portion. The mill for grinding food is in the mouth, but if the millstones are worn out, the grinding process is forced upon the stomach, the abused organ does its best, but fails for want of machinery. It is with the stomach as with any other part of the system, when overtaxed, it will, for a time, by greater exertion, endeavour to perform its functions; but as its waste will be greater than its power or means of restoration, it will soon begin to give way, and to do its work with less perfection, even if it should not fail altogether from sheer exhaustion. In this case the nervous system will be thrown out of order, and the whole organization being more or less intimately connected, will, in sympathy, suffer in a greater or less degree in proportion to the extent of the disturbance. Shouid this state continue, disease, and ultimately death, ensues.

The remedy lies in rejecting solid food, and that, that is taken should be thoroughly mixed with the saliva. The task for the stomach will then be a light one.

For old age, and as a means for preserving the powers of the stomach, Nestlé's Milk Food is strongly recommended as a very digestible and most nourishing diet.

Its digestion taxes very lightly the nerve force and for this reason it is most suitable as a breakfast and supper dish.

MOTHERS NURSING.

O mothers who prefer nursing their children, the milk food used as a partial diet is most beneficial for producing a full supply of milk. For this purpose it is far superior to stimulating beverages, having a more healthful action on the secreting vessels of the mammary glands, such stimulation being very liable to derange the digestion of the child, and in any case it is unnatural, and therefore a practice that cannot be too strongly denounced. The addition of Nestle's Milk Food to the ordinary diet will be found amply sufficient and far preferable to overloading the system with solid food. It makes good pure blood, nourishing and sustaining the mother, and repairs the waste caused by the constant drain necessary to support the child.

ON EMACIATION.

ANY persons, even before the approach to middle age, are much troubled on account of a predisposition to leanness. This tendency may be called an intermediate state between health and disease. In perfect health the body should present a rounded appearance without angularity or prominence of the bones. Leanness is often dependent upon errors of diet, such as eating too much flesh meat to the exclusion of farinaceous food. Animal food nourishes the muscular system but does not add to the deposit in the adipose tissues. In nine cases out of ten it will be found that the thin person is exceedingly fond of animal food, eschewing fats, saccharine and starchy foods, such as potatoes and the preparations from the various grains. Leanness also springs from any cause that impairs digestion, resulting in mal-assimilation of food. Animal food being of a solid nature, unless great care is taken in its mastication, is very liable, literally from overwork, to impair the digestive function. The quantity eaten has very little to do with the question of leanness, it is rather one of quality. Lean people frequently try the experiment of eating large quantities of food-notably animal food, which does not fatten, but will clog the liver. If the lean person will pay more attention to farinaceous food, which contains a large amount of carbon, producing fat and heat, he will find it of great assistance in stimulating not only the assimilation of the nitrogenous portion of his food, but also the due nutrition of the nervous system. It is absolutely essential that the nervous system be properly nourished, as nothing tends so rapidly to produce a wasting of the flesh as disordered nervous action.

Nestlé's Milk Food is prepared with a due regard to the nitrogenous and non-nitrogeneous elements of food being combined in such proportions as to perfectly nourish every part of the body. It maintains a due proportion of muscular strength, while the adipose tissue is not neglected. If only one out of the three meals per day, breakfast to be preferred, consisted largely of the milk food, would, in a few weeks, providing there is no organic disease, add considerably to the weight, if persevered in the roundness of outline so desirable will soon be apparent to the most ordinary observer.

DIGESTION versus DYSPEPSIA.

HE pangs of dyspepsia would become almost unknown if everybody would eat but three times a day with nothing between meals. Eating between meals arrests the process of digestion of the food already in the stomach. Two hours after a meal the contents of the stomach is in a state of fermentative decay, if then more food is added before this passes out, the whole process has to be gone over again, not only weakening the stomach but rendering its contents unfit for the purpose of nutrition. Good blood depends upon good nutrition, and good nutrition depends upon perfect digestion.

Dyspepsia is caused not only by eating between meals but from any cause that weakens the digestive organs; such as eating too much, imperfect mastication, irregularity in taking meals, late suppers, eating rich and indigestible food, worry and mental anxiety especially at meal-time. It is not to be wondered at that dyspeptics have such a variety of distressing symptoms, aches and complaints in every part of the system, for there is not one drop of pure blood in the whole body. The nerves which feed on this imperfect blood are not properly nourished, producing that peevish, fretful, restless, sleepless condition called nervousness; and who ever knew a dyspeptic who was not decidedly disagreeable, fitful and uncertain?

The stomach is a most important vital organ, upon whose good condition and proper treatment all the functions of brain and body depend.

Voltaire once said that the welfare of a nation often depended upon the good or bad digestion of its Prime Minister, and Motley declares that the indigestion of Charles the Fifth changed the destinies of mankind. These are simply illustrations of a well ascertained fact, that the effects of imperfect digestion extend beyond the individual victim.

The old fable of the stomach and its members should ever be borne in mind. We do not live upon what we eat but upon what we digest, and the best proof of perfect digestion is to be altogether unconscious of the operations of the stomach.

Many diseases beside dyspepsia are caused by injudicious food. Gout and rheumatism are nothing but the result of an excess of nitrogenous diet, just as an excess of fatty matters will produce a bilious diathesis.

Dyspeptics will do well to reduce the amount of food eaten, especially animal food. Weakness of the digestive organs is caused in many instances by deficient nervous energy. Reading, or even deep thought during meals, diverts the blood from the stomach to the brain, and thus interferes with digestion. Ill-digested food is an irritant to both stomach and bowels. Light and cheerful conversation is one of the best aids to digestion.

Indigestion as a disease is curable. The cause must be entirely removed. Give the stomach rest as the next condition of cure. Thirdly, eat nothing but plain, wholesome, nutritious and easilydigested food. There is nothing more wholesome and suitable than Nestlé's Milk Food. It is light, bland, unirritating and most easily digested. It is a certain cure for all forms of dyspepsia. Drugs only aggravate the evil. What is needed is less work for the stomach and the purest form of nutriment, such as is best adapted to relieve the diseased organs; observe all the conditions of health and relief and ultimate cure is certain.

THE PRESERVATION OF HEALTH.

T may with safety be assumed that but few individuals arrive at the years of discretion without contriving to pick up some general knowledge as to the laws of health. The preservation of health is vastly dissimilar to the healing art as practised by the doctor: the one is preventive, the other curative. Everyone ought to learn the importance of pure air, a clean skin, a sufficient quantum of sleep at proper hours, what to eat, drink, and avoid, regular exercise, and a knowledge of the organs of the body. Instead of a general smattering on these subjects, the world is full of prejudices or erroneous notions.

It might be of interest to notice a few of the prejudices in vogue, although, from the limited space at our disposal, it is hardly possible to combat them. It is a common fallacy that young children should be hardened by cold water and exposure to the air; that they should be bundled up with clothes around the body and the arms and legs left quite naked. It is another absurdity, that children are the better for having measles, chicken-pox, and whooping cough; that children ought not to sleep too much, and so are aroused in the morning out of a sound sleep. Another barbarity consists in sending them to school as soon as they can walk, diverting the blood from the needs of the body to the undue development of the immature brain.

A large majority of people have very hazy notions as to night air. It is a common thing to close the windows of bedrooms to keep it out; while the highest medical authorities assert that the air in London is never so pure as it is after ten o'clock at night. It is at night, when we are asleep, that we most require a continuous supply of pure air. A window open an inch at bottom and top will ensure this without draught.

Another error presumes that cold air is necessarily pure air. This induces people to pass the night in an icy cold chamber under the impression that it is bracing, instead of which it is far more likely to produce a bronchial attack or bring on inflammation of the lungs. A fire in the bedroom in winter is not only an excellent ventilator but also tempers the atmosphere for the sensitive bronchial tubes and lungs, at a time when the vitality of the system is least able to withstand cold.

Bathing is a subject upon which many persons are at sea. A bath to them means neither more nor less than a plunge all over. In reality, a bath effective for nearly all purposes can be had with a towel and a washhandbasin.

There is a widespread belief in plain diet. This ordinarily signifies meat, bread and potatoes. Many people consider bread and butter not only the staff of life but the crutch of existence. That every part of the body may be duly nourished greater variety is needed.

Then there are a host of people who think they cannot sleep without supper. Let them take a full meal a little later and in lieu of the usual afternoon tea, then eat no more until the next morning. Try it for a week, and they will surely note the vast improvement in health, the buoyancy of spirits on rising in the morning, the clean tongue, and the keen appetite for breakfast.

Another prevailing peculiarity is, the penchant for placing beer on the same footing as beefsteak, viz., to nourish the body. That the amount of solids contained in this diluted nourishment may be estimated, evaporate the water out of a gallon of stout and the residuum will hardly be seen in a spoon.

Now walking exercise is, without a doubt, beneficial; but, strange to say, when some people begin to realize this they think it difficult to have too much of a good thing. This mania usually takes the form of thick boots and lengthy walks that outrage the owner of the boots as well as the boots themselves. A walk of ten miles will never make up for the lack of exercise in the preceding week. Exercise to be beneficial should be taken regularly, and it is a safe rule always to stop short of fatigue. Another much-vaunted virtue, which is of most value when least practised, is the injunction to walk before breakfast. Strange to say, delicate persons, who are most injured by this vagary, are most addicted to the habit. The depression and lassitude experienced they attribute to declining health, rather than its true cause. Let them take a cup of coffee, or a light breakfast prior to the walk, when the result will be such a complete contrast to their experience under the fasting dispensation, that the wonder to them will be, not that they walked before breakfast, but that they should be alive to tell the tale.

Another infatuation that is more common than consistent is the belief that the nose is intended for two purposes only, viz., for ornament and for the exercise of the sense of smell. Anyone would indirectly judge this to be the case from the number of open mouths encountered on the streets. The principal use of the nose is for respiration. The air passing through the nostrils is purified and all injurious gases, infection and dust are eliminated before being permitted access to the lungs. Especially at night we should accustom ourselves to sleep with the mouth closed. All the energies of the system are then at rest and its powers of resistance at the lowest ebb. If the mouth be open the enemy is allowed to enter without any qualification. Professor Tyndall says, "If I were to endeavour to bequeath the most important motto which human language can convey, it should be in these words:

SHUT-YOUR-MOUTH.

I would print it in every nursery, and on every bed-post; if obeyed, its value to health would soon be realized."

There are scores of people who do honestly try to carry out the laws of health, and yet do it so unskilfully that they had better let it alone. They forget that general rules should be modified to meet circumstances. In the matter of diet, for instance, there is no doubt we inherit a liking and a dislike for particular articles of food. It is injudicious to debar children from partaking in moderation of such food for which they may have a strong partiality and an outrage to force them to eat food they dislike. Again, some children will scream at the bare mention of a cold bath; others, if permitted, would dabble in it the best part of the day. All health rules must be adapted or modified to meet the temperament and idiosyncracy of the individual.

The care of one's health is good for every period of life, but more particularly in childhood and old age; indeed the care in both cases is somewhat analogous. As age advances, bathing should especially be persevered in, carefully studying the most suitable temperature of the water, as a wholesome and active condition of the pores of the body relieve the internal organs of much hard work, thus reducing the physical wear and tear of life. Exposure to cold and wet should be carefully guarded against as tending to settle upon any weakened part of the body. When the human body is at its prime, with vigour, purity and a good constitution on its side, no degree of ordinary exposure to cold gives rise to any unpleasant All ordinary precautions against colds, coughs, and effects. rheumatic pains may be disregarded and no ill effects ensue. But let the blood become impure, let the body become deranged from any acquired disorder, or let the vigour begin to wane, and the infirmities of age be felt by occasional derangements in some vital part, either from inherited or acquired abuses, and the action of cold will excite more or less disorder of some kind, and the form of this disorder, or the disease which will ensue, will be determined by the kind of pre-existing blood impurity, or the pre-existing fault of the organic processes. If the pre-existing fault be in a deficient excretion of lactic and uric acids by the kidneys and skin, the disease developed by the cold will be rheumatic; if the lungs be at fault, either by acquired or inherited abuses, inflammation will be likely to ensue; or if there be conjoined to the pulmonary fault an impure condition of the blood from the long-continued re-breathing of breathed air, consumption will not unlikely show itself. In no other way can the influence of cold in the development of diverse diseases be accounted for; developing this disease in one, and that disease in another; this disease at one time in a person, and another disease at another. time; while at other times and seasons, great and prolonged exposure to cold is harmless.

Another potent factor in the derangement of the system is anxiety; simply and briefly it may be stated that the effects of worry are more to be dreaded than those of simple hard work.

No question can possibly be more interesting than the means of preserving health, and if it were possible to lay down a few golden rules suitable for all ages and conditions of men, there is little doubt they would be zealously learned and followed. There are some general rules which all can follow with benefit. There is no question as to the good effects of fresh air, cleanliness, regular exercise, proper diet, a due amount of sleep and a judicious rest for all the organs of the body. But while these rules are all excellent in a general sense, yet to obtain the full benefit they must be applied in each individual case, not according to any hard and fast line, but in conformity with each particular temperament. A little care, attention or experiment, will indicate the due employment and adaptation of these general rules.

ON THE CARE AND MANAGEMENT OF

INFANTS.

LEANLINESS is of vital importance to the health of all children. Healthy infants should have a warm bath at least once a day.

After a few months the heat of the water may be gradually lowered until its natural temperature is reached.

The clothing of infants should be light, soft, and warm, arranged so as not to interfere with the free play of the limbs. Avoid all tight bandages.

The common practice of keeping the arms, shoulders and legs of infants and children bare is decidedly dangerous. The extremities should, if anything, be more warmly clad than the body. Keep the head cool and the feet warm.

Pure fresh air is all important for children, both night and day.

The infant should sleep in a cot, or bassinette, separate from the mother or nurse. This will avoid the danger of overlaying or smothering. See that it is warmly covered.

A healthy infant will sleep from twelve to twenty hours. The younger it is the more it will sleep.

Up to three years of age a mid-day sleep is beneficial.

In sleeping, as in feeding, regularity is of the utmost importance.

Do not begin the habit of rocking the baby to sleep, or by nursing in the arms. Put it in the bed at once, and with gentle patting it will fall asleep.

All soothing medicines, cordials, spirits, or sleeping drops should be strictly avoided as likely to do much harm.

In fine weather the child should go out in the open air at least twice a day, being warmly clad.

A perambulator is better than carrying in the arms of a nurse.

Nature provides mother's milk as the proper food for an infant; when from any cause this cannot be had, the best substitute is Nestlé's Milk Food.

For the first six weeks an infant should be fed or nursed at regular intervals of two hours during the day. At night less frequently.

A mother, while nursing, should partake at each meal of a portion of Nestlé's Milk Food. This will ensure a healthy and full supply of nourishment for the child. It is a great mistake for a nursing mother to eat too much animal food, and to drink stimulating beverages, as it often causes deranged digestion in the child.

As a rule, a child should not be nursed after the ninth month. Nestlé's Milk Food can be used most advantageously during the y period of weaning. Mothers should at all times bear in mind that the child whose blood has been kept pure and cool by a wholesome and simple diet will most easily and with the least possible constitutional derangement cut its teeth. On the other hand if the baby has been imprudently fed or over-fed it will assuredly suffer during the period of teething and may possibly lose its life. To promote easy and safe teething the child should, if fed at all, be given Nestlé's Milk Food, one part of the food to ten parts of water, by means of the feeding bottle. This will amply nourish the child and at the same time preserve the essential conditions by preventing anything like irritability, feverishness and derangement of the bowels.

Never give the baby before or during the period of teething either meat, soups or cordials. It is highly dangerous to do so and will provoke the symptoms you are so anxious to allay.

Infants are naturally predisposed to feverishness and this tendency should be resolutely guarded against by giving Nestlé's Milk Food which will preserve the normal conditions of infant life, especially during the trying period of teething.

Nestlé's Milk Food will be found a most excellent and complete diet up to at least two years of age, after that time it may be used most advantageously as a partial diet.



We have selected the following from a mass of MEDICAL EVIDENCE received from various parts of the world, testifying to the merits of Nestlé's Milk Food as a diet for infants, children and invalids.

GREAT BRITAIN.

Skinnergate, Darlington.—The small quantity of food you sent me had a wonderful effect in stopping an obstinate case of vomiting and diarrhœa in an infant two or three weeks old.—I remain, yours very truly, GEO. MIDDLEMISS, M.D., F.R.C.P.

Trafalgar House, Trafalgar Road, Newport, I.W., Jan. 9th, 1877.—You are quite at liberty to make use of the following. I have had two sons; both were born very delicate, and my wife was unable to nurse either. The first had every care and attention. We first fed it with Swiss milk (condensed), afterwards with the milk of one cow; the doctor and nurse did their utmost, but the poor little boy pined away and died of atrophy at two months old. My second son was fed first with the milk of the best cow in a first-rate diary, but from its symptoms we became afraid it was destined to follow its brother; the doctor even expressed his fear that it would pine away as the first did. We several times felt we must give up all hope of its recovery, but a friend constrained us to try your Milk Food, which we did. For months since he has been fed solely upon the food, and has improved wonderfully.—A. JAMES.

16, Hereford Road, Bayswater, London, July, 1877.—I have long been in the habit of ordering Nestlé's Milk Food for infants and young children, because I believe from its composition that it is the very best substitute for mother's milk, and my personal experience proves not only that this is the case but also that it agrees better than any other food with children that are partly nursed and partly fed. I am also of opinion that the food is useful for adults in many forms of dyspepsia.—HOLT DUNN, M.D.

3, Scarisbrick Street, Southport, May 21st, 1877.—I had an infant under my care whose digestion was very bad, and on giving your food, which arrived just *apropos*, the gastric irritation abated and dentition was allowed to progress more healthily. I am of opinion that the food is a valuable addition to our dietetic agents.—ADRIAN STOKES, M.D.

Liverpool, May 19th, 1877.—I beg to state that I have frequently prescribed your excellent aliment with advantage in various stages of tuberculosis, &c. I consider it also a good food for infants at the time of weaning, and restorative in debility or convalescence from acute diseases of children.—WILLIAM HITCHMAN, M.R.C.S., M.D. Univ. Erlangen, L.S.A., Professor of Natural Philosophy in the Galileo Academy, Naples.

I cordially concur in all the approbation doubtless received by you as to the principle that has guided you in its preparation. Everyone must approve of it, and everyone who tastes it and recommends it must join me in its praise. Whenever I can, depend on my advocating your food.—W. H. GOOCH, M.D., M.R.C.S. Lond.

2, Portugal Street, Grosvenor Square, W., May 19th, 1877.—A friend of mine has had a most marked success with the food in a case of two of her children who could take no other food, not even asses' milk; but they flourished well on your food, and did well when nothing else suited them.—HEYWOOD SMITH, M.D., &c. 146, Dingwell Pass, Belfast, May 22nd, 1877.—I consider your food an excellent substitute for the natural food of an infant, and have therefore much pleasure in recommending it to the profession as such.—JOHN C. J. CURRY, M.D., M.R.C.S. Eng., L.R.C.P. Eng.

Cedar House, Surbiton, June 11th, 1877.—I have made an extensive trial of your very valuable Milk Food, and have found it superior to all others in cases of gastric irritation and infantile diarhœa, and have found it most efficacious in the wasting diseases of childhood, such as *tabes mesenterica*.—J. H. TROUNCER, M.D. Lond.

6, York Place, Portman Square, W.—Contrary to my usual custom I add my testimony as to the advantages of your food to a very large number of infants who cannot obtain mother's milk. Its digestive and nutritious properties, when prepared with the proper consistence to suit the capacity of each infant stomach, are beyond all other preparations of the kind. I have no hesitation in saying by its means I have been enabled to save many infants who could digest no other food—cow's milk and Swiss milk included—and were in consequence dying slowly of starvation. I the more willingly speak thus highly of the food because I have used it from its very first introduction here, and in a long time with the deep mistrust with which I favour all new introductions of the kind.—PENNING BAKER, M.D.

2, Bolton Row, Mayfair, May 20th, 1877.—I have watched the use of Nestlé's Milk Food in several cases with considerable satisfaction as a Surgeon to a Children's Hospital. I hear so frequently, and see the ill effects of artificiallyprepared foods for children in the shape of eruptions on the skin, scrofula, rickets, &c., that I have hitherto steadily set my face against them altogether, and have recommended the use of milk, sugar and water only, or when more substantial diet is necessary, a judicious selection from the ordinary mixed diet of adults. As, however, there is great difficulty in towns of obtaining good pure milk and of keeping it sound during hot weather, the production of a good substitute in desirable at least for occasional use, and Nestlé's Milk Food is certainly the best which has come under my notice.—CHARLES ROBERTS, F.R.C.S., &c.

10, Terrace, Weymouth, June 9th, 1877.—I have tried the Milk Food you sent me; it appears to be a very good preparation, likely to be useful both for infants and invalids.—JAMES LITHGOW, M.D.

73. Albert Street, Regent's Park, May 18th, 1877.—I have continued to give your food to my own child with most satisfactory results, and have recommended its use whenever able. I am convinced it is highly nutritious, and have not ever heard of it disagreeing with digestion.—LOUIS LEWIS, M.D., &c.

Stafford, May 22nd, 1877.—I have much pleasure in testifying to the value of your food for infants. I tried it on my own infant a month old, and, as my wife was unable to nurse her, she lived entirely upon the food for nine months, and with the best results. I don't remember her being ill once during this time, and her ruddy complexion and healthy look is the remark of everyone. I always order your food for any patients of mine who require it for their infants.—SAMUEL. COOKSON, M.D.

61, Welbeck Street, Cavendish Square, W., May 19th, 1877.—From the trialsmade here among children—one, a delicate invalid—with Nestle's Milk Food, my opinion is that the food is digestible and nutritious, and well adapted to young children. It does not seem so liable to produce flatulence and acidity in a child's stomach as many farinaceous foods do; hence its great value in cases of intestinal catarrh and mucous disease of children. Within the last few days I have read the article on the "Food of Infants" by Professor F. A. Kehrer, of Giessen, in the German Chemical Lectures of the Sydenham Society, 2nd series, and so far as my present experience goes I can quite concur in the very high commendation given by Professor Kehrer to Nestlé's Food.—JOHN C. THOROWGOOD, M.D., L.R.C.P.

Fulham, Middlesex, May 29th, 1877.—My opinion of Nestlé's Milk Food, I beg to state, is that the sample sent was sufficient for a trial, and that the results of that trial have been the conscientious recommendation in all cases that have come under my notice requiring a substitute for the mother's milk, and I have always been very pleased with the effects of its use.—WILLIAM E. LEE, M.D.

Extract from Clinical Lecture by PROFESSOR F. A. KEHRER, of Giessen University. Translated by the Sydenham Society, 2nd series.

Morpain made the first extensive series of experiments with this food of Nestle's; he tried it on 100 poor children. The mortality which among such children had previously been from 50 to 60 per cent., was reduced to 20 per cent. under the use of this food. From the experience of this preparation in various parts of the world it may be asserted that it deserves to occupy a very prominent place among the substitutes for the natural food. During its use the development of the child certainly progresses; the food also very rarely causes any disorders of digestion but, on the contrary, is easily digested, and is likewise a remedy for any previously existing intestinal catarrh. I may add that children generally take it freely because of its pleasant taste. I can recommend to you this preparation as the next best thing to human milk, and especially for delicate children, with regard to whom you particularly have reason to fear that they will not bear any substitute for their natural food.

122, Kennington Road, Lambeth, London, May 29th, 1877.—During the time I was in practice in Devonport, Devon, I frequently advised the use of your infants' food among my patients. It is certainly the best I have ever tried and the results all I could desire. I should like to use it more extensively among my patients here. I should feel obliged if you would send me a sample to try on a case I have now in hand.—CHARLES J. MOORE, L.F.C.S. Glas., L.S.A. Lond.

5. Fisherwick Place, Belfast, May, 1877.—Your Milk Food has been used by me in the wards of the Ulster Hospital for Children in several cases, and gave great satisfaction. It was used almost exclusively in two cases of chronic opiumpoisoning, when the infants were much emaciated, and in which the stomach rejected almost all food. The children fed on the Milk Food improved rapidly and partook of the food willingly. I have also used it with good effect in chronic diarrhœa of strumous infants.—GUSTAVUS F. PIRRIE, M.D., Physician to Ulster Hospital for Children.

9, Lupus Street, Belgravia, June 30th, 1877.—I have not yet used your food with infants at the breast, but have with those past that age and have found it answer well. Indeed I gave some of it to both my children, one of about 15 months and the other older. By both it was very much liked and agreed well with them.—G. DE G. GRIFFITH, Senior Physician to Hospital for Women and Children, and Physician Accoucheur to St. Saviour's Maternity.

52, Montagu Square, May, 1877.—If you will refer to my work on "Infant Feeding," page 382, you will find I have expressed myself most favourably about your food, and that it answers its purpose most admirably.—C. H. F. ROUTH, M.D.

General Register Office, Somerset House, April 19th, 1876.—I have been trying the Milk Food on an invalid who likes it very much and derives benefit from it. I am very much impressed in its favour.—W. FARR, M.D., Registrar-General Birth, Deaths, &c.

35. Welbeck Street, Cavendish Square, W., April 12th, 1876.—I consider your Milk Food most nutritious both for children and invalids. My family have derived benefit from it and like it extremely; its being so easily prepared is a great advantage.—F. A. PURCELL, M.D.

St. George's Nursery, 23, Edge Street, Campden Hill, W., April, 1876.—I have made a trial of Nestlé's Milk Food and find it suits infants better than any other food yet tried at the nursery.—KATHLEEN MILLETT, Hon. Sec., St. George's Nursery.

r, Esplanade, Waterloo, Liverpool, February, 1876.—My experience of Nestlé's Milk Food is that the more I see of its effects upon weakly and insufficientlynourished infants, the more confident I feel in recommending it to my patients and the public.— E. H. FITZHENRY, M.D.

27, Upper Phillimore Place, Kensington, April 17th, 1876.—I am pleased to tell you that your Milk Food answered very well with my child; she liked it and throve upon it. I am of opinion that it is an admirable preparation.—MEREDITH TOWNSEND, M.R.C.S. England. York Lodge, 21, Finchley Road, N.W.—Your Milk Food suits my infant remarkably well. I cannot give better proof of my opinion of its excellence than by continuing to use it in my own family.—R. H. WILBE, M.D.

13, Somers Place, Hyde Park, February 29, 1876.—Henri Nestló's Milk Foed is palatable and well borne by irritable stomachs.—JAMES MORRIS, M.D., Fellow of University College, London.

140, Finboro' Road, West Brompton, April 11th, 1876.—I am satisfied that your Milk Food is easy of digestion, very nutritious, and consequently a helpful article for the support of infants and invalids. Its easy preparation for use and agreeable taste are also no small recommendation.—JOHN M. CROMBIE, M.A., M.D.

North Eastern Hospital for Children, London, Dec., 1876.—When the mother cannot or ought not to suckle her own infant, and in those cases we have, when the infant's stomach does not tolerate, or tolerates ill, the milk of domestic animals, I consider Nestlé's Milk Food (Lacteous Farina) to be one of the best substitutes for mother's milk. This is not only the result of my own experience at the North Eastern Hospital and elsewhere, but I have received similar reports from independent sources from the Continent, several of them before the food had been introduced in England. I have known a few instances in which life appeared to be preserved by no other human means than the use of Nestlé's Food.—W. BATHURST WOODMAN, M.D.

Sunnyside, Kidderminster, April 11th, 1876.—I think your Milk Food is destined to take an important place in foods for infants. I prefer it to the Swiss milk now so largely used. I shall direct the use of the food in all cases that occur to me if I find it suitable.—SAMUEL STRETTON, M.D.

92, Oxford Street, Manchester, May 10th, 1876.—Your Milk Food suits our baby very well. I have extensively recommended it for my little patients and shall continue to do so. I hope you will continue to make it pure, and if so I doubt not it will be very much used.—T. LOWTHER MATHEWS, M.D.

Sherstone, South Norwood Hill, S.E., April 15th, 1876.—I have several times ordered your Milk Food, and especially for young children suffering from eczema of the scalp, with great benefit. Your food supplies a want. We needed a light, agreeable, nutritious diet which could be prepared without milk and which infants would like from the bottle. When thin it does not clog the bowels, and in infantile diarrhœa resulting from bad feeding I have found it very useful.—ALFRED CRESSWELL, F.R.C.S. Eng., F.R.C.P. Eng., M.R.C.P., L.S.A.

64, Upper Parliament Street, Liverpool, April 12th, 1876.—Dear Sir,—I have much pleasure in expressing my unqualified approval of your Milk Food as a perfect diet and substitute for breast milk. A physician, a friend of mine, also writes me he has given the food in two cases of profound dyspepsia of infants with vomiting of the ingesta, and it proved eminently successful. In the chronic dyspepsia of adults I can strongly recommend it as a food which will support life, single-handed, and without offending the most delicate stomach; until the digestive power is restored, such patients are safe to limit themselves to your Milk Food. For adults I order it for breakfast and tea flavoured with a little essence of cocoa, and for dinner it makes an excellent pudding with one or two eggs, flavoured with lemon or vanilla and served with sugar and cream. I look upon the Milk Food as quite a desideratum and great success.—THOS. SKINNER, M.D., Late Obstetric Physician to the Lying-in-Hospital.

Tulliallan, Crosby Road South, Waterloo, Dec. 2nd, 1876.—It affords me much pleasure to testify to the great value of the food for infants which you have introduced. In common with most physicians, who have to treat the disorders incident to infancy, I have often experienced the difficulty of finding an aliment suited to the infantile digestive organs, and frequently, as a *dernier ressort*, I have been compelled to recommend the wet-nurse. When I assure you that on more than one occasion the Milk Food was assimilable when every other kind of nourishment was rejected, not excepting the wet-nurse's milk, I can scarcely render a higher testimony to its value. In cases of dyspepsia, in infants especially, I have found it, after repeated tests, to be invaluable.—I am, Sir. yours truly, THOMAS SIMPSON, M.D., M.R.C.S., Physician to Liverpool Homœopathic Dispensary.

UNITED STATES.

The following Physicians strongly recommend the use of the Food :-

Dr.	E. Guernsey, New York.
	J. A. Hagy, do.
-	J. Fitzgerald O'Conor, New York.
	W. H. Maxwell, New York.
-	I. R. Taylor, New York City.
-	John T. Metcalf, do.
	Joseph J. Hull, do.
	Robt. F. Weir, do.
-	J. Lewis Smith, do.
]. B. Reynolds, do.
-	W. H. Maxwell, do.
	Joel Foster, do.
25	H. K. Henschel, do.
	A. Russell Strachan, do.
	Fordyce Barker, do.
	Theo. R. Varick, Jersey City.
	Wm. K. Brown, Brooklyn.
	Thos. McAllister, do.
	H. J. Garrigues, do.
-	Wm. B. Atkinson, Philadelphia.
	F. F. Maury, do.
	J. A. Meiga, do.
	F. G. Smith, do.
-	E. A. Spooner, do.
	A. R. Thomas, do.
	O. B. Ganse, do.
	G. L. Collins, Providence, R.I. Wm. F. Hutchinson, do.
	L. Traver, do.
**	John H. Mackie, New Bedford, Mass.
**	Geo. Andrews, Detroit, Mich.
**	E. S. Dunster, Ann Arbour, Mich.
**	A. C. Holt, New Orleans.
-	B. Stille, do.
**	S. M. Bemiss, do.
**	D. C. Holliday, do.
	F. B. Gaudet, do.
	J. L. Crawcour, do.
	Armand Mercier, do.
	the manual manual and

Dr. C. J. Bickham, New Orleans. , J. G. Hava, do. . Howard Smith, do. . J. Souatre, do. -A. H. Cenas, do. . H. Roudanez, do. G. R. Gorslene, Austin, Texas. J. F. Henstis, Mobile, Ala. Chas. B. Lanneau, Charleston, S.C. --.... ... Chas. B. Lanneau, Charleston,
T. L. Ogier, do.
Isaac Card, Richmond, Va.
F. D. Cunningham, do.
J. C. le Hardy, Savannah, Ga.
Chas. Adams, Chicago.
D. A. Colton, do.
G. E. Shipman, do.
R. H. Bingham, Chicago, Ill.
D. A. Steele do. ----... ---D. A. K. Steele, do. -A. Fisher, do. -J. N. Hyde, do. N. Senn, Milwaukee, Wis. E. Kramer, do. . --Julius Kasten, do. -Louis Reinhard, do. -Graettinger, do. ** Marks, do. Wm. L. Lincoln, Wabasha, Minn. Thos. B. Harvey, Indianapolis. F. S. Newcomer, do. -... E. Hadley, do. R. O. Cowling, Louisville, Ky. E. R. Palmer, do. Von Hoffmann, San Francisco. -24 Robert Mackintosh, do. -H. Lehmkuhl, do. ** Geo. Fischer, R. T. Maxwell, do. ... do. -G. Holland, do.

AUSTRALIA.

Melbourne, July oth. 1873.—Since its introduction here by the late Dr. Hester I have recommended Nestlé's Food for infants in all instances in my practice where the natural supply of mother's milk was insufficient or absent, and am satisfied that it agrees with the digestive organs of very young children better than any other kind of artificial nourishment. In cases of mal-assimilation and diarrhœa arising from the administration of unsuitable food, I have found that the excreta quickly assumes a natural appearance after commencing the use of the lacteous farina. Some of my little patients have been fed on it exclusively for several months with excellent results.—J. M. GIRDLESTONE, F.R.C.S., Surgeon to the Alfred Hospital, Officer of Health to the Corporation of the City of Melbourne and to the Borough of Essendon and Hemington.

East St. Kilda, Melbourne, July 16th, 1872.—I have great pleasure in bearing testimony to the efficacy of Nestlé's Food for infants as a substitute for mother's milk, having used it in my own house as well as in my general practice. I consider it specially useful during the stages of weaning.—ROBERT ROBERTSON, M.R.C.S. England, Surgeon to the Alfred Hospital, Melbourne.

Melbourne, September 12th, 1871.—For more than a year I have been constantly in the habit of ordering Nestlé's Milk Food as a food for infants. I have watched its effects closely, and have no hesitation in most strongly recommending it. It possesses many advantages over almost every other artificial substitute for mother's milk—but there is one to which I would particularly allude —it does not require the addition of milk in its preparation for use, as it already contains milk in a definite proportion. Colonial medical men will at once recognise the advantage of this, as it is so difficult to preserve milk sweet during the variations of temperature in this climate. I would advise this food to be given as the sole nutriment of the child.—RICHARD T. TRACY, M.D., Lecturer on Obstetrics, University of Melbourne, and Physician to Lying-in Hospital, Melbourne. Melbourne, September 2nd, 1875.—I very rarely give certificates recommending any article of food or medicine but, in this instance, the high character of Nestle's Milk Food warrants my departing from my usual practice. I certify that I have submitted Nestle's Farina, imported into this colony by the late Dr. James Hester, to a very extensive trial as a food for ckildren suffering from diarrhœa and other intestinal disorders. I have directed it to be used in the Industrial Schools, and the effect has been always very satisfactory : Nestle's Food having been retained when all other food was rejected.—(Signed) WM. M. CREA, Chief Medical Officer.

Wangaratta, Australia, September 23rd, 1871.—This is to certify that during the last twelve months I frequently recommended the use of Nestlé's Food for infants. I have seen great benefit derived from it. It is especially useful when the child is unable to obtain its natural food—in fact, it is the best substitute for mother's milk that I know of.—B. HUTCHISON, M.D.

Albury, New South Wales, September 25th, 1871.—On the arrival of the late Dr. Hester, in Melbourne, I received a letter from him highly recommending the use of Nestlé's substitute for mother's milk, and, having several cases in which no food would agree, and actually brought to death's door, I immediately ordered a case of this food, and can only say that infants all took it eagerly and thrived admirably, no other food of any kind being used. I have since employed it extensively in preference to any other food, and can fully testify to its superiority. I may also add that in cases of extreme debility in adults as well as children, especially with gastric complications, I have found it beneficial.—J. KNIGHT-BARNETT, M.D., Hon. Phys. to the Albury Hospital and Benevolent Asylum.

ITALY.

Naples, April 14th, 1875.—I have tried Nestlé's Milk Food for infants and invalids and think it is my duty to declare that it merits the preference over all other products employed as substitutes for the mother's milk.—Dr. J. MEYER, Director of the Maternity of Naples, and Professor of Obstetrics, University of Naples.

Milan, June 14th, 1875.—Nestlé's Milk Food has been tried here in the Foundling Hopitals and Nurseries on a number of children of different ages, sex, and constitution, and we are able from the results of these trials to testify that the children take it willingly, digest it easily, and thrive on it. These results induce us to recommend Nestlé's Milk Food, for we have found it far superior to any other artificial food for infants.—Dr. CARLO FRUA, Dr. GAETANO CASATI, Directors of the Provincial Foundling and Lying-in-Hospital at Milan.

Milan, June 18th, 1875.—Having recently made several trials with Nestlé's Milk Food on young children, I find that they digest it easily, and in no case has it caused either vomiting or disorder of the stomach. I have come to the conclusion and frankly admit that this food is not only agreeable and strengthening, but also greatly tends to keep children fed on it in good health. I may add that I find Nestlé's Milk Food preferable to all other artificial products for infants, and it is in every respect a food to be recommended.—Dr. L. SAPOLINI, Consulting Physician to the Royal Family.

Florence, July 5th, 1875.—I have much pleasure in certifying, after repeated experiments upon foundlings both in good and bad health, that Nestlé's Milk Food is the only one that should be used as a substitute for the mother's milk, and I find it best supplies our wants in that direction. This food is readily taken by newborn children to whom it is given; they digest it easily, are quiet, sleep well, and the intestinal functions being performed with regularity, evidently proves that they are in health. These results have never been so completely attained by any other product up to the present day. Humanity ought to be thankful to Mr. Nestlé, and I am sure that those who are most reluctant to approve of anything new (and I am one of them) will, after giving it a trial, contribute to do justice to the merits of his Milk Food.—Dr. GIOVIANNI GATENI, Director of the Hospital of Innocents at Florence.

GERMANY.

Berlin, March 8th, 1871.—The Milk Food (Lacteous Farina), prepared by H. Nestlé, of Vevey, has been submitted to extensive trials in the Royal Nursery, and has rendered so many salutary services that I feel myself bound urgently to recommend its use, particularly in large cities where fresh milk of good quality is wanting.—Professor Dr. MARTIN, Private Consulting Physician.

Berlin, Dec. 24th, 1870.—For the purpose of chemical analysis I received a sample box of Milk Food (Lacteous Farina), invented by H. Nestlé, Chemist, of Vevey, Switzerland. After careful examination in my laboratory, I find that this very useful and well-known nourishment for children and weak persons contains, in a very assimilable form, all the organic and inorganic elements which are necessary for the formation of the human body, and which are represented in mother's milk. From a chemical point of view I therefore recommend its use.—Dr. SONNEN-SCHEIN, Professor of Chemistry, Royal University.

Leipsic, 1871.—Either alone, or in combination with the mother's milk, I prescribe Nestle's Milk Food as a food for infants, and in both ways find it to represent a most valuable substitute for mother's milk. Therefore I feel pleasure in recommending this useful preparation to the profession.—Professor Dr. CREDE, Private Consulting Physician.

AUSTRIA.

Vienna, August 16th, 1873.—For several months Nestlé's Milk Food (Lacteous Farina) has been extensively employed in the several establishments under my charge. It never produces diarrhœa nor vomiting, and gives, as a substitute for mother's milk, entire satisfaction.—Dr. FRIEDINGER, Director of the Hospital for Foundlings and Nurseries.

FRANCE.

Paris, October 12th, 1868.—In a theoretical as well as a practical point of view, you seem to have completely succeeded in solving a problem which interests in a very high degree public hygiene. The use of your farina will certainly soon reduce the great mortality which is one of the most active causes of the small increase in the French population. I give my entire approbation to your invention, which agrees with the ideas which my chemical researches have suggested to me. Young mothers should not hesitate to use your lacteous farina; it will give them a great security in bringing up their children, it will be none the less useful to wetnurses, whom it will be easy to regulate by giving them the farina only as it is needed, so that they may not relieve themselves too much of the duty incumbent upon them. Public charity will also find therein a greater guarantee of preservation for the young beings whose fate is entirely in its hands. The milk prepared with your farina is very quickly and easily obtained, and that is an advantage which I look upon as being likewise very important. Please accept, Sir, the assurance of my most distinguished regards.—J. A. BARRAL, Analytical Chemist.

SWITZERLAND.

Berne, April 4th, 1871.—Having in a great many cases employed Nestlé's Milk Food (Lacteous Farina), I am happy to state that this preparation obviates in a very high degree all objections we may have against a substitute for mother's milk. I did not hesitate to nourish my own children with this farina, and had the pleasure to see them prosper admirably, so much indeed that I will do my utmost towards bringing it into general use. In my opinion Mr. Nestlé has by his invention merited the thanks of the public at large.—Professor Dr. BREISKY.

EAST INDIES.

General Hospital, Madras, 12th February, 1876.—Have the honor with reference to memo. No. 1399, to inform you that the Milk Food was tried amongst the children attending the out-patient room, and that it is most favourably reported on. It was tried in cases of debility following acute diseases, and it was found that those taking it improved steadily in health and vigour; the mothers were most anxious to have the medicine (as they considered it) repeated.—M. C. FUNSELL, F.R.C.S., Senior Medical Officer, General Hospital, Madras.



Opinions of the Press.

"VICTORIA MAGAZINE,"-July, 1876.

We have great pleasure in calling attention to this Food as one of the best preparations for the nutrition of young children and invalids we ever tested. The basis of it is good Swiss milk and bread; it is pleasant to the taste, satisfying and easily digested, and those who once give it a practical trial will not be easily persuaded to relinquish so excellent an article of food, which promotes health, strength, and growth. We have lately seen its effect on a sickly, peevish infant, who has been restored to health, thanks to its nourishing properties. Its preparation is exceedingly simple. It has an established reputation abroad, and we trust such a valuable article of diet will soon be equally well known at home, for we regard it as of extreme value in the nutrition of children.

"JOHN BULL,"-February 3rd, 1877.

Those mothers who find it difficult to tempt their little ones to take food will hail with pleasure Nestlé's Milk Food. It contains all the strength-giving elements of the natural food, and is exceedingly easy of digestion.

"THE PRACTITIONER,"-August, 1877.

NESTLE'S MILK FOOD.—This preparation consists of milk evaporated in vacuo at a low temperature, and then mixed with starch which has been previously heated, so as to convert a considerable portion of it into dextrin. When children are brought up by hand this powder forms one of the best additions to, or substitutes for, milk, and deserves especial attention at this season, when diarrhœa, much of which is due to unsuitable feeding, is so common among infants.

"THE LANCET,"-August 5th, 1876.

NESTLE'S MILK FOOD.—So many varieties of infants' food are now sold that it becomes a matter of some difficulty to choose between them. Nestlé's Food is a light-brown powder, sweet and pleasant to the taste, and to a great extent soluble in water. It possesses the elements of milk and wheaten flour, is rich in the flesh-forming constituents of food, contains a due proportion of fat and of phosphates, and has the merit of being prepared in an attractive and convenient form. We may add that we have had experience of its successful use.

"MEDICAL TIMES AND GAZETTE,"-December 2nd, 1876.

The manufacture of a perfect, convenient, and not too expensive artificial food, suitable for young infants and children, is still one of the problems of the day, and our thanks are due to those who devote themselves to the solution of this difficult question; though it is hardly to be supposed that we shall ever be able to produce artificially that which nature, through the mother, provides for the infant; as, no doubt, there are subtle differences, even in the healthiest milks, which neither science nor art can fathom, and still less imitate. An exceedingly good artificial food is prepared by Mons. Henri Nestlé, of Vevey, in Switzerland. Its chemical analysis shows it to contain all the elements required for nutrition and growth. It is very agreeable to the taste, and being in the form of powder can be easily and safely carried about from place to place, while it is quickly prepared for use by the addition of water only. Our own trials of this food lead us to pronounce very favourably on it, and we recommend those mothers who are unable, or ought not to suckle their children, to try it. We remember, very many years ago, a nursery in which the artificial food used for numerous infants was almost exactly the same in composition as M. Nestlé's, consisting of well-baked wheaten flour, sugar, and cow's milk. It was an excellent and acceptable food, and M. Nestlé happily supplies it in a most convenient and handy form. The food is good, not only for infants and children, but it may also be taken with great advantage by those who are suckling, and anxious to improve the quality and increase the quantity of their milk. Lastly, invalids and convalescents will find it a simple, nourishing diet, and one which, while it pleases the palate, will materially aid their restoration to health and strength.

"MEDICAL PRESS,"-August 23rd, 1876.

HENRI NESTLE'S MILK FOOD .- This food, on being submitted to analysis gave the following results :--

Starch, cellulose, and	gum		 	38.81
Ash			 	1'49
Nitrogenous matter			 	8.00
Moisture			 	2'45
Fat			 	6.25
Saccharine matter		• • • •	 	43-

The starch in this sample appeared to be wheat starch, the granules of which had been broken by heat. The taste had a character indicative of a certain amount of cooking, but still very pleasant. From the above analysis it would appear that this preparation was very nearly a compound of one-third wheat starch, one-third sugar, and one-third the drietl ingredients of milk. The starch is in a form easy of assimilation, and the whole makes a food of a most agreeable and pleasant nature for children.

"THE COURT JOURNAL,"-February 26th, 1876.

-Children of tender years, who positively refuse all other kinds of made foods, enjoy heartily Nestlé's Milk Food, which needs but to be known to be highly appreciated. It is rich in phosphates and albumen, and may be had of all chemists.

"THE SUNDAY TIMES,"-February 20th, 1876.

The digestion of a child is seriously impaired, frequently, indeed, ruined, by having food of a too solid character given to it. It is fallacious to suppose that a natural substitute for human milk does not exist, which will produce the results; and in support of our statement we call our readers' attention to Nestlé's Milk Food, which thoroughly assimilates, and is found easy of digestion by the most delicate children.

"THE COURT CIRCULAR,"-February 19th, 1876.

A food which is well known throughout the Continent, called Nestlé's Milk Food, is being introduced here with considerable success. It is an excellent and palatable substitute for the milk naturally afforded to a child, and has the merit of being easily digestible.

"THE WEEKLY TIMES,"-February 27th, 1876.

Infant mortality is greatly increased by the carelessness of parents in giving their babes food which it is impossible for them to digest. It is therefore a pleasure to us to give publicity to a food which is an excellent substitute for mother's milk, called Nestlé's Milk Food. It is well known, and has a large sale on the Continent.

"PUBLIC HEALTH,"-March 17th, 1876.

A new milk food, manufactured by Mr. Henri Nestlé, of Vevey and London, is highly spoken of by the medical officers of the Maternity and Infant Hospitals of London, Paris, Vienna, and Berlin. The basis of the food is concentrated Swiss milk, with which is incorporated a little sugar and a specially prepared baked wheat powder. The food has received official recognition in France, Dr. Parrot, the Consulting Physician to the Board of Hospitals, in his report on the subject of infants' food, having spoken strongly in favour of this composition. Professor Lebert, of Breslau, declares the food is superior to human milk, if the latter is not from a good wet-nurse. In price the milk food compares very favourably with that of other similar preparations.

"THE COURIER,"-September 2nd, 1876.

NESTLE'S MILK FOOD.—One of the best preparations of condensed milk is certainly that which bears the name of "Nestlé," and which is prepared at Vevey, Switzerland; it forms an excellent light food for invalids, and is of great benefit for children, especially during such weather as has lately prevailed, when it is so difficult to keep fresh milk sweet.

"THE CHEMIST AND DRUGGIST,"-May 15th, 1876.

Nestlé's Milk Food, or Lacteous Farina, is a preparation of infants' food which comes to us with a high reputation from the Continent, and has in England already secured the good opinion of first-class authorities. It has been used largely in the North-Eastern Hospital for Children, London, and the physicians there, Dr. Bathurst Woodman, Dr. Earnest Sansom, and Dr. W. Cayley, speak of it in the highest terms. It is very agreeable in flavour, and combines the nourishment of wheat flour and Swiss milk in the form of a dry powder.

"LA FRANCE MEDICALE,"-May 26th, 1869.

An extract of an article by Dr. Monod, Professor of the Faculty of Medicine at the Academy of Paris, taken from the journal (La France Medicale) of May 26th, 1869.

I deem it useful to call the attention of physicians to this aliment, which seems to me destined to render great services in the nutrition of infants and children. Mr. Nestlé, a chemist of Vevey, has aimed at manufacturing for children of

Mr. Nestlé, a chemist of Vevey, has aimed at manufacturing for children of tender years an article of food easy of digestion, and possessing the same chemical bases as woman's milk.

He has at the same time published a brief and sensible Treatise, in which, after acknowledging that nothing can replace for a child its mother's milk, when the mother is really in a condition to fulfil all the duties of a good nurse, he shows the importance of finding some aliment analogous to mother's milk, when the latter is, as happens so often, deficient in quantity or quality.

Practical experience has already proved the correctness of the theory on which Mr. Nestlé's invention is based.

I have made frequent use of it, both for infants and for adult invalids, and almost always with perfect success. There are few babies who do not both take it with pleasure and digest it easily. I never hesitate to give it instead of cow's milk, where the mother's milk is deficient. Moreover, a pap made of this Farina is far preferable to all the soups, broths, &c., &c., generally given to children. This pap seems so digestible that I recommend it even for infants of the most tender age.

In his Treatise, Mr. Nestlé gives excellent directions as to the employment of his Lacteous Farina, and it is to be hoped that the use of it may become general.

"THE SANITARY RECORD,"-April 22nd, 1876.

This food, prepared in Switzerland, composed of milk, wheat, and a little sugar, by a new method of Mr. Nestlé's invention, comes to us endorsed by the recommendation of many eminent physicians, both English and foreign. The combination contains all the elements necessary for the complete nourishment of infants, and is an excellent food for children and invalids. For infants especially, its unvarying composition gives it a decided advantage over the feeding-pap frequently made without proper care by unskilled and careless persons. As an adjunct to a scanty supply of breast-milk Nestlé's milk food will be found of great value. A great argument in its favour is, that children like it very much, and take it with avidity, and, from the best evidence we can obtain, thrive on it. It is very easily prepared, with water only, and we recommend it to the attention of mothers and nurses as a wholesome, nutritious, and agreeable food, suitable for all ages and from the earliest periods of infancy.

"LA MODE ILLUSTREE,"-March, 1876.

A new food, bearing the very appropriate name of Nestlé's Milk Food (a perfect substitute for milk), has just been introduced here from Switzerland with every sign of permanent success. It contains a large proportion of the very best Swiss milk, condensed so that it is in the form of a dry powder instead of a liquid. Nestle's Milk Food contains all the requisite flesh and bone-forming elements, and may be safely recommended to the attention of mothers, medical men and nurses, who are in search of an easily digestible, thoroughly assimilating and nutritive food for infants and children of tender years. The sample sent me more than fully justifies the praise I have the greatest possible pleasure in awarding it, and that which I bought subsequently is *quite* equal to the sample sent me by M. Nestlé. It is most economical in use, requiring the addition of neither milk nor sugar, and the mode of preparation is simplicity itself.

"BOLTON EVENING NEWS,"-April 11th, 1876.

In these days we, in Bolton, have had such a lamentable experience of the effects of the consumption of milk, deficient in strength and tainted by the addition of water from a polluted stream, that we welcome cordially any substitute for the milk which we are obliged to purchase from the dairy farms.

Mr. Henri Nestlé, of Vevey, Switzerland, has endeavoured to supply this want by the introduction of an excellent compound of milk, sugar, and wheat flour. In the nourishment of young children, and also of invalids, milk forms so important an element that it is absolutely necessary, if health is to be preserved and strength attained, for its purity to be assured. Doubtless this end might be achieved by the application of a very stringent law of adulteration, but, apart from the difficulty of applying such an act, there is always the difficulty of the probable failure of the supply of English milk. In this case Switzerland comes to the rescue, and offers us through Mr. Nestlé an admirable product. Formed of the purest milk produced in a land where the farmers are so unsophisticated that the secrets of adulteration have not reached them ; sweetened by the addition of a little sugar, and strengthened by the assimilation of some wheat-flour, this lacteous farina is one of the most nutritious, pure, and agreeable foods that has ever been prepared. So at least very high medical authorities say, and their authority is sufficient to warrant us in very heartily recommending it for adoption.

"THE DOCTOR,"-June 1st, 1876.

This food, which has been recently introduced into England, is prepared from condensed Swiss milk and flour prepared in a peculiar manner. The milk is concentrated in an apparatus at a low temperature not exceeding 105° to 122° F. The temperature is so low that while it condenses it does not decompose the constituents. The flour has been baked so as to become transformed like breadcrust, which is well known to be nearly twice as nutritive as the crumb. Barral states that bread-crust contains more nitrogen than the juice of meat. The flour thus prepared is reduced to such a minute state of subdivision that starch cells are hardly ever to be found in it, as they are all broken up. This renders the powder much more easy of digestion, and obviates one of the great drawbacks of other kinds of food prepared for children. The powder is used mixed with about ten times its weight of water, or less if a thicker food be required. It forms a palatable, easily digested and very nutritious food. It is suited for adults in all cases of irritability of the digestive organs. Many physicians on the Continent, who have had large experience of its effects, speak most favourably of it as food for infants, and undoubtedly for those a few months old it is most excellent.

"MYRA'S JOURNAL,"-August 1st, 1876.

Some friends of mine have found so much benefit in their nursery by the use of Dr. Nestlé's milk powder, that I feel many will be glad to know of it. It is a substitute for mother's milk which appears to answer perfectly. Many a sweet infant has been lost for want of an easily-digested substitute for nature's fountain, and by over-nutrition or semi-starvation in consequence of the irregular condition of the milk supplied.

Dr. Nestlé's manufactory is at Vevey, Switzerland. One ounce of milk powder to ten ounces of water gives milk of an agreeable taste and good composition. The infant gets it in its bottle, always fresh, and at the temperature of the body (98° F.). This mixture is sufficient for an infant of one to two months. Children of three to four months should take two ounces of powder to ten ounces of water, and children of five to six months, this quantity twice a day; older ones three times a day. Of course there exists no definite fixed quantity for all cases; as to the proportion and repetition of these quantities one must be guided by the appetite and digestive powers. At Vevey, mothers often combine the use of the milk powder while nursing, if they have not enough milk, and are obliged to devote a great part of the day to their occupations.

No fear or anxiety need disturb the mother who can prepare the powder as required for her darling; indeed, the pretty pair who have been entirely fed upon Dr. Nestlé's food do such credit to the doctor that we call them the "Nestlings."

"BOSTON (U.S.) MEDICAL AND SURGICAL JOURNAL,"-November, 1876.

During last summer the attention of a number of physicians in this neighbourhood was called to a food for babies, little known here, Nestlé's Lacteous Farina, made in Vevey, Switzerland, the use of which has some decided advantages.

In one respect the food has a practical superiority over all the numerous foods that are in common use here, namely, it comes in a dry form, and yet only water, no milk, is required in preparing it for use. It is well known that bottle-feeding is made difficult, almost more than in any other way, by the changes that milk undergoes either at the hands of the milkman, or under atmospheric influences, or from want of care between the time when it leaves the cow and the time when the last of the evening's or morning's supply is given to the baby.

In preparing the food for use, one part is mixed with from six to ten parts of cold water, which is then boiled while stirring. This cooking may be entrusted with comparative safety to unskilled hands,—a very important matter,—for the food has no tendency to ball or cake, as farinaceous substances are apt to do, and it is not likely to burn. It is not even necessary to begin by making a smooth mixture with a portion of the water.

Ehrendorfer, assistant in Monti's poliklinik in Vienna, reports that this food was given to twenty insufficiently nourished and forty sick children from five to twenty months old. Of these, fifty-one continued to take it until they were well, while with nine it was discontinued either because they did not like it or because they did not improve. Medicine was also given in these fifty-one cases, but the good results were attributed largely to the food.

Ehrendorfer concludes that the food is especially valuable in making up for a deficient supply of mother's milk, and that it is also often serviceable in cases of diarrhœal diseases (the less so the younger the child), especially in diarrhœa consequent on weaning, when the most striking results appear to have been attained.

It is supplied in compact form, is easily cooked, is comparatively safe from the accidents from which milk often suffers, especially in the city; that most babies like it, and that it generally does not disturb the digestion and is nutritious.

FOR EXPORT. NESTLÉ'S MILK FOOD is put up in Tins, packed in lined cases when ordered specially for the Export Trade. Is highly concentrated and in a perfectly dry state. Will keep good in any climate. For Exportation the Food is a very desirable article, and is much sought after among English-speaking people in all parts of the globe. Its for Exportation the Food is a very desirable article, and is much sought after among English-speaking people in all parts of the globe. Its advantages as an article for export consists in Its uprity: The simplicity of its preparation for use; Its freahness in warm climates, where cow's milk soon becomes tainted. Each Canister is Soldered. Wooden Cases Free-Tin Linings Extra. No charge for Delivery to Docks. FOR FURTHER FARTICULARS CALL OR ADDRESS HENRI NESTLÉ, 7, BARBICAN, E.C.	NESTLE'S was the only Food rewarded with a Medal and Diploma at the Marseilies Exhibition, Medal and Diploma at the Paris Exhibition of 1874, and the device of 1874 and the paris Exhibition of 1874 and the device of 1874 and the
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