

Advice to mothers on the care and feeding of infants : with useful information for nursing mothers and invalids.

Contributors

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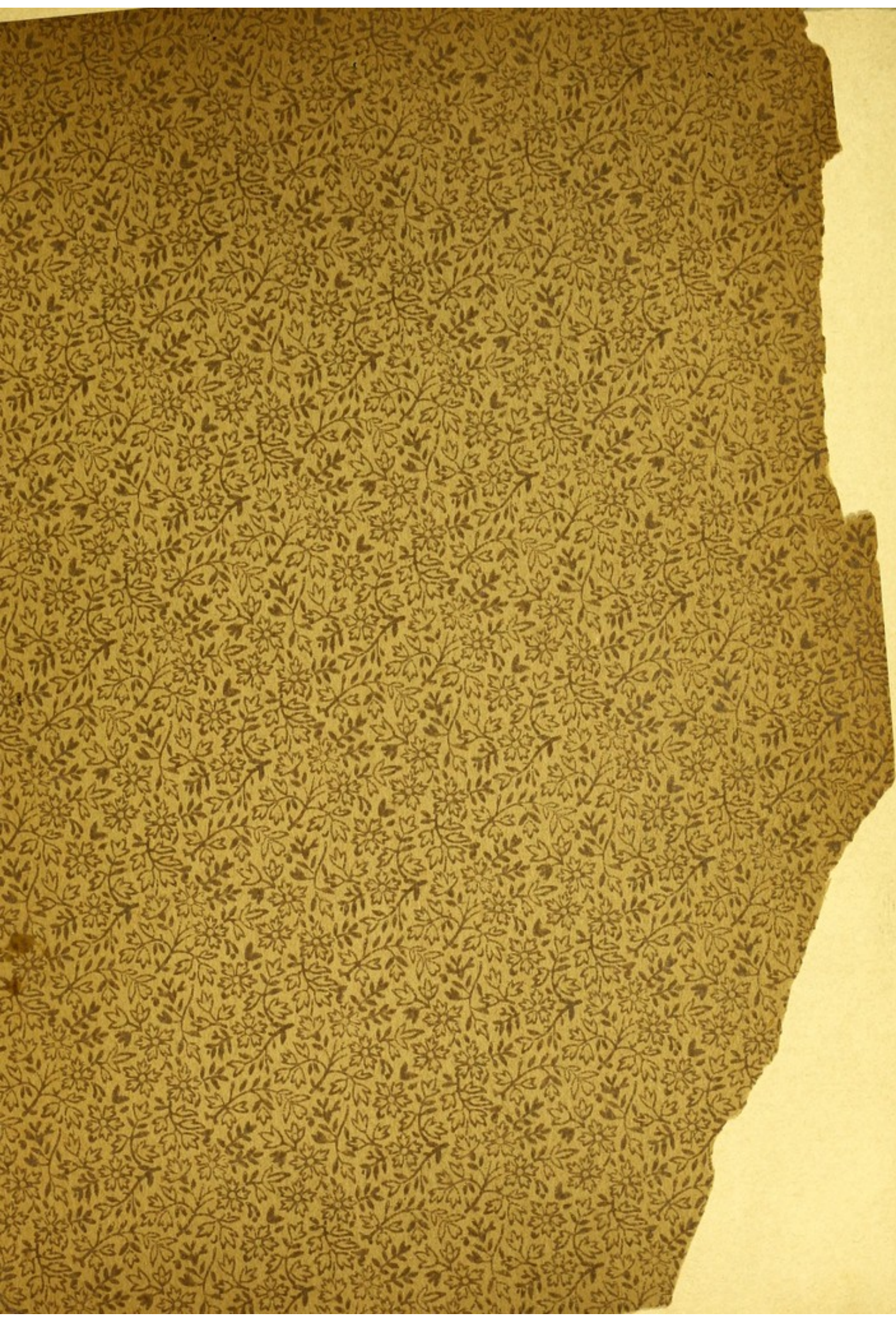
The CARE
and FEEDING
of INFANTS

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FADVICE TO MOTHERS ON
THE CARE AND FEEDING
OF INFANTS * WITH USE-
FUL INFORMATION FOR
NURSING MOTHERS AND INVALIDS



“ We'll talk now of the babe's surprise
When first he opens his new eyes,
And first receives delicious food.”

Twenty-first Edition

BOSTON
Doliver-Goodale Company
1896

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“No child can be well and contented if he does not receive suitable food in the proper manner. By appropriate nutrition are determined modifications of temperament and peculiarities of disposition which will fit children, if healthy and robust, for usefulness to the community and their country.”



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THE
Care and Feeding
OF
Infants.



IT has always been a problem how to provide suitable food for young children who are wholly or partially deprived of their natural nourishment, mother's milk, for many mothers, through no fault of their own, cannot nurse their babes, and must resort to hand-feeding. In such cases, infants can, with proper care, be successfully reared, but only when food adapted to their wants is used.

Dr. Routh, author of "*On Infant Feeding and its Influence on Life*," says: "The great mortality of infants is now no longer attributed so much to hand-feeding as to the injudicious manner in which it is generally conducted."

Dr. Eustace Smith, author of "*The Wasting Diseases of Infants and Children*," and one of the highest authorities on the treatment of infants, says: "There is another class of cases where nutrition is equally unsatisfactory, although the supply of food, as food, is liberal enough. These cases occur where weaning is premature, or where the child has been brought up by hand and the kind of food chosen to replace the natural nourishment is injudiciously selected, so that the limited digestive power of the child is unable to convert it into material necessary for the growth and development of the tissues. Here the diet substituted for the mother's milk, although nutritious enough in itself, yet supplies little nutriment to the infant. *A child is not nourished in proportion to the bulk of food he receives into his stomach. He is only nourished by the food he can digest.* Weakness in a child otherwise healthy, while it shows a deficient degree of nutrition, and therefore calls for an increased supply of nourishment, yet at the same time calls for increased care in the selection of the *kind* of food. There is a difference between food and nourishment. The very fact that the secretion of saliva in the young child does not become established until the third month after birth seems to indicate that before that age farinaceous articles of diet are unsuited to the infant, as saliva is one of the most important agents in the digestion of starchy foods."

Liebig says: "It is no mistake, but a fact, that the usual farinaceous foods are the cause of most of the diseases and of half the cases of death among all the babes in the country, as well as in all large towns."

Cow's Milk and Condensed Milk, although diluted, are also improper food for infants *when used alone*. To quote from **DR.**

ROUTH again : "Cow's milk, except the animal has been fed exclusively upon grass, is almost always *acid* in stall-fed cows ; human milk is always alkaline ; hence another reason why cow's milk disagrees with many children. The experiments of DR. MAYER, of Berlin, are particularly conclusive upon this point."

Dr. Eustace Smith says : "Even those children who are fed entirely upon cow's milk are not free from danger. Cow's milk contains a larger quantity of solid matters than woman's milk, owing principally to an increase in the amount of caseine (cheese). Children are, no doubt, frequently found to thrive upon this diet, their digestive power being equal to the demands made upon it. Others, however, and by far the larger proportion, are not equal to this daily call upon their powers. They cannot assimilate this mass of curd. Consequently, unless rejected by vomiting, it passes through them undigested ; their wants are not supplied, and they starve for lack of nourishment, although swallowing every day a quantity of milk which would be ample support for a much stronger and healthier infant. Such children are exceedingly restless and irritable.

In all cases where the food of an infant is found to be insufficient or unsatisfactory, the stools should be carefully examined, and if, as is so frequently the case, they are found to consist of pale, round, hard lumps, exhibiting in their exterior the cheesy appearance so characteristic of a mass of curd, we may, by taking the necessary precautions, succeed in providing the child with a diet he is capable of digesting."

THE ESSENTIALS OF A FOOD FOR INFANTS.

ALL authorities agree that the breast milk of a healthy mother is the best nourishment for a babe, and that it should be used for the sake of the mother as well as the child; under favorable conditions an infant will thrive on this diet.

There are, however, many mothers who are entirely unable to nurse their babes, and with many more the secretion of milk fails in a short time; sometimes the breast milk is so poor that the child's stomach is filled with a fluid which does not nourish him; in all such cases, an artificial substitute must be resorted to.

For perfect nutrition, four components are necessary in the food, namely:—

Carbohydrates,

Albuminoids,

Fatty Substances,

Salts.

These are found in the most digestible form and in perfect proportions for the young child, in the caseine, butter, sugar, and salts of human milk.

The caseine (albuminoid) supplies material for growth and renews the waste of the nitrogenous tissues—such as the muscles—and probably of the brain and nerves also; by its oxidation, after it has formed part of these tissues, it contributes to the production of animal heat.

The butter is essential to the formation of muscular and nervous tissues, and also aids, by its oxidation, in the production of heat.

The sugar (carbohydrate) is probably entirely heat-giving.

The salts supply constituents necessary to all the tissues and fluids of the body.

In the milk of animals, the proportions of the components deviate more or less widely from those in human milk. Cow's milk, which is usually selected as a substitute for mother's milk, contains a notably larger proportion of curd (caseine) but less sugar; although to an exceptionally robust infant this difference may be immaterial, yet for a child of ordinary digestive powers, it is necessary to so prepare the cow's milk as to make it closely resemble the natural food of which he has been deprived.

The following table, given in KÖNIG'S "*Chemie der Mensch. Nahrungs-und Genussmittel*," shows the variations between the component parts of woman's milk and cow's milk:—

COMPONENTS.						Woman's Milk.	Cow's Milk.
Water,	87.09	87.41
Sugar,	6.04	4.92
Caseine,	}	Albuminoids,	.	.	.	0.63	3.01
Albumen,			.	.	.	1.31	0.75
Fat,	3.90	3.66
Ash,	0.59	0.70
Reaction,	Alkaline.	Acid.

From this table the following important points appear:—

1. Woman's milk contains more sugar than cow's milk.
2. The albuminoids in woman's milk (1.94) are only about one-half the amount of those contained in cow's milk (3.76); but the amount of albumen (1.31) — that part of the albuminoids readily digestible and not coagulable by acids — is, in woman's milk, nearly double that in cow's milk; while in cow's milk the caseine (3.01) — that portion of the albuminoids difficult of digestion and coagulable by acids — is nearly five-fold greater than in woman's milk.
3. *Woman's Milk* is persistently *alkaline* in reaction.
4. *Cow's Milk* is *invariably acid*.

Cow's Milk must therefore be greatly modified before it can so closely resemble human milk in chemical composition and physical properties as to be suitable for an infant's use.

By dilution with water, the proportion of albuminoids can be made the same as in human milk, but the indigestibility of the caseine is not in the least overcome and must be remedied in some other way, since the albuminoids are of the utmost importance in the nutrition of infants as well as of adults. The amount of sugar, already too small, will be reduced to a much less proportion in the diluted cow's milk, and the mixture will still be acid in reaction instead of alkaline. Sugar is necessary for the functions of the respiratory organs, the production of bodily heat, and for supplying components necessary for the blood. Infants cannot obtain it from starchy food or from cane sugar, for these, before they can be assimilated, must be changed by the digestive fluids, which are very inadequately secreted by infants. "*Cane sugar is very liable to ferment in the alimentary canal, giving rise to irritant products that impede*

digestion." The amount of ash in cow's milk somewhat exceeds that in woman's milk, but it is found that the relative amount of potash salts is greater in woman's than in cow's milk; this deficiency must be supplied.

Dr. Eustace Smith says: "A more important difference is the denseness of the clot formed by the curd of cow's milk. Ample dilution with water does not affect this property. Under the action of the gastric juice, the particles of caseine still run together into a solid, compact lump. This is not the case with milk from the breast. Human milk forms a light, loose, flocculent clot, which is readily disintegrated and digested in the stomach. The difficulty which even the strongest children find in digesting cow's milk is shown by the masses of hard curd which a child fed exclusively upon this diet passes daily from the bowels. This difference between the two milks is answerable for much of the trouble and disappointment experienced in bringing up infants by hand; and unless measures are adopted to hinder the firm clotting of the caseine, serious dangers may arise.

In order, then, that cow's milk may be the same as human milk in chemical composition and physical properties, and therefore be fit for an infant's use, the proportion of sugar must be increased, the proportion of caseine must be reduced and made easily digestible, and it must be rendered alkaline.

Liebig, in devising his now famous formula for an infant's food, made use of the fact previously known that malt contains the ferment "diastase," which under proper conditions will convert starch into maltose (malt sugar) and dextrine, as starch is similarly converted by salivary diastase in the adult; this secretion, however,

is wanting in young infants. He directed that his food should be prepared from wheat, malted barley, water, cow's milk, and a slight amount of potash salts; correct and ingenious as are the principles upon which it is designed, the difficulty of its preparation is an objection so great as almost to forbid its use in the family.

Gustav Mellin, Chemist, London, England, after years of experiment, discovered a process of manufacturing it in a form adapted to general use. This food is easily prepared, supplies in suitable form the deficiencies which exist in cow's milk, makes the caseine readily digestible, and the milk alkaline; the sugar — maltose — is not fermentable, and therefore does not cause acidity of the stomach. It is the best substitute for mother's milk, not only for these reasons, but because when it is prepared the components are in the same proportion as in human milk. This is very important, since, as DR. N. A. RANDOLPH says: "The ratios existing in human milk between carbohydrate, fat, and proteid (albuminoid) cannot with safety be greatly altered in an artificial food for early infant life."

MELLIN'S FOOD

FOR INFANTS AND INVALIDS

is a Soluble, Dry Extract from Wheat and Malted Barley, consisting of Maltose, Dextrine, Proteids (Albuminoids), and Soluble Phosphates (Lime, etc.).

It is entirely free from cane sugar and starch, the starch having been transformed into maltose and dextrine by the malt diastase, and is alkaline. In combination with diluted cow's milk it produces an artificial food conforming in every respect to the requirements of LIEBIG's principles. It supplies the milk with needed constituents; *it assures the digestion of the milk by the infant*; it makes the albuminoids, which would otherwise be coagulated into a tough, hard curd in the stomach, light and flaky as in mother's milk; in short, the character of cow's milk is so changed by the addition of MELLIN'S FOOD that the mixture shows the closest approximation, chemically and physiologically, to human milk.

Two distinctive properties in MELLIN'S FOOD will be at once appreciated: *every atom is assimilable and nourishing*, so that, when dissolved and prepared, it is ready for immediate assimilation; it is free from husks and indigestible, inert matter that would cause irritation. The value of these properties will be still better

understood when it is remembered that the action of the bowels is far more rapid in infants than in adults; if its nourishing principles cannot be quickly assimilated, the food will pass uselessly away, or create an impediment.

Eustace Smith says: "Imperfect nutrition constitutes the commonest form of disease, and furnishes the most frequent form of death in infants."

By the use of MELLIN'S FOOD, and the exercise of proper care, those diseases which make such frightful havoc among infants — diarrhœa, convulsions, the various wasting diseases, etc. — are largely decreased, and their fatal results reduced to a minimum.

"There can be no doubt that the future health of a child can be influenced in a marked degree by its nutrition during the years of childhood. A somewhat extended observation of children's diseases has led me to the conclusion that many of the cases of general ill-health and enfeebled constitution are produced by preventable causes. Among these causes, there is no one so prominent as mal-nutrition, or defects in primary assimilation. There will be no dissenting voice from the proposition, that to have a healthy child we must have a well nourished one; not merely a fat, flabby form, but one in which *all* the tissues are well nourished. The diet of childhood is of more importance to the man and woman than most people appreciate." — E. D. BARTLEY, M. D., in "*The Brooklyn Medical Journal*."

A child should be given a strong constitution and good health, however, as well as saved from disease. It is to be regretted that many mothers do not commence the use of MELLIN'S FOOD until their infants are ill.

It must be borne in mind that MELLIN'S FOOD *is not a medicine*, and is not intended primarily for sick babies. It is the best artificial food for healthy, as well as for feeble infants.

DIRECTIONS.

READ CAREFULLY.

INFANTS.

It is impossible to prescribe exact quantities and proportions for a growing babe, since, as will be evident to every one, although a babe a week old and one eleven weeks old are both included in the classification of "under the age of three months," the one needs much less nourishment than the other, and judgment must therefore always be exercised regarding the proportions of MELLIN'S FOOD and milk needed by an infant. As the child grows, the quantities of MELLIN'S FOOD and milk used may be gradually increased so as to meet the requirements of the growing babe. It must be continually kept in mind that *a proportion of MELLIN'S FOOD sufficient to insure the thorough digestion of the milk must at all times be used*. If, at the beginning, one tablespoonful of MELLIN'S FOOD to a pint of the prepared food is not enough, add more MELLIN'S FOOD; if there is too much milk, decrease this, but at the same time increase the water enough to preserve the measure.

The MELLIN'S FOOD may be dissolved in hot (not boiling) water or in cold, and the milk may be added hot or cold. A very convenient method is to dissolve the MELLIN'S FOOD in a little hot (not boiling) water, and then add the remainder of the water and the milk. The essential thing is to get just the proportions of MELLIN'S FOOD, milk, and water suited to the individual case. It is best to prepare the MELLIN'S FOOD, milk, and water some time before it is required for use; this allows time for the MELLIN'S FOOD to thoroughly soften the curd of the milk. The prepared food must be kept on the ice or in a cool place, and in a covered jar so that it may not be contaminated, for milk readily absorbs odors.

Do not pour boiling water on Mellin's Food.

DELICATE CHILDREN AND INFANTS UNDER THE AGE OF THREE MONTHS.

One tablespoonful of Mellin's Food to a pint.

Take of

MELLIN'S FOOD, . . . One tablespoonful, heaping.
 Water, hot, not boiling, . One-half pint, or 16 tablespoonfuls.
 Milk, One-half pint, or 16 tablespoonfuls.

Dissolve the MELLIN'S FOOD in the water by stirring, and allow it to cool. When quite cold, add the milk, mix thoroughly, and place it on the ice. For young infants it is best to prepare the mixture of MELLIN'S FOOD, milk, and water several hours before it is needed. *If required for immediate use, prepare one-fourth or one-half this quantity, according to the age of the child, and give at once.*

As the child grows, the proportions of MELLIN'S FOOD and milk are to be gradually increased until the following proportions may be given :—

INFANTS OF SIX MONTHS AND OVER.

Two tablespoonfuls of Mellin's Food to a pint.

Take of

MELLIN'S FOOD, . . .	Two tablespoonfuls, heaping.
Water, hot, not boiling,	One-fourth pint, or 8 tablespoonfuls.
Milk,	Three-fourths pint, or 24 tablespoonfuls.

Dissolve the MELLIN'S FOOD in the hot water by stirring, then add the milk and mix thoroughly.

As the child grows older, the proportion of milk and the quantity of MELLIN'S FOOD may be still further increased, but when the proportion of milk is increased, the *quantity of MELLIN'S FOOD must be increased at the same time.*

When the infant is to be fed, *stir the mixture thoroughly*, pour out a sufficient quantity and warm it to the proper temperature over a lamp or fire; or pour it into the feeding-bottle and warm by placing the bottle in hot water.

Any food remaining in the bottle at the end of a meal must never be laid aside to be warmed for a subsequent meal, but must be thrown away; a second warming makes it unfit for use.

The first show of indifference is a sure sign that the infant has had enough, and the bottle should be at once removed from his sight and not given to him again until the time for another meal.

The proportions of Mellin's Food, milk, and water must be varied to suit individual cases, some infants requiring more of the MELLIN'S FOOD than others. In the majority of cases it is better to commence with a smaller proportion of milk than is directed. It is very important that sufficient MELLIN'S FOOD should always be added to insure the thorough digestion of the milk.

The prepared food should be given at a proper temperature. The mother or nurse should always try it herself before giving it to the babe, and when the liquid is comfortably warm to the mouth, it is of the right temperature (about 98° Fahrenheit). In a few instances it was found that MELLIN'S FOOD given cold suited the infant best; when this is the case it can be so used.

When it happens that a baby cannot retain milk upon his stomach, the MELLIN'S FOOD may be used dissolved *in water alone*, or in barley water, for a few days.* As thus prepared, it may, and often should, be given cold. When the stomach regains its tone, add milk gradually and with caution. (See page 25, *Diarrhœa and Cholera Infantum*.)

If the discharges from the bowels are green and watery, *scald the milk*; dissolve the MELLIN'S FOOD in the water, mix with the scalded milk and *strain through a cloth*.

The condition of the child's stomach and bowels can be easily regulated by varying the proportions of MELLIN'S FOOD,

* Barley water is made as follows: Take of best pearl barley three teaspoonfuls; wash it first with cold water, then with hot water; then boil it with a pint and a half of water slowly down to a pint, and strain; in this dissolve the MELLIN'S FOOD.

milk, and water. It should be remembered that an infant is ordinarily unable to digest cow's milk; the result may be either constipation, looseness of the bowels, or the vomiting of curds. *If a larger proportion of MELLIN'S FOOD is added to the milk and water, it will usually overcome any of these troubles.* MELLIN'S FOOD when added in sufficient quantity changes the properties of the milk, rendering it digestible.

If the first few meals of MELLIN'S FOOD produce a looseness of the bowels, this must not be mistaken for diarrhœa, for the evacuations of an infant should be semi-liquid, and in a day or two this normal state will be regularly observed.

The feeding-bottle, and especially the fittings, must be kept scrupulously clean. After each meal they should be washed and brushed out thoroughly, and kept in cold water until again required for use. It is better to have two bottles which should be used alternately.

CONDENSED MILK.

As the use of MELLIN'S FOOD with Condensed Milk instead of with fresh Cow's Milk is often advised by physicians, we give formulas for its preparation. These proportions are suitable for most infants, and MELLIN'S FOOD prepared according to these rules has been used with very gratifying results; it must be borne in mind, however, that the amounts of MELLIN'S FOOD and Condensed Milk must be varied to suit individual cases, some children requiring more MELLIN'S FOOD and others less milk than is directed in these formulas. A very young infant requires only a small amount of prepared food at each meal; as the child grows older

the quantity taken at a meal should be gradually increased. *In all cases, care must be taken that a sufficient proportion of MELLIN'S FOOD is used.*

MELLIN'S FOOD WITH CONDENSED MILK.

For a Very Young Infant.

Take of

MELLIN'S FOOD,	One level tablespoonful.
Condensed Milk,	One level tablespoonful.
Water, hot, but not boiling, . . .	One pint.

The proportions of MELLIN'S FOOD and Condensed Milk may be gradually increased, as found necessary, until the following quantities are used :—

For an Infant Three Months Old.

Take of

MELLIN'S FOOD,	One heaping tablespoonful.
Condensed Milk,	One heaping tablespoonful.
Water, hot, but not boiling, . . .	One pint.

The proportions of MELLIN'S FOOD and Condensed Milk may then be gradually increased, as found necessary, until the following quantities are used :—

For an Infant Four Months Old.

Take of

MELLIN'S FOOD,	Three level tablespoonfuls.
Condensed Milk,	Three level tablespoonfuls.
Water, hot, but not boiling, . . .	One pint.

The proportions of MELLIN'S FOOD and Condensed Milk may be again gradually increased, as found necessary, until the following quantities are used :—

For an Infant Six Months Old.

Take of

MELLIN'S FOOD, Two heaping tablespoonfuls.

Condensed Milk, Two heaping tablespoonfuls.

Water, hot, but not boiling, One pint.

The proportions of MELLIN'S FOOD and Condensed Milk may be still further gradually increased, as found necessary, until the following quantities are used :—

For an Infant Nine Months Old.

Take of

MELLIN'S FOOD, Three heaping tablespoonfuls.

Condensed Milk, Three heaping tablespoonfuls.

Water, hot, but not boiling, One pint.

After nine months of age the proportion of MELLIN'S FOOD and Condensed Milk may be gradually increased if it is found to be desirable.

GENERAL DIRECTIONS.

VARY THE PROPORTIONS.

It is difficult, perhaps impossible, to give fixed rules for the preparation of food, or to prescribe the exact quantity to be given for a meal, since some infants are healthy, strong, and constitutionally perfect; some are ailing, weak, and without stamina; and some,

like adults, require twice as much food as others. It is therefore incumbent on mothers and nurses to use their own discretion in mixing and administering MELLIN'S FOOD. *By a little patient experiment, the proper proportions of MELLIN'S FOOD, milk, and water, the right quantity for a meal, and the proper temperature for each individual case can soon be determined,* but in all cases it is necessary that an amount of MELLIN'S FOOD sufficient to insure the digestion of the milk should be used.

HOW OFTEN SHALL THE CHILD BE FED?

The frequency, the quantity, and the rapidity with which infants are fed are of importance, as well as the quality of the food. For the first two or three weeks the quantity given at each feeding should be moderate, but the meals should be frequent; three to six tablespoonfuls every two hours will generally be sufficient. This quantity should be gradually increased as the child grows older, and at the same time the child may be fed less often. Experience has shown that in some cases an infant should not be fed oftener than every *three* hours during the day-time. If the infant be dissatisfied or ravenous after a meal which in quantity seemed sufficient, a little more MELLIN'S FOOD may be added, with possibly a little less water and a little more milk. Any food remaining in the bottle at the end of a meal must never be laid aside to be warmed for a subsequent meal, but must be thrown away; a second warming makes it unfit for use. The child should not be allowed to suck the bottle, even for a moment, after the contents are exhausted, since air will then be swallowed, which will cause great discomfort.

Care must always be taken that the meals are not too frequent or too large in quantity. "Mothers are inclined to overfeed their

children. If the stomach be constantly overloaded, even with a digestible diet, the effect is almost as injurious as if the child were fed upon less digestible food in more reasonable quantities. It is a great mistake to accustom a child to take food whenever he cries." When a child is hungry he must be fed, but all cries are not from hunger, and a mother should learn to distinguish them. Regularity in meal hours is of much importance also. An infant should be fed at stated intervals only; it will soon be learned how often he needs food.

POSITION WHEN FEEDING.

Another important point is the position when feeding. As a rule, when a feeding-bottle is used, the child should be held in a recumbent position, as when taking the breast, for not only is a loss of bodily heat thereby prevented, but the digestion will proceed more satisfactorily. A consumer of MELLIN'S FOOD complained that the vomiting, which had existed for some time previous to using the FOOD, had not been arrested. Upon inquiry it was found that the child was placed, when feeding, in a prostrate position, lying in his cot with his feeding-bottle. The half-reclining attitude in his mother's lap was recommended; the vomiting instantly ceased, and the child began to thrive upon his new food.

MILK.

The milk used for an infant should be pure, fresh, cow's milk, of good quality. Average country milk from a herd of good cows is generally more satisfactory than what is ordinarily known as "one cow's milk." Milk containing a large amount of curd

(cheesy milk) should be avoided. During warm weather milk should be placed on the ice, or in a cool, dry cellar, and kept in a covered jar so as to avoid contamination, for it will very quickly absorb odors and impurities.

As pure cow's milk may vary somewhat in its constituents and conditions, it has been found that it is sometimes advisable to *change the source of supply*; milk from one source may be unsuited to the digestive powers of the infant, while that from another source will give entire satisfaction. Milk which shows no impurity by appearance, taste, or chemical analysis, and which agrees perfectly well with an adult, will sometimes disagree seriously with an infant. Through improper feeding, or *at certain times for other reasons*, a cow's milk may be unfit for an infant's use and may produce illness, which should not be attributed to MELLIN'S FOOD; the trouble will cease upon the change of milk.

THIRST.

A baby often suffers from thirst, and this may be mistaken for hunger. A little cool water should be frequently given, a teaspoonful at a time to a very young baby. There will then be much less danger of overfeeding. The possibility that the child may be thirsty and not hungry seems rarely to be entertained. A liquid food is not at the same time a drink, which is capable of satisfying the thirst of an infant; often a child cries from nothing but thirst.

CONSTIPATION.

As before stated, this trouble is caused by the inability of the child to properly digest the milk, and therefore a larger propor-

tion of MELLIN'S FOOD must be added ; in some cases it is advisable to decrease the proportion of milk at the same time. Between the feedings, cool water should be given to the baby, and should be used freely upon the first indication of constipation. Care should be taken to keep the feet and limbs always warm. "With feeble digestion comes constipation, or its opposite, diarrhœa." — DR. LOUIS STARR, in "*Hygiene of the Nursery.*"

DIARRHŒA AND CHOLERA INFANTUM.

A child who is ill with cholera infantum should be under a physician's care, and these directions are only for the preparation of MELLIN'S FOOD in such cases. When a baby, sick with diarrhœa or cholera infantum, or much reduced by digestive disturbance, cannot retain milk upon his stomach, no hope of relief can be entertained until this is excluded from the diet, since it seems at such times to act as an irritant. In such cases, *MELLIN'S FOOD should be prepared with water alone*, or with barley water, dissolving a tablespoonful of the FOOD in half a pint of the hot liquid. As thus prepared, it may, and often should, be given cold ; and if the vomiting or purging is severe, a teaspoonful only should be given at a time, repeating it at intervals of ten minutes. When the vomiting and purging have been arrested, the child can be allowed to suck from the bottle. After a couple of days have elapsed without the return of these symptoms, a little milk may be cautiously added to the diet ; this may be very gradually increased as the child's stomach can bear it. In the summer diarrhœa of infants, the child may seem to be hungry when, in reality, it is thirsty, and, food being given, his stomach is overtasked and the complaint is aggravated. Water should therefore be frequently

given to the child. Cold is a common cause of diarrhœa in children, and care should be taken to shield them from sudden change of temperature.

VOMITING.

If the prepared food in any case seems to disagree, the mother or nurse should at once satisfy herself whether the fault is with the milk, with the method of preparation of the FOOD, or the way in which it is given. Sometimes milk from one source disagrees when milk from another agrees perfectly; too large a quantity of the prepared food may have been given at once; the meals may have been too frequently repeated; the milk, originally sweet, may have turned sour from keeping, or be at the point of turning; or the whole secret may lie in a slight uncleanness of the feeding apparatus, which has escaped notice. If the baby cannot retain milk on his stomach, MELLIN'S FOOD dissolved in warm water only, can be used for a few days; it is often best to give it cold (never lukewarm), in small amount frequently repeated. In some cases MELLIN'S FOOD dissolved in barley water has given excellent results. A rule for preparing barley water will be found on page 18. As soon as the stomach gains tone, a small quantity of milk may be added, which should be increased gradually and cautiously.

THE FEEDING-BOTTLE.

For successful hand-feeding, the food must be given in a proper manner, and therefore care must be taken to select a suitable feeding-bottle. The shape must be such that it can be quickly, easily, and thoroughly cleaned. Avoid bottles every part of which

is not readily accessible. After each meal the feeding-bottle must be washed and brushed out thoroughly, and then kept in cold water until needed. The best plan is to have two bottles, to be used alternately.

The fittings should be as few and simple as possible. It is almost impossible to keep a long rubber tube sweet. A rubber nipple stretched over the mouth of the bottle is best. It should be of such size and shape (conical is the best) that it can be readily turned inside out in order to properly clean it; the opening in the top must be of such size that the milk will not flow through without suction, since if it is too large the child will eat too fast. After each meal the nipple should be thoroughly washed and brushed on the outside, then turned inside out and the inside similarly cleaned.

Both bottle and nipple must be kept scrupulously clean. To the disregard of this, however slight, may be traced, without doubt, a large proportion of the illnesses of children. The sense of smell will sufficiently indicate whether the bottle and its fittings are in a proper condition. "I would recommend any one interested in the subject to go into the nearest nursery and cut open the tube of a nurse-bottle, and smell it. He would then, I think, do as I have done, banish such elegant contrivances in favor of the older form."

— *British Medical Journal*.

IMPROPER FOOD.

When improper food has been given to an infant, in the shape of starch, or simply milk and water, the want of the maltose form of sugar, which is the heat-producing substance, is soon recognized; the heat in the child's body quickly wanes, and dis-

orders of respiration and circulation follow. The addition of cane sugar does not supply the lack of maltose sugar, since, as before stated, it must be changed by the digestive fluids before it can be assimilated, and these fluids are inadequately secreted by infants. "I admit that with farinaceous feeding, an increase in the bulk of the infant is speedily obtained, but I also know that health in the future is risked by this practice. Children fed in this way, declare their weakness usually about the end of the first year." — LEWIS W. MARSHALL, M.D., Hon. Surgeon, Children's Hospital, Nottingham, England. (*London Lancet.*)

The prevalent idea that thick food is the most nourishing, is very erroneous; thick pap cannot be digested at all, much less can it be nourishing. Mother's milk is quite thin, yet very nourishing, and it is a great advantage that MELLIN'S FOOD when prepared for use, is thin like breast milk. The digestive organs of an infant are exceedingly delicate, and liable to be deranged by apparently trifling causes.

KEEP THE BABY WARM.

Although the infant is being fed with proper heat-yielding food, nevertheless due care must be exercised and every means used to maintain the warmth of the little one. Do not, therefore, send him out in too cold weather, or, if it is necessary to do so, clothe him warmly to prevent loss of heat. Let the infant be warm in his cot, and well covered when out of it. Above all, let him be held in the arms when feeding, since by holding a child close to the body, not only is the escape of heat prevented, but additional warmth is given. *Keep the feet warm.*

A BABY'S RECORD.

THE following account of a case of infant feeding in which MELLIN'S FOOD was used with most gratifying results, is printed in the belief that it will prove useful to many mothers.

The baby was born on June 20, 1884, and weighed at birth eight and one-quarter pounds. She was at first nursed by the mother, but on account of an insufficient supply of the mother's milk, the use of MELLIN'S FOOD was begun when she was eighteen days old. On August 17, when two months old, she ceased nursing, and from that time until she was fifteen months old, in October, 1885, she had absolutely no other nourishment than MELLIN'S FOOD, prepared as here stated.

Manner of Preparing.—The MELLIN'S FOOD was always weighed; the milk and water measured in a graduated glass measure; for the convenience of others the quantities in the tables are given in grains and ounces, and also in teaspoonfuls and tablespoonfuls. One even teaspoonful of MELLIN'S FOOD weighs forty-five grains; two tablespoonfuls of liquid make one ounce.

The food was prepared by dissolving the required quantity of MELLIN'S FOOD in the water. The water may be hot or cold as preferred, but *not boiling*. It may be dissolved in a little hot water, and the remainder of the water may be added cold. This will save time, as the mixture of the MELLIN'S FOOD and water must be cold

before adding the milk. After the milk is added, stir the mixture and place it on the ice, or in a cold place; when wanted for use, stir thoroughly and heat to the proper temperature. During the first six or eight months it is better to prepare the child's food several (12) hours before using; after that time it is of less importance to do so.

Quantity Prepared.—The quantity prepared was always five ounces or ten tablespoonfuls, or this quantity repeated two, three or four times or more. *When the milk was increased, the water was diminished.* When the milk was increased, the MELLIN'S FOOD was increased at the same time. The reason for this will be found in its proper place in this book. The MELLIN'S FOOD and milk were increased whenever it was noticed that the baby was not satisfied with her meals. Some infants may require the increase at longer and others at shorter intervals than those stated here, so that the rules must not be blindly followed in this respect. A mother should watch her child closely, varying the amounts of MELLIN'S FOOD and milk as she finds it necessary.

Frequency of Feeding.—The baby was fed about every two hours during the day when awake, or say six times; and once in the night. When she was about five months old she ceased of her own accord to require the feeding in the night.

The Quantity Consumed at a feeding was small at first—about three or four tablespoonfuls—and it was gradually increased as she grew and needed more.

Remember that these are not inflexible rules, to be followed implicitly—they are intended as suggestions. Every mother,

by a little patient trial, must ascertain the peculiarities and idiosyncrasies of her child, and accommodate herself to them, precisely as she varies his clothing, the temperature of his bath, and a hundred other matters which concern his comfort and welfare; and when the baby's wants are satisfied he will be contented and "good."

"The successful rearing of an infant by artificial means is not a difficult matter. It requires intelligence and tact; but, above all, it requires watchfulness. If we are vigilant to detect the first signs of discomfort, and at once modify the diet accordingly, we may be sure of preserving a healthy tone in the stomach, and warding off all the accidents to which a child less carefully nurtured might possibly succumb."—DR. EUSTACE SMITH.

TABLE OF FORMULAS.

BABY BORN JUNE 20, 1884. WEIGHT, 8¼ POUNDS.

4 teaspoonfuls = 1 tablespoonful.

32 tablespoonfuls = 1 pint.

JULY 8, 1884. — AGE, 18 DAYS.

Mellin's Food,	-	-	45	grains	-	-	1	even	teaspoonful
Water,	-	-	3½	ounces	-	-	7	tablespoonfuls.	
Milk,	-	-	1½	ounces	-	-	3	tablespoonfuls	

JULY 21, 1884.—AGE, 1 MONTH.—Weight, $9\frac{3}{4}$ Pounds.

Mellin's Food,	-	-	60	grains	-	-	$1\frac{1}{3}$	even teaspoonfuls
Water,	-	-	$3\frac{1}{2}$	ounces	-	-	7	tablespoonfuls.
Milk,	-	-	$1\frac{1}{2}$	ounces	-	-	3	tablespoonfuls.

JULY 27, 1884.—AGE, 5 WEEKS.—Weight, $10\frac{1}{2}$ Pounds.

Mellin's Food,	-	-	75	grains	-	-	$1\frac{2}{3}$	even teaspoonfuls.
Water,	-	-	$3\frac{1}{2}$	ounces	-	-	7	tablespoonfuls.
Milk,	-	-	$1\frac{1}{2}$	ounces	-	-	3	tablespoonfuls.

AUGUST 3, 1884.—AGE, 6 WEEKS.

Mellin's Food,	-	-	75	grains	-	-	$1\frac{2}{3}$	even teaspoonfuls.
Water,	-	-	3	ounces	-	-	6	tablespoonfuls.
Milk,	-	-	2	ounces	-	-	4	tablespoonfuls.

AUGUST 11, 1884.—AGE, 7 WEEKS.

Mellin's Food,	-	-	105	grains	-	-	$2\frac{1}{2}$	even teaspoonfuls
Water,	-	-	3	ounces	-	-	6	tablespoonfuls.
Milk,	-	-	2	ounces	-	-	4	tablespoonfuls.

SEPTEMBER 6, 1884.—AGE, 11 WEEKS.—Weight, 14 Pounds.

Mellin's Food,	-	-	120	grains	-	-	$2\frac{2}{3}$	even teaspoonfuls
Water,	-	-	$2\frac{1}{2}$	ounces	-	-	5	tablespoonfuls.
Milk,	-	-	$2\frac{1}{2}$	ounces	-	-	5	tablespoonfuls.

SEPTEMBER 12, 1884.—AGE, 12 WEEKS.

Mellin's Food,	-	-	125	grains	-	-	$2\frac{3}{4}$	even teaspoonfuls.
Water,	-	-	$2\frac{1}{2}$	ounces	-	-	5	tablespoonfuls.
Milk,	-	-	$2\frac{1}{2}$	ounces	-	-	5	tablespoonfuls.

SEPTEMBER 20, 1884.—AGE, 3 MONTHS.—Weight, 15
Pounds.

Mellin's Food,	-	-	125 grains	-	-	2 ³ / ₄ even teaspoonfuls.
Water,	-	-	2 ounces	-	-	4 tablespoonfuls.
Milk,	-	-	3 ounces	-	-	6 tablespoonfuls.

OCTOBER 2, 1884.—AGE, 3¹/₂ MONTHS.

Takes from **4** to **6** ounces, or from **8** to **12** tablespoonfuls, at a feeding during the day; **8** ounces, or **16** tablespoonfuls, at night.

NOVEMBER 6, 1884.—AGE, 4¹/₂ MONTHS.

Mellin's Food,	-	-	130 grains	-	-	3 even teaspoonfuls (nearly).
Water,	-	-	2 ounces	-	-	4 tablespoonfuls.
Milk,	-	-	3 ounces	-	-	6 tablespoonfuls.

NOVEMBER 23, 1884.—AGE, 5 MONTHS.—Weight, 18
Pounds.

Mellin's Food,	-	-	135 grains	-	-	3 even teaspoonfuls.
Water,	-	-	2 ounces	-	-	4 tablespoonfuls.
Milk,	-	-	3 ounces	-	-	6 tablespoonfuls.

Sleeps from **7** P.M. till **6** A.M.

DECEMBER 15, 1884.—AGE, 6 MONTHS.—Weight, 19¹/₂
Pounds.

Mellin's Food,	-	-	150 grains	-	-	3 ¹ / ₂ even teaspoonfuls (nearly).
Water,	-	-	1 ¹ / ₂ ounces	-	-	3 tablespoonfuls.
Milk,	-	-	3 ¹ / ₂ ounces	-	-	7 tablespoonfuls.

JANUARY 5, 1885.—AGE, 6¹/₂ MONTHS.—Weight, 20¹/₄
Pounds.

Mellin's Food,	-	-	155 grains	-	-	3 ¹ / ₂ even teaspoonfuls.
Water,	-	-	1 ¹ / ₂ ounces	-	-	3 tablespoonfuls.
Milk,	-	-	3 ¹ / ₂ ounces	-	-	7 tablespoonfuls.

JANUARY 26, 1885.—AGE, 7 MONTHS.

First tooth.

FEBRUARY 11, 1885.—AGE, $7\frac{3}{4}$ MONTHS.

Second tooth.

FEBRUARY 27, 1885.—AGE, 8 MONTHS.

Third tooth.

MARCH 9, 1885 — AGE, $8\frac{1}{2}$ MONTHS.

Mellin's Food,	-	-	160	grains	-	3 $\frac{1}{2}$	even teaspoonfuls (full).
Water,	-	-	1 $\frac{1}{2}$	ounces	-	3	tablespoonfuls.
Milk,	-	-	3 $\frac{1}{2}$	ounces	-	7	tablespoonfuls.

MARCH 12, 1885.—AGE, 9 MONTHS.

Drinks about two and a half pints in the twenty-four hours.

MARCH 17, 1885.—AGE, 9 MONTHS.

Fourth tooth.

AUGUST 1, 1885.—AGE, 13 MONTHS.—Weight, 23 Pounds.

Mellin's Food,	-	-	165	grains	-	3 $\frac{1}{2}$	even teaspoonfuls (fuller).
Water,	-	-	1	ounce	-	2	tablespoonfuls.
Milk,	-	-	4	ounces	-	8	tablespoonfuls.

AUGUST 20, 1885.—AGE, 14 MONTHS.

Has seven teeth.

OCTOBER 1, 1885.—AGE, 15 MONTHS.

Mellin's Food,	-	165	grains	-	3 $\frac{1}{2}$	even teaspoonfuls (fuller).	
Water,	-	-	$\frac{1}{2}$	ounce	-	1	tablespoonful.
Milk,	-	-	4 $\frac{1}{2}$	ounces	-	9	tablespoonfuls.

OCTOBER 22, 1885.—AGE, 16 MONTHS.

Two back teeth discovered to-day, entirely through.

OCTOBER 25, 1885.—AGE, 16 MONTHS.

Another back tooth.

DECEMBER 8, 1885.—AGE, 18 MONTHS.

Mellin's Food,	-	175	grains	-	4	teaspoonfuls.
Water,	-	-	$\frac{1}{2}$ ounce	-	1	tablespoonful.
Milk,	-	-	$4\frac{1}{2}$ ounces	-	9	tablespoonfuls.

FEB. 2, 1886.—AGE, 19 $\frac{1}{2}$ MONTHS.—Weight, 26 $\frac{1}{2}$ Pounds.

Has twelve teeth. Sleeps from **6.30 P.M.** till **7.30 A.M.**

March, 1886.—She is a stout, plump, rosy-cheeked baby — happy all day long. She goes out every pleasant day. Her diet now is as follows :—

8 A.M.—A bottleful of Mellin's Food and milk prepared as on December 8, 1885. The bottle holds ten ounces (a coffee-cup holds eight ounces, or half a pint).

10.30 A.M.—Same as at 8 A.M.

12.30 P.M.—Half a pint of milk poured upon a slice of bread — sometimes white bread, sometimes "graham," or whole wheat bread; a baked apple or a little tapioca pudding, or baked or boiled rice pudding. She will not take eggs; she has never tasted meat.

4 P.M.—Same as at 8 A.M.

6.30 P.M.—Same as at 8 A.M.

GROWING CHILDREN.

“UPON the feeding and housing of the child for the first ten years of its life will depend largely its physical and mental capacity.” During the period of active growth and development of the body, a child may be languid and disinclined to either bodily or mental exertion. This condition often demands food which can be promptly assimilated. MELLIN'S FOOD prepared with milk will relieve the languor by supplying nourishment which at once enters the circulation. The directions given here for preparing MELLIN'S FOOD need not, as in the case of infants, be followed exactly. *The amount of MELLIN'S FOOD may be increased or diminished to suit the taste or needs of the child. It may be dissolved in clear milk, or milk and water, or water only; it may be salted or flavored, and can be used hot or cold; it may be added to a cup of cocoa, or eaten sprinkled on bread or toast.*

Take of

MELLIN'S FOOD,	One to two tablespoonfuls.
Milk,	One-half pint.

Dissolve the MELLIN'S FOOD in a little hot water and mix it with the milk. Salt or flavor if desired.

Take of

MELLIN'S FOOD, One to two tablespoonfuls.

Milk, One-half pint.

One egg.

A pinch of salt.

Beat the egg thoroughly and add to the MELLIN'S FOOD and milk. Sweeten or flavor if desired.

As much of either of these mixtures as is desired may be taken midway between meals and at bed-time; or at any time when the need of it is felt. It should be sipped slowly, and it is often best relished when quite cold.

“Whatever the career which lies before the boy or girl, good health will assuredly be one of the prime conditions of success.”—
London Lancet.

NURSING MOTHERS.

MELLIN'S FOOD is a great boon to Nursing Mothers, especially to those with whom ordinary food does not make up for the drain upon the system, possessing as it does satisfying and nourishing properties of a very high order. It is far superior to malt liquors, which are so often resorted to by nursing mothers to increase the flow of milk, since it not only increases the quantity but also improves the quality of the milk. The mother's strength is sustained and at the same time the child is well nourished. Its efficacy is attested by physicians who have prescribed it and by mothers who have used it. Some interesting testimonials relating to this subject will be found on page 67. It may be used as directed below or prepared to suit the taste, the proportion of MELLIN'S FOOD being increased or diminished as is found agreeable; it may be taken freely as often as is desired.

Take of

MELLIN'S FOOD, One or more tablespoonfuls.

Milk, One-half pint.

Dissolve the MELLIN'S FOOD in the milk; add a little salt if desired. *It is most generally relished cold.* If more agreeable, it may be prepared by dissolving in water instead of milk.

INVALIDS.

THE subject of food, important as it is to a person in health, is of greater importance to the invalid or one acutely ill. "The comfort, vigor, and efficiency of life depend upon the waste of the system being satisfactorily supplied, and any deficiency will result in injury. Now if this be true in a healthy condition, much more is it enforced when disease increases the waste." "In chronic or acute diseases in which repair of the tissues is needed, the administration of food should be as carefully regulated as in early life."

Ordinary diet is, of course, inadmissible. The food must be suited to the patient's enfeebled condition — be readily digestible, nutritious, and given in a proper manner. The great value of predigested carbohydrates in acute disease and all forms of malassimilation among adults is now well known. Such soluble carbohydrates are found in typical form in MELLIN'S FOOD, the starch therein having been transformed into maltose by the action of malt diastase, in the same manner and with the same result as by the action of salivary diastase in the process of digestion. "Malt plays an important part in predigesting the starchy foods, converting them into saccharine carbohydrates, which are the final products of the physiological digestion of amylaceous substances."

MELLIN'S FOOD is therefore *ready for immediate assimilation* by the digestive tract, and its nourishing and sustaining powers are at once felt by the system.

Dr. J. Milner Fothergill, in his "*Manual of Dietetics*," says: "A suspicion that there is a difference between merely getting food down into the stomach and its digestion, is abroad; and that a tablespoonful of milk and MELLIN'S FOOD which is digested, is really better for the patient than a beefsteak which simply passes through the alimentary canal. To supply to the much-tried organism that which it really requires is to give the most efficient help to it."

In all cases of enfeebled digestion, whether from chronic or acute illness, as in Dyspepsia, Consumption, Nervous Prostration, and Fever, its usefulness is now unquestioned.

Take of

MELLIN'S FOOD, One to two tablespoonfuls.
Milk, One-half pint.

Dissolve the MELLIN'S FOOD in a little hot water and add the milk. Salt or flavor if desired. If made some time before it is needed, this preparation acquires a creaminess which is very appetizing.

Take of

MELLIN'S FOOD, Two tablespoonfuls.
Water, hot, but not boiling, . . . One-quarter of a pint.
Milk, Three-quarters of a pint.
Best Brandy, One teaspoonful.

Dissolve the MELLIN'S FOOD in the hot water by stirring, then add the milk and brandy. A little nutmeg or other flavoring may

be added if desired. Instead of the brandy, a tablespoonful of port or sherry may be substituted.

Take of

MELLIN'S FOOD, Two tablespoonfuls.
 Water, hot, but not boiling, . . . One-quarter of a pint.
 Milk, Three-quarters of a pint.
 Best Brandy, One teaspoonful.
 The yolk of two eggs.

Dissolve the MELLIN'S FOOD in the hot water by stirring; beat the yolk of the eggs thoroughly, and add this with the milk and brandy to the dissolved MELLIN'S FOOD. Flavor or salt to the taste. A tablespoonful of wine — port or sherry — may be used instead of the brandy.

These preparations of MELLIN'S FOOD with milk will be well borne by a weak or dyspeptic stomach when taken warm; in most cases, however, they will be more keenly relished and be more acceptable to the stomach if kept on the ice for five or six hours before use, *the patient using them as cool as is grateful to the taste.*

Take of

MELLIN'S FOOD, One tablespoonful.
 The yolk of one egg.

Beat the yolk of the egg thoroughly, and add the MELLIN'S FOOD dissolved in a little warm water; sweeten to taste. This is an excellent preparation in irritability of the stomach.

Take of

MELLIN'S FOOD,	One tablespoonful.
Sweet Cream,	Two tablespoonfuls.
Sugar,	Two tablespoonfuls.
Milk,	One-half pint.
Two eggs.	
A pinch of salt.	

Beat the eggs, sugar, and cream together, add the milk, and place in a dish of boiling water or over the tea-kettle. Stir constantly until the mixture thickens a little, take from the fire and stir three or four minutes longer. Then add the MELLIN'S FOOD dissolved in a little hot water and mix well. A teaspoonful of brandy or a tablespoonful of wine may be used, or any flavoring which is agreeable.

MEDICAL OPINIONS.

Dr. Eustace Smith, of London, says: "Mellin's Food is by far the best of any with which I am acquainted. It seems to agree equally well with children whether they are healthy or diseased."

Dr. John Tanner, of London, says: "I am fully convinced that there is no other preparation that contains such nutritive properties for the rapid production of healthy structure in the child as Mellin's Food. I therefore always recommend it in preference to any other kind of diet."

Dr. Arthur Meigs, of Philadelphia, Physician to the Pennsylvania Hospital and to the Children's Hospital, says: "Of all the baby foods that are manufactured, the only one that has given me such results as to encourage me to persevere in its use for any great length of time, and to recommend it extensively, is Mellin's Food."

Dr. William Lee, of Baltimore, says: "Mellin's Food has been used by me for the past four years with great success, particularly with very young children."

Dr. J. P. Oliver, of Boston, says: "When I first saw Mellin's Food, Eustace Smith was using it in London; that was in 1874. I first tried it myself in 1875, and have continued to use and recommend it ever since. I use no other artificial food. I do not hesitate to say from my own knowledge and experience that Mellin's Food is a great boon to babies."

“I strongly advise the use of **Mellin’s Food** for infants: (1) as an addition (if any be required) to the ordinary milk and water diet of hand-fed infants; and (2) to supplement the breast milk where this is deficient in quality or quantity, and where, as is often the case, cow’s milk will be found to disagree; (3) in all cases of infantile diarrhœa and vomiting, mostly caused by the pernicious habit of stuffing young children with indigestible starchy foods, and where the milk casein only tends to aggravate the mischief. And it is more especially in this case that the great value of the food makes itself apparent, for under its use, with whey and barley or rice water, vomiting will discontinue, stools become more healthy in character, and usually rapid general improvement takes place, so that in a few days the child will again be able to digest its ordinary milk food.

Mellin’s Food has the great advantage of being very easily prepared without any extensive cooking process; it is palatable and rich in nutritive material. Its chief merit, however, rests in the fact that it is non-farinaceous; consequently, it is readily assimilated, as the work of digestion is already far advanced before the food is swallowed.”—DR. LEATHAM, *of New Plymouth, and late of the East London Hospital for Children, Shadwell, E.*

Massachusetts Infant Asylum, Boston: “We use **Mellin’s Food** constantly, especially for young and delicate babies, and consider it next to mother’s milk in its effect.”

Hartford, Conn., Orphan Asylum: “Have used **Mellin’s Food** as the sole food of one child from its third month, so feeble and thin we could scarcely tell if it breathed. It is now a healthy, plump child of six months. We think **Mellin’s Food** saved it.”

Brooklyn Nursery, Brooklyn, N. Y.: “In the Brooklyn Nursery, where I am in charge, we have about 200 babies. Many of them come in suffering from malnutrition, and demand the best nourishment that we can give them, and the necessary elements we find in **Mellin’s Food**.”—W. H. PIERSON, M.D., *Physician in charge Brooklyn Nursery; Attending Physician to the Brooklyn Homœopathic Hospital.*

Ontario Orphan Asylum, Canandaigua, N. Y.: "Have used Mellin's Food for the past two years, and find it superior to anything else for infants."

Rosine Home, Philadelphia, Pa.: "I have had ample opportunity to thoroughly test Mellin's Food and watch the result. In many cases I have been amazed at the immediate change in a weak, sick baby after the use of your Food. Especially would I recommend it in cases of Marasmus and Scrofulous Diathesis."—MYRA DE NORMANDIE, *Resident Physician*.

CHEMICAL LABORATORY OF THE ALBANY MEDICAL COLLEGE,
ALBANY, N. Y., May 20, 1887.

Gentlemen,—Allow me to say that I esteem MELLIN'S FOOD highly, and consider it an excellent substitute for mother's milk, and one of the best foods for infants, young children, and invalids. Theoretically, it is compounded on correct chemical and physiological principles, and practically it is easily demonstrated to be a most nutritious and easily digested food.

Yours respectfully,

W. G. TUCKER, M.D.,

Professor of Inorganic and Analytical Chemistry, Albany Medical College.

PHILADELPHIA, PENN., August 31, 1886.

Gentlemen,—I have been using MELLIN'S FOOD for the last two years both in my own family as well as in my practice. My success with it was so excellent that in all cases when artificial feeding of infants was required, I would use no other. My own child has prospered under its use beyond my fondest expectations, and is the envy of many mothers who have nursed their infants on the breast. My good results in the treatment of infantile disorders of the alimentary tract, arising from the great heat of our summers, dates from the time I have employed MELLIN'S FOOD as a substitute for milk, and I now undertake such cases with considerable less hesitancy than I used to, even when they are grave and I am called late in the disease.

In a series of comparative experiments as to the nutritive value of the different foods, as judged by the chemical condition of the faecal discharges, I found that the smallest amount of solid residue in equal periods was obtained by only

two, one of which was MELLIN'S, and that the latter gave rise to less offensive discharges than all others, proving beyond doubt to me its **greater nutritive value** over all other artificial foods.

I regard it as the ideal "Liebig's Food," and as unrivalled as an artificial nourishment for children.

Very respectfully yours,

L. WOLFF, M.D.,

Demonstrator of Chemistry, Jefferson Medical College, Phila., Pa.

LOUISVILLE, KY., July 16, 1881.

Dear Sirs,—The short but emphatic commendation of MELLIN'S FOOD by DR. EUSTACE SMITH, which I shall put in our next issue, is enough to satisfy any one that your preparation deserves a trial at least. A trial of it will show, as I can testify, that when given with milk it has the same effect that barley water and lime water have, namely, to cause fine flocculi instead of dense curds when it encounters the digestive fluids. Its nutritive value is beyond question. I gave it to one babe who had, after weaning at the sixth month, an enormous craving for milk, which did not "stick to his ribs," but caused colics and diarrhœa. By thickening the milk with this FOOD his excessive appetite was easily gratified, his colics disappeared, and the evacuations took on a healthy color and consistency, and no medicine had been given. I believe that you have succeeded in producing out of wheat and barley a "combination and a form indeed" exactly suited to the ordinary powers of a babe's digestion, and base this opinion not on theoretical assumption, but on experience with my own healthy babe, as well as with the sickly ones I have attended. I recommend it in practice with the confidence born of experience in its use.

Very truly yours,

J. W. HOLLAND, M.D.,

Editor of Louisville Medical News.

NORRISTOWN, PA., Nov. 15, 1888.

Gentlemen,—My own little girl was put upon MELLIN'S FOOD when she was one week old, owing to her mother's inability to nurse her. In preparing the FOOD, her mother has followed your directions to the letter, and the results are all that could be desired. The child is now fourteen months old, and has never been sick an hour except with whooping cough and mumps, from both of which

she suffered some months ago. She is well developed, well nourished, has eight teeth, and weighs twenty-five and a half pounds. Her sole diet has been and is still MELLIN'S FOOD and milk. Her mother has found it necessary at times to vary the proportions to suit indications.

This is the second child we have brought up on MELLIN'S FOOD. The older one is now a healthy boy of almost eight years. We cannot please him better now than to give him a cupful of the prepared food, or indeed in its dry state, several ounces of which he would eat at a sitting.

I might add that I use MELLIN'S FOOD quite extensively in my practice, to the entire exclusion of all others during the past five years. I have at this time thirteen babies upon the FOOD exclusively, and five others who use it in connection with other articles of diet.

I am perfectly satisfied both as a father and as a physician with the results I obtain from its use. In these days, I never fail to have it agree with a baby where the mother follows implicitly your directions and mine.

Very respectfully,

S. N. WILEY, M.D.

FORT RANDALL, DAK., March 29, 1889.

Dear Sirs, — For five years, in season and out of season, I have recommended MELLIN'S FOOD for infant feeding as the best substitute known to me for mother's milk, and I bought several dozens of the large size for my little boy when it became necessary to resort to artificial feeding in his case. I frequently recommend it for invalids, because I believe it to be a valuable, easily assimilable food. Need I say more? Very truly yours,

M. W. WOOD,

Captain and Assistant Surgeon, U. S. A.

GEORGETOWN, MASS., Nov. 20, 1881.

Dear Sirs, — I desire to bear witness to the value of MELLIN'S FOOD as an article of diet for artificially reared children, and especially in those cases where the stomach is intolerant of milk.

Forced to bring up twin boys by hand, I looked about for a suitable agent for food. The best of milk fresh twice a day, all kinds of diet which "old nurses"

pronounced perfect, the various manufactured foods, all failed. Finally MELLIN'S FOOD failed, and I bethought myself of the milk as the offending agent.

Here, then, is the point: MELLIN'S FOOD is invaluable in the fact that with hot water alone it makes a food at once acceptable to the stomach and eagerly taken.

From the first day's use of this, improvement began, and to the present time, (8) eight months, there has not been any trouble. For one week the children were fed on "FOOD" alone, and then milk was gradually added.

Two similar cases have derived like benefit, and in such a rapid manner did they progress toward health that one parent rapturously exclaimed, "It saved the baby." In none of these cases were any medicinal agents given. I think you should lay stress on this point, that it is almost a specific for vomiting if mixed with warm water alone.

RALPH C. HUSE, M.D.

MIDDLEBURY, VT., July 26, 1888.

Gentlemen,—For many years I have prescribed MELLIN'S FOOD: I use no other. And to substantiate my claim that it is the best, I can at any time refer to a number of MELLIN'S FOOD babies who show a development of muscle, bone, and strength, unequalled by any others. This word of honest commendation may appear none the less sincere when I say that I am now using it in my own family.

Very truly yours,

B. F. SUTTON, M.D.

CHICAGO, ILL., July 27, 1888.

Dear Sirs,—I have used MELLIN'S FOOD in my practice ever since my attention was first called to its analysis, in preference to all other infants' foods in the market. When the maternal fount dries up or becomes innutritious to the baby, I am always glad to prescribe MELLIN'S FOOD, and it has never failed as yet to fill the bill and satisfy the little stomach. It is also an excellent diet for consumptives and convalescents in typhoid and other depleting fevers.

Respectfully,

W. H. SANDERS, M.D.

CHICAGO, ILL., Oct. 12, 1888.

Gentlemen,—I have prescribed MELLIN'S FOOD for the past year, and have found it especially useful in Cholera Infantum.

Very truly yours,

J. P. LYNCH, M.D.

BUCYRUS, OHIO, Oct. 15, 1888.

Gentlemen,—MELLIN'S FOOD is one that merits the recommendation of every physician. It has no superior, or I might say truthfully, no equal as an infant food. It has served its purpose in my hands the past summer through our epidemic here of Cholera Infantum and other summer difficulties; its place could not be filled by any other food advertised, and I have tried them all. Hoping you may meet with merited success, I am,

Very respectfully,

E. A. THOMAN, M.D.

708 PENN. AVENUE,

PITTSBURG, PA., Dec. 9, 1882.

Sirs,— It is certainly a humane duty to give judicious publicity to information which can be of such immeasurable aid to the comfort and health and perhaps even life of any suffering child. The photographs enclosed were taken when our little child was just two years old, and at six months only. When two years old she weighed thirty pounds. The child when born was put on one part one cow's milk, two parts water, and proper quantity of hard white sugar. Yet under the most assiduous and careful nursing, at the end of three weeks she was not only not thriving but was sadly losing ground. At this time was adopted exclusively MELLIN'S FOOD for Infants; marked improvement soon became very evident, and was continuous, resulting in healthy brain and sound sleep. I must add that during these two years, while living in the most densely populated and most sickly part of the city, during intensely hot and intensely cold seasons, at no time has our child been seriously affected in comfort or health.

With a deep feeling of gratitude and commendation for MELLIN'S FOOD for Infants, I subscribe myself,

Very truly yours,

W. D. KEARNS, M.D.

FROM PARENTS.

The following testimonials are a few taken from the great number which we have received.

If your case seems different from those given here, or if you wish fuller directions, please write us and we will give such information regarding the use and preparation of MELLIN'S FOOD as the particular case requires.

LITCHFIELD, ILL., Aug. 28, 1887.

Gentlemen,—I always have in stock MELLIN'S FOOD, and I will drop anything at any time to talk up the FOOD and baby feeding. I have a sample baby boy to show to prove the value of MELLIN'S FOOD; he is now twelve months old, weighs twenty-four pounds, and his flesh is as hard as a prize-fighter's. During all our extremely hot weather and teething at the same time, he has not had an hour of trouble. Mothers (strangers to us) call at the house to see the healthiest baby in the city, and find out what we feed him; they call at the store and want the same kind of FOOD I give my baby. Since he was six weeks old he has had nothing but MELLIN'S FOOD and cow's milk; during the last twelve months I have studied infant feeding and infant foods from A to Z, and I feel satisfied that MELLIN'S FOOD, good cow's milk, and common sense will save and make more strong and healthy babies than the same combination with any other food in the world.

Yours respectfully,

DR. H. S. COWEN.

CHICAGO, ILL., Aug. 30, 1883.

Gentlemen,—There is one point especially to which I wish to direct your attention. A mother who, through sickness, was obliged to resort to artificial

means to feed her babe of five months of age, and who had become discouraged in her attempts to get a suitable food, was by me advised to try MELLIN'S FOOD. Upon seeing the mother a few days later, she told me that she could not use MELLIN'S FOOD; that it would not stay on the baby's stomach. On account of my strong belief in its good qualities, I questioned her closely in regard to the trial. She stated that she had used the FOOD according to directions on the circular. *This was the trouble*; she had read the *head lines* of the directions, and so had given the quantities of FOOD, milk, and water for "children above the age of three months." Her child was five months old, "above the age of three months;" that was enough for her. She did not stop to think it was one of the "delicate children." I directed her to try the quantities prescribed "for infants under the age of three months *and for delicate children.*" A few days elapsed before I saw the mother again; she then informed me that the FOOD was giving entire satisfaction; the child liked it, and that herself and husband were enjoying such nights of sleep as had not been their lot since baby was born. I have thought it worth while to call your attention to this, that your directions may be made so plain that "he who runs may read" understandingly.

Cordially,

T. INGALLS.

GERMANTOWN (PHILA.), PA., Dec. 4, 1886.

Gentlemen,— You no doubt recollect my writing you last July in regard to our infant boy who was born on the sixth of June and lost his mother eleven days after. He is the youngest of eight living children, and the healthiest baby we ever had. I consider it my duty to let you know what MELLIN'S FOOD has done for us. The sudden death of a loving mother and dutiful wife was such a shock to us that we hardly knew what to do or how to nourish the motherless babe. At birth he was the smallest and frailest child of the eight at the same period, weighing less than five pounds. For some time we despaired of raising him. About the first of July MELLIN'S FOOD was recommended by a friend, but we did not get into the way of using it properly until I communicated with you about August 10th. Since that time the improvement has been wonderful; he is now six months old, is very small bone, but his flesh is as solid as one trained for the prize ring; he weighs fifteen and a half pounds, has cut two teeth without

fretting, has never had a moment's pain since the above date, and sleeps like a half-grown boy in perfect health.

Yours very truly,

GEORGE W. WILLS.

HOMER, N. Y., June 15, 1889.

Dear Sirs, — We have a four months old baby to whom we have given your MELLIN'S FOOD since he was one month old, and not a healthier child of his age can be found. We do not hesitate to recommend MELLIN'S FOOD to every mother who has a delicate child to bring up by hand.

MRS. A. W. MOORE.

HOLMESBURG, PA., May 26, 1889.

Dear Sirs, — I have been using MELLIN'S FOOD for my baby for six months. When I first began to use it at five days old, he weighed only four pounds two ounces, and he is now six months and weighs seventeen pounds. This I think is recommendation enough.

MRS. C. G. BAXTER.

SALINAS CITY, CAL., May 7, 1889.

Gentlemen, — I have been using the preparation called MELLIN'S FOOD. I started in with it for an infant only a week old, and used it according to directions. I can state candidly that the child seems to thrive splendidly, being now nearly two months old; hence I shall keep using it all the time. I consider it a splendid preparation to raise an infant with a bottle

Yours truly,

C. SIEGHOLD.

WESTON, OHIO, March 9, 1889

Sirs, — My baby is almost a year old, but I don't feel that I can get along without MELLIN'S FOOD. I have used it since he was ten days old, and can safely say that I think it saved his life; he was a very feeble baby, weighing less than five pounds. The doctor said he was a sickly baby that could live only a few days at most, but he is alive yet, and a nice, fat, plump boy.

MRS. J. R. SMITH.

SYRACUSE, N. Y., March 4, 1888.

Gentlemen, — Our boy was born November 30, 1886; when about five weeks

old he was deprived of his mother's milk through fever, and we began using MELLIN'S FOOD. It has carried him safely through whooping-cough, mumps, measles, and scarlet fever, and to-day we have a fat and healthy boy, fifteen months old, with twelve teeth. He walked when eleven months old, and although quite heavy, has always been quite strong on his feet. We have recommended your FOOD to several, two of whom I think give it credit for saving the lives of their babies.

Very respectfully,

S. B. KENYON.

WASHINGTON, D. C., April 5, 1887.

Gentlemen,—Our little girl is sixteen months old and has been raised on MELLIN'S FOOD. She has always been well, has sixteen teeth, and we owe her happiness and good nature to this FOOD. Whenever we see it advertised, we always mention our baby.

Yours very respectfully,

MRS. G. S. HUMPHREY.

DAVENPORT, IA., March 25, 1889.

Gentlemen,—I have a baby sixteen months old whom I have raised on MELLIN'S FOOD since she was three months old. A healthier, stronger baby of her age you cannot find.

Yours respectfully,

MRS. J. G. HOEFLING.

WILTON, N. H., May 31, 1888.

Gentlemen,—My boy was eight months old the 30th, and there is not a happier or a healthier boy in the country. He has never been ill one minute that we know of, and we give MELLIN'S FOOD the credit.

Very truly yours,

FRANK E. HOLT.

HADDONFIELD, N. J., Aug. 19, 1888.

Gentlemen,—Our fifth baby and only girl is now nine months old, and is doing finely on MELLIN'S FOOD; this is our third trial of the FOOD, and we have no reason to change our opinion of it.

Respectfully,

MRS. W. T. BARBER.

OAKLAND, CAL., April 27, 1887.

Gentlemen,—MELLIN'S FOOD has made a new being of our baby, his flesh being solid, and his strength wonderful. He weighs twenty-one pounds, and is eight months old.

Very respectfully,

E. T. TAYLOR.

CHESTER, PA., July 11, 1889.

Gentlemen,—We have used your FOOD in bringing up three children, and are going to use it in the case of our babe born four weeks ago. We have never lost a child by death, and attribute this in part at least to the use of MELLIN'S FOOD.

Respectfully,

REV. CHAS. COLMAN,

Pastor First Baptist Church.

PHILADELPHIA, PA., Dec. 2, 1886.

Gentlemen,—I always have a good word to say in regard to MELLIN'S FOOD. My little girl, who is now five years old, took nothing but your FOOD until she was three, and has always been well and healthy.

JOHN F. MILLER.

SAN FRANCISCO, CAL., Jan. 14, 1887.

Dear Sirs,—I have been raising a baby on MELLIN'S FOOD, and find it gives great satisfaction. We had trouble finding food that would agree with the child as it suffered very much from indigestion, but now I have used MELLIN'S FOOD six weeks and the child eats and sleeps well, and seems to be gaining.

MRS. K. ROTHCHILD.

WESTERVILLE, O., Dec. 10, 1886.

Gentlemen,—I have been using MELLIN'S FOOD for four years, and have found great satisfaction in it. My baby has never had any stomach trouble, and he is perfectly healthy and good natured.

MRS. W. W. WICKHAM.

SYRACUSE, N. Y., Jan. 11, 1887.

Sirs,—MELLIN'S FOOD seems to agree with baby's stomach under all circumstances, which to parents with a large and varied experience in rearing children is altogether unlooked for.

Respectfully,

JAMES S. KENDALL.

HUDSON, N. Y., Sept. 26, 1887.

Gentlemen,— My baby has used MELLIN'S FOOD for two and a half years with great success. She was very low with catarrh of the stomach, and could not keep any other food on her stomach. We feel we owe her life to MELLIN'S FOOD.

MRS. G. W. CLOWE.

NEW YORK, N. Y., Jan. 9, 1888.

Gentlemen,— On reading of your MELLIN'S FOOD my wife thought she would give it a trial. I laughed at her, and said it was like all other foods,— made to sell; but I am glad to acknowledge that I have been mistaken, for it has made a wonderful change in our baby, and my wife would not be without it. We both cannot praise it too highly.

Yours truly, E. MARCHFIELD.

BERNARDSTON, MASS., March 15, 1888.

Gentlemen,— We have brought up a child on MELLIN'S FOOD; he is now nearly two years old, and has not yet seen a sick day, nor but two sleepless nights; bowels always regular, etc. He has never had other food than this.

Yours truly, EDWARD L. UNDERWOOD.

BROOKLYN, N. Y., Feb. 9, 1889.

Dear Sirs,— I have used your MELLIN'S FOOD for years. My last two children were brought up on it alone, and they are perfect pictures of health. We have never had a night when we have had to stay up, as they go to bed satisfied, and in the morning, first thing, get their MELLIN'S FOOD.

Yours, etc., JULIUS J. HEINRICH.

CARTHAGE, DAK., Aug. 19, 1889.

Dear Sirs,— I like MELLIN'S FOOD very much indeed, as it has agreed perfectly with our baby from the start, and he will take nothing else but the FOOD and milk. The milk alone does not at all agree with him, but with MELLIN'S FOOD it works like a charm. He is growing fast, and is good natured; he has two teeth nearly through, and is only a little over three months old. You may be sure we shall induce our friends to try MELLIN'S FOOD, knowing it will prove a success. We hope that as long as there are babies, MELLIN'S FOOD will be prepared for them. Wishing you all the success that your superior FOOD deserves, I am,

Very truly yours, MRS. A. C. PERRIGO.

DIARRHŒA AND CHOLERA INFANTUM.

NICETOWN, PHILA., PA., Dec. 12, 1888.

Dear Sirs,—Baby was taken sick while I was using MELLIN'S FOOD, and being away from home, I had to get another doctor. He said the food was not agreeing with her, and ordered another kind, but this did not help her any and she got worse instead of better; in fact, she was so sick I did not think she would get well again. So I brought her home to my own doctor and he ordered the MELLIN'S FOOD again, without milk as directed for children with Diarrhœa. We used it this way for a few days, and gradually began to use the milk, increasing it until we had half milk and half water. With this treatment the child began to improve very rapidly and in four weeks she had gained three pounds. Now she is a bright, healthy baby, just past five months old, with one tooth.

I cheerfully recommend MELLIN'S FOOD to mothers who have to use artificial food, as I think it is the only thing that helped my child.

Very respectfully, MRS. SAM'L GENTEL.

ORANGE, TEXAS, May 30, 1888.

Gentlemen,—I have used your MELLIN'S FOOD for one of my children, a boy; when he was five months old he was reduced almost to a skeleton by an attack of Cholera Infantum. I had heard about your MELLIN'S FOOD being very good for infants, so I resolved to give it a trial, and that FOOD was all he had. He began to improve almost immediately. We fed him with it until he was nearly twelve months old, and at that time no one would want to see a rosier, more healthy looking boy than he was. He is now two years old, and I don't remember his having been the least sick ever since. I cannot recommend MELLIN'S FOOD too highly to all mothers, as I firmly believe it saved my child's life.

Yours very respectfully,

MRS. JAS. THOMPSON.

BUCKMEADOW, LAKE PROVIDENCE, LA., Jan. 29, 1888.

Gentlemen,—Our baby was very ill for three weeks during the heated term of

last summer. We began MELLIN'S FOOD then, and now at seven months he is as strong and healthy a child as you could wish to see.

Yours very truly, WM. ARMISTEAD LANE.

LOUISVILLE, KY., May 13, 1889.

Sirs, — I have been using MELLIN'S FOOD for two years past, after trying various other foods for my children, but none but this proved successful, it having kept my baby from summer complaint.

Very respectfully, MRS. R. SMITH.

TAUNTON, MASS., March 19, 1889.

Gentlemen, — I have a boy who was four years old last January; when he was two he had Cholera Infantum, also convulsions; he was a very sick child. My physician recommended MELLIN'S FOOD, which saved his life. I was so pleased with it that I have also given it to my youngest boy, who will be one year old the twenty-fifth of this month. He had no trouble teething and has eight teeth, also stomach and eye teeth almost through. I am still using MELLIN'S FOOD and shall use it until he has all his teeth. I have four children, and this one has cut his teeth the quickest and easiest of the four, and I can safely say that it is the MELLIN'S FOOD that has done it. I would recommend it to all who have babies teething if they want well and healthy children.

Respectfully yours, MRS. W. H. THOMAS.

VERNON DEPOT, CONN., March 8, 1884.

Dear Sirs, — I have long felt it an imperative duty to apprise you of the wonderful success that has been ours in the use of MELLIN'S FOOD. Eight months ago we were unable to longer nurse a strong, healthy boy of two weeks, — and as a first resort attempted the use of cow's milk. Our child seemed to get along well, till all at once he was prostrate with *Cholera Infantum*, degenerating into bowel complaint. For five weeks he had from eight to sixteen passages per day. I then commenced the use of condensed milk, and this seemed best to suit his stomach, and I continued its use for three months; but the child grew weak and pale, and only gained a pound or so in the whole time. At length his stomach showed more and more signs of acidity. I then commenced the

addition of Bicarbonate of Soda, which seemed to relieve him for a time; but this failed, and for two weeks he vomited terribly three or four times a day. I was then directed to —— Food. This I used for four months; but every week as we weighed the baby we found him the same. He grew paler, weaker, more feverish; at length got so he could sit up but little, ceased playfulness and laughter, eyes grew dull, and we gave him up. I consulted physicians and they recommended MELLIN'S FOOD. I procured a bottle, and have followed the prescription for children under three months. You would not have known our boy within one week. The first week he gained *one pound*; the cheeks began to show color, his eyes to brighten, and general strength and activity to increase rapidly. Five weeks have gone, and he has gained five pounds. His bowels that were so constipated that they never moved without injections, have become regular and his peevishness has been transformed to sunshine. We can never say enough in favor of MELLIN'S FOOD, and shall ever feel under the deepest obligations to the man who invented it.

Respectfully yours,

CHAS. S. DAVIS,

Pastor of M. E. Church.

CONSTIPATION.

KEOKUK, IOWA, Dec. 18, 1887.

Dear Sirs, — Our little boy was born in August, 1886; I soon found I had not nourishment for him in sufficient quantity, and at two months had to depend on bottle feeding entirely. I tried diluted milk, and then advertised "Baby Foods," but nothing would do him any good. His trouble was acidity of the stomach and constipation, and at four months he weighed little more than at birth. Then I began the use of MELLIN'S FOOD with good milk, and in three days he began to improve; at first slowly, then began to get plump and strong. Until he was a year old he had nothing else to eat, and all through the past summer (which was very hot and dry) has kept well with the exception of one sick spell. At five and one-half months he cut his first two teeth, and since then has cut all the rest except the eye and stomach teeth. He is a great, strong, fat fellow, always good and jolly, and generally sleeps from 7 P.M. to 8½ A.M.

and a short day nap between. Every one who saw him at first thinks it a marvellous thing, and he has done his best to advertise your FOOD. I am more than thankful that I found out the good qualities of MELLIN'S FOOD, and so am able to raise my baby, and you may be sure that I shall recommend it wherever I have opportunity.

Respectfully and gratefully yours,

MRS. FLORENCE ANTROBUS.

CHICAGO, ILL., Feb. 24, 1889.

Gentlemen, — I have been feeding my seven months boy on MELLIN'S FOOD, and by its use have overcome constipation which was the difficulty I sought to remove. I had been feeding him cow's milk with fair success at first, but later constipation made its appearance, which was cured by the use of the FOOD. Have never had a recurrence of the difficulty except on one occasion when I was without the FOOD twelve hours.

Yours respectfully,

MRS. J. W. GILMORE.

BROOKLYN, N. Y., March 14, 1888.

Dear Sirs, — I am using MELLIN'S FOOD, and so far find it satisfactory; my baby is seven weeks old, and was troubled with constipation which MELLIN'S FOOD has righted.

Very respectfully,

MRS. H. LAMBERSON.

TIVERTON, R. I., May 20, 1889.

Gentlemen, — I feel that I ought to write and tell you the result of my experiments with MELLIN'S FOOD. By your urgent request, I gave it a third trial. The child continued to be constipated; then I began giving two injections a day (morning and evening), and at once the stools began to change, and now she has two each day without help. It suits her splendidly, and to you I owe many thanks, for milk alone curdled on her stomach.

Yours respectfully,

MRS. M. E. MANCHESTER.

VOMITING.

STEUBENVILLE, OHIO, April 5, 1888.

Sirs,—Our babe was very sick indeed, — could retain nothing on its stomach for some time. The doctor said it was indigestion, caused by the kind of food we were using, and ordered MELLIN'S FOOD immediately as the babe was not getting nourishment enough; now, after only two weeks use, he is quite well and bright, and has gained two pounds in that time. We feel it has helped to save our babe's life, and recommend it for the use of all delicate infants.

Respectfully, MRS. E. M. HOLLIS.

NASHUA, N. H., Feb. 25, 1889.

Dear Sirs,—I am a staunch believer in and a warm advocate of MELLIN'S FOOD, having used it with baby for eight months. She can take it when nothing else is retained.

Truly yours,

MRS. A. B. RUSSELL.

BROOKLYN, N. Y., Sept. 20, 1886.

Gentlemen,—Our boy (eleven months old) has been fed on MELLIN'S FOOD for the last four months. Nothing else that we gave him would stay on his stomach; MELLIN'S FOOD has given entire satisfaction.

MRS. LIPTON.

IPSWICH, MASS., Feb. 15, 1888.

Sirs,—I am feeding my baby on your MELLIN'S FOOD, and I find it very beneficial, as she could not retain milk on her stomach until I began the use of it.

MRS. WALTER S. ATKINSON.

COLIC.

ELIOT, ME., Jan. 31, 1889.

Dear Sirs,—I have a baby that for the past three or four months came pretty near wearing out both herself and me. The first five weeks I nursed her, but she had so much indigestion and colic I tried a bottle; that did a little better,

but any way I could fix it she would cry till she threw up her milk with such force that it came out of her nose; then the colic would follow. Then I tried changing the milk, which made matters worse. I used paregoric, and gin, and all the doses every old lady knew was a cure, then consoled myself with the thought that at three months, if I could endure it till then, it would be over. But all in vain. About discouraged, I happened to think of hearing once that MELLIN'S FOOD was good, so I sent by a neighbor to get a bottle. I had been dosing, walking the floor, etc., all day, and had gotten her to sleep and put her in the cradle when I received the FOOD. I immediately prepared some. The first time she awoke I gave it to her, and from that day to this I have never seen any sign of indigestion, and the colic only once, and that was caused by a cold; a better baby I never saw.

Yours respectfully,

MRS. M. P. TOBEY.

SCHROON LAKE, N. Y., Feb. 20, 1889.

Gentlemen, — I have been feeding my baby with MELLIN'S FOOD for about three weeks, and am more than pleased with the result. I had tried other preparations, but none agreed with her, and at last she became so bad that she could hardly take enough nourishment to keep her alive, and what she did take distressed her terribly. She was over four months old, and only weighed seven pounds. At last I was fortunate enough to obtain a bottle of MELLIN'S FOOD, and now she weighs nine pounds eleven ounces, and is doing well.

MRS. C. A. BISSELL.

TEETHING.

CHICAGO, ILL., March 12, 1889.

Gentlemen, — Since writing you some time ago for a copy of your book, "The Care and Feeding of Infants," when I told you that my daughter was fed on MELLIN'S FOOD, the little one has grown large and fat, and cut four teeth without a particle of trouble or a day's illness. Her health is excellent, and all her functions in perfect order. Although she is naturally strong, yet we have to thank MELLIN'S FOOD for keeping up her strength and continuing her health through teething and other ills which children between the ages of one and

twelve months are heirs to. Both my wife and myself are strong believers in and advocates of MELLIN'S FOOD.

Yours truly,

J. C. B. ANDREWS.

KNIGHTSTOWN, IND., July 16, 1888.

Gentlemen,— My reason for writing you is the fact that I know the value of your MELLIN'S FOOD. Our last child, a bouncing, robust, healthy boy, now in his fourth year, was raised on MELLIN'S FOOD; his mother failed in lactation. The babe loved his food; no stomach trouble; no fretting; and his teething was so *natural* that we hardly knew it was going on. So great was the effect on the child that we advise all our friends to use MELLIN'S FOOD in raising infants and during teething.

In teething I constantly advise it, even when the mother supplies plenty of nurse, to more thoroughly supply the phosphates—native—rather than to have the protoplasm endangered with the constitutional idiosyncrasies of the parents diatetic non-bone making regimen.

Yours,

M. H. CHAPPELL, D.D.S.,

*Lecturer on Dental Pathology and Therapeutics, Indiana Dental College;
Sec'y and Treas. Indiana State Board of Dental Examiners.*

RIVERHEAD, N. Y., Oct. 16, 1888.

Gentlemen,— My children are a good advertisement for MELLIN'S FOOD; everyone speaks of their solid flesh, and the two I raised on it were never sick a day when teething; girl now six years and boy of three. I am using it now for a baby six months old. It is such a comfort to have the little folks so well and so good. The FOOD has been a grand success in my family.

Respectfully,

MRS. G. H. SKIDMORE.

DETROIT, KANSAS, Jan. 6, 1889.

Dear Sirs,— I am happy to say that MELLIN'S FOOD gives entire satisfaction, and it would be hard to find a stronger, healthier baby than my boy. He is now

a little over seven months old, weighs a little over twenty-five pounds, and has cut four teeth without any trouble.

Yours truly, MRS. WILL. KAPP.

JERSEY CITY, N. J., Dec. 12, 1888.

Dear Sirs,—I have used your MELLIN'S FOOD for my baby with the best success, it being the only food she has taken, and she is now a year old. She will take nothing else, and I do not urge her, as she is and always has been well and strong. Her teeth, and she has seven now, came without any difficulty, and she has never been sick with them.

Respectfully, MRS. C. F. HOPKINS.

MARASMUS.

PHILADELPHIA, PA., May 16, 1888.

Gentlemen,—I have had most satisfactory results from the use of your Infants' Food. In fact, Marasmus seems to have been easily bridged over in several cases by the use of MELLIN'S FOOD.

Very truly yours, E. M. HEWISH, M.D.

CAMDEN, N. J., March 22, 1887.

Dear Sirs,—I highly recommend MELLIN'S FOOD. I raised one child on it when lying at the point of death with Marasmus.

Yours truly, MRS. E. ROBINSON.

PHILADELPHIA, PA., Sept. 17, 1887.

Gentlemen,—I had a baby down with Marasmus for four months. We tried six kinds of prepared foods, and even had fresh goat's milk to assist them, but they all failed to agree with our baby. At last my wife prepared some MELLIN'S FOOD. The change was instantaneous, and he at once commenced to fatten.

Respectfully yours,

H. A. MACREADY.

CHANGE OF MILK.

CANAAN, CONN., May 16, 1888.

Sirs,— We have brought up two boys on MELLIN'S FOOD, and find it to be the best thing we ever tried, having had not the least trouble with either of them notwithstanding the fact that we changed milk with them several times.

Yours, etc.,

G. S. WILLIAMS.

CONDENSED MILK.

HEMPSTEAD, N. Y., June 16, 1886.

Dear Sirs,— My two youngest children have derived so much benefit from the use of MELLIN'S FOOD that I think it no more than just to acquaint you and others with the facts. When the older one was four and a half months, the illness of his wet-nurse necessitated his sudden weaning, and although he was apparently in good condition at the time, the fact of his being weaned without preparation, and of his having nursed a woman not altogether healthy, caused us grave anxiety. We procured the best of cow's milk fresh twice a day, but it did not agree with him. He began to grow thin and sickly and fretful. Two bright, rosy babies passed my door daily, the grandchildren of an eminent physician of Brooklyn, who had come to the country for the summer. I took the liberty of sending to their boarding-place to inquire on what they were fed. The answer came promptly, accompanied with a bottle of MELLIN'S FOOD. We tried it according to the directions, but it did not seem to agree with my baby. I believed already so firmly in the FOOD that I felt sure the trouble must be with the milk, and I changed it several times with no encouraging result. At last the conclusion was forced upon me that my baby could not take fresh milk, and I tried the FOOD prepared in the following manner:— in one pint of water which had been boiled and then allowed to cool a little, I dissolved two tablespoonfuls of MELLIN'S FOOD and two tablespoonfuls of condensed milk. The baby began to improve immediately upon this diet, and soon became happy and well satisfied instead of being peevish and fretful after every meal. Until after he was ten months old he was fed entirely on MELLIN'S FOOD, increasing the strength of both MELLIN'S FOOD and milk as prepared for his use, as he grew older. This, with some other simple preparations, formed his diet during a hot

and trying summer while he was teething, and although there was much sickness among children, he passed the entire season without the need of any medicine whatever. In the ensuing autumn he had an attack of meningitis so severe that for several days his life was despaired of. During his entire illness he could retain nothing on his stomach but MELLIN'S FOOD, and I do not exaggerate when I say that it saved his life, for if he had lacked suitable nutrition at this critical period, no skill in medicine or nursing could have kept him alive. When I told the physician what I was giving him, he approved heartily, saying, "Give him all that he can eat of it; it will keep up his strength;" and he added, "I brought a child from death's door once by the help of MELLIN'S FOOD," or words to that effect. Thus my child was saved to me a second time by MELLIN'S FOOD.

When my next child came to me, it was natural to trust entirely to its agency. I tried it at first with fresh milk, as I consider that to be preferred in all cases where it can be taken, but I met with the same trouble as before and returned to the use of condensed milk, which I prepared for a very young child as follows:—in one pint of hot water I dissolved one level tablespoonful of MELLIN'S FOOD and one level tablespoonful of condensed milk. Until the child was a month old I gave only two tablespoonfuls at one feeding. Much of the trouble encountered in raising children on the bottle comes from giving them too much food at a time. I then gradually increased the amount given at a meal, and also the strength of the prepared food, until at the beginning of the third month I gave four tablespoonfuls of food prepared by dissolving a heaping tablespoonful of MELLIN'S FOOD and a heaping tablespoonful of condensed milk in a pint of hot water. At the beginning of the fourth month I had gradually increased to six tablespoonfuls at a feeding, prepared by dissolving two level tablespoonfuls of MELLIN'S FOOD and two level tablespoonfuls of condensed milk in one pint of hot water. At the beginning of the fifth month I had increased the quantity given at a meal to eight tablespoonfuls prepared as at the beginning of the fourth month. My baby is now six months old, and I prepare his food by dissolving two heaping tablespoonfuls of MELLIN'S FOOD and two heaping tablespoonfuls of condensed milk in one pint of hot water; of this I give ten tablespoonfuls for a meal. I shall not further increase the amount given at a meal but shall make the prepared food stronger, both of MELLIN'S FOOD and condensed milk, to meet the wants of the growing child.

My babe was small and delicate at first, but under this regimen he has grown to be such a plump and healthy and happy child that it is a delight to look at him and no one would believe that he had been brought up from birth on the bottle. As I look at my two beautiful boys, I wish that I could reach the ear of every mother in the land, and tell her how, by means of MELLIN'S FOOD, her puny, fretful darling may be transformed into a beautiful, healthy child, armed with strength and vitality to encounter and overcome the thousand ills that baby flesh is heir to. I will conclude by saying that my experience is not exceptional, but that among my acquaintances are those who have used your excellent FOOD with similar results.

MRS. HELEN E. HUNTINGTON.

MELLIN'S FOOD WITH BREAST MILK.

PHILADELPHIA, PA., Jan. 8, 1887.

Dear Sirs, — Our last boy baby was very pale and delicate looking, so much so that persons spoke of it. I have, in addition to mother's milk, used your FOOD three or four times a day, commencing in a small way, and am much pleased to notice a great change. He is plump and well, and the FOOD agrees with him.

Yours respectfully,

MRS. D. PATTON.

CHICAGO, ILL., Feb. 17, 1887.

Gentlemen, — We are using MELLIN'S FOOD with complete satisfaction. My wife, having only about one-half of nature's food, began with much fear the use of MELLIN'S FOOD in addition to her own, hardly expecting that both could be taken with good results. The sequel has proved her fears to be groundless, as the baby is doing splendidly, and is the healthiest and best natured of any of our three children, the other two having had their mother's food only.

Respectfully,

CHAS. N. POST.

LYNN, MASS., April 5, 1889.

Gentlemen, — Our baby is now eight months old, and since September 3d has had two-thirds of her nourishment from MELLIN'S FOOD; she has never had a sick day, and is fat and healthy. I recommend it very highly.

MRS. J. T. TAGNEY.

NURSING MOTHERS.

JERSEY CITY HEIGHTS, N. J., August 26, 1888.

Gentlemen,—I used MELLIN'S FOOD two years ago when nursing a baby after having tried about ten different kinds of beer, ale, porter, milk punch and wine; none of them had any effect on the milk, but caused the child to have colic. I was almost in despair and at the point of giving up nursing when I tried the MELLIN'S FOOD. After that I could not do without it, as I found it the only thing that agreed with me and furnished sufficient and good milk. I hold that it should be used by every nursing woman, as it is not more expensive than any other drink generally in use, and is far better.

Yours respectfully,

MRS. J. GERHARDT.

BOSTON, June 21, 1878.

Gentlemen,—As I have had a very satisfactory experience with MELLIN'S FOOD in my family, and as it was used for a purpose which I have not seen mentioned in your circulars and advertisements of the FOOD, I thought you might like to know of it. This is a *drink for nursing mothers*. We have a baby two months old, and as it seemed necessary that my wife should take more liquid than she had formerly done, and as she could take neither ale, nor porter, nor milk, I suggested MELLIN'S FOOD. She prepares it by dissolving a tea-spoonful and a half in a coffee-cupful of hot water, and drinks this quantity several times a day. The result has been extremely gratifying. She likes the taste of the FOOD, and it produces a feeling of comfort and satisfaction in the stomach. She has plenty of milk, and the baby is growing fat and seems wonderfully satisfied and contented.

Yours truly,

D.

CHICAGO, ILL., August 28, 1888.

Gentlemen,—I am taking MELLIN'S FOOD for the purpose of increasing the flow of milk for a baby seven weeks old, and am much pleased with the result.

MRS. F. H. BARNES.

BROOKLYN, N. Y., November 3, 1887.

Gentlemen,—I have used the MELLIN'S FOOD, and find it very nourishing; it enriches my milk and makes it more digestible for my baby.

MRS. E. S. CLARK.

“For nursing, weak, tired, and overworked mothers, MELLIN'S FOOD is far superior to all medicinal tonics, ales, porters, malts, etc.”

R. M. GRISWOLD, M.D.

NORTH MANCHESTER, CONN., March 8, 1886.

“Where the mammary glands fail to properly perform their functions and secrete a sufficient supply of milk to afford nutritive pabulum for the child, the diet should be, as far as possible, liquid in character and rich in the elements of nutrition; hence, of course, we would give milk, as much as the patient can take, and concentrated animal broths. For this purpose, I have frequently used, with great satisfaction, strong gruels made of MELLIN'S FOOD.”—CHARLES MEIGS WILSON, M.D., *in Dietetic Gazette*.

MALNUTRITION.

DURHAM, N. C., March 4, 1888.

Dear Sirs,—For the last four months I have been feeding my child from the bottle. I tried nearly everything that I could think of, but all was a failure; at last I struck a bottle of MELLIN'S FOOD, and in one day's time you would be surprised to know the change it made in him; it acted on his bowels like a charm.

Very respectfully,

A. D. MOSELY.

LIVERMORE FALLS, ME., July 9, 1888.

Gentlemen,—I cannot say too much in praise of MELLIN'S FOOD. I commenced using it when my baby was four weeks old; she was not well then, and I feared she was going to be a sickly child, but she commenced to gain rapidly, and is now a fat, healthy child nearly six months old.

MRS. F. H. WHITTEMORE.

CHICAGO, ILL., Jan. 11, 1888.

Dear Sirs,—I must tell you that your MELLIN'S FOOD has proven to be the food for our baby. We had tried about every food on the market, but they all seemed to go back on her after a few days or weeks at most. She was one year old October 14th last. We commenced on your FOOD the last of September, and its good effects were instant, and have proven lasting. Previous to giving her MELLIN'S FOOD she seemed to possess no strength, fretted a great deal, slept poorly, in fact was a sick baby. Now she is a different child, laughs, and is cheerful all day long; she never laughed except under extreme provocation until we gave her MELLIN'S FOOD. Although now nearly fifteen months old, milk alone does not suit her; the MELLIN'S FOOD we add to it makes it wholesome. We shall keep up our use of it for some time to come; I am sure it saved her life. We like it too, because it is so easily prepared.

Yours truly,

H. H. MORGAN.

DORCHESTER, MASS., April 19, 1888.

Sirs,—Ten days ago my little one, only two months old, was a mere skeleton. We put him on MELLIN'S FOOD at once, and it is wonderful to see what a change so short a time has made.

MRS. R. G. HOWE.

WALLA WALLA, WASH. TER., March 2, 1888.

Dear Sirs,—I thought I would drop you a few lines to let you know what success I have had with MELLIN'S FOOD. I tried every other kind until my boy was nothing but skin and bones. Then I commenced to give him MELLIN'S FOOD, and in three months you would not think it was the same boy; he has been fat and well ever since.

MRS. F. W. SCHULTZ.

SHREVEPORT, LA., April 12, 1887.

Gentlemen,—I have used MELLIN'S FOOD for four months, and think it invaluable. Before using it my baby's hunger never seemed appeased; she is now seven months old and is fed but four times a day.

MRS. G. B. BERRELL.

HANNIBAL, Mo., Dec. 3, 1888.

Dear Sirs,—I take pleasure in writing to you of MELLIN'S FOOD, as I think it has saved our little daughter's life; she is two months old, and always seemed as if she were nearly starved until we got a bottle of the FOOD; now she is as healthy a little baby as you ever saw. I recommend MELLIN'S FOOD to all mothers.

Respectfully,

MRS. WM. BREWER.

Any inquiries by mail regarding the preparation or use of MELLIN'S FOOD will be promptly and cheerfully answered. Correspondence is solicited.

Parents who have used MELLIN'S FOOD are invited to write us, as their experience may afford hints that will be of great help to some other mother.

Photographs of babies brought up on MELLIN'S FOOD will be greatly appreciated.

A copy of this book will be mailed free to any address on application.

MELLIN'S FOOD *keeps in all climates*, and is for sale throughout the world.

It is put up in glass bottles, which must be kept well stopped, and which are wrapped in light brown paper.

Be sure that the trade-mark and the name, "DOLIBER-GOODALE Co.," are on every package, a fac-simile of which will be found on the opposite page.

DOLIBER-GOODALE CO., Boston, Mass.

INDEX.

	PAGE
ACIDITY of Stomach	57, 58
Analysis Comparing Woman's Milk and Cow's Milk	9
Appetite, Excessive	46, 69, 70
BABY'S Record	29
Barley Water	18
Bowels, Regulation of	18
Breast Milk, Mellin's Food with	44, 66
CHOLERA Infantum	25, 49, 56
Colic	46, 60
Condensed Milk with Mellin's Food	19, 64
" " " " " Directions for Preparing	20
Constipation	25, 58
Cow's Milk Alone Improper Food for Infants	6, 10
DIARRHŒA	18, 19, 25, 44, 46, 56
Directions for Preparing Mellin's Food for Delicate Infants	16
" " " " " Growing Children	36
" " " " " Infants Under Three Months	16
" " " " " " of Six Months and Over	17
" " " " " Invalids	40
" " " " " Nursing Mothers	38
" " " " " with Condensed Milk	20
ESSENTIALS of a Food for Infants	8
FREQUENCY of Feeding	22
Feeding-Bottle	19, 26
GROWING Children	36

	PAGE
IMPROPER Food for Infants	6, 27
Indigestion, Infantile	54, 60
Invalids	39, 47, 48
KEEP the Baby Warm	26, 28
MALNUTRITION	44, 68
Marasmus	45, 63
Medical Opinions	43
Mellin's Food for Delicate Infants	16, 44, 50
" " " Growing Children	36
" " " Infants	15
" " " Invalids	39
" " " Nursing Mothers	38, 67
" " Nutritive Value of	43, 44, 45, 46
" " Properties of	13
" " with Breast Milk	44, 66
" " " Condensed Milk	19, 64
Milk	23
" Change of	64
NURSING Mothers	38, 67
POSITION when Feeding	23
Proportions to be Varied	18, 21
RESTLESSNESS of Infants	55
Requirements for Perfect Nutrition of Infants	8
STARCHY Foods Unsuitable for Infants	6, 28
TEETHING	61
Temperature of Food for Infants	18
Testimonials	43, 50
Thirst	24
VOMITING	18, 23, 26, 47, 60
WATER for Infants	24
YOUNG Infants, Mellin's Food for	43, 44, 52



