

(except in those rare cases in which a good nurse may be obtained), you will not have good results. Your child may not die, but he will not thrive. If you are willing to count your own labor and care against the well-being of your child, you can do so. But remember that you will have labor and care, and anxiety, and fear, and perhaps death too, if you adopt an inferior mode. Take your choice; we have set the facts before you; the decision rests with you."

A third objection comes from those who live in cities, and would willingly do what they can to provide for their children. They know not how to obtain such food as we have recommended. This objection is a serious one, but it might soon be removed. Let a demand arise for this food in the cities, and