

medicines made at our pharmacy. All letters must be accompanied by five 2-cent stamps.

O. G. W. ADAMS, M.D. Colfax, Iowa.

Our correspondent was so affected by this wonderful lucubration, that he immediately forwarded the doctor a lock of hair from his Gordon setter. In reply he received the following, which very fairly represents the diagnostic acumen of this worthy and reverend practitioner of the divine art of medicine:

OFFICE OF

O. G. W. ADAMS' SANITARIUM.

COLFAX, IOWA.

Thine at hand and contents noted. I find thee has nerve Blood and Seminal weakness and Rheumatism of the Blood Kidneys Spine Stomach Heart lungs and fluids of body all affected and Neuralgia of the Blood thee can be Cured

It will cost thee 5 Dollars for two months medicine.

Registered Letters, Money Orders or Express Orders at my risk. All medicine sent by Express

Write the Town, County, State and nearest Express office plainly to avoid mistakes. In ordering medicine return this diagnosis. No medicine sent unless money accompanies the order.

References from every State in the Union. All medicine made at our pharmacy. All letters must be accompanied by five 2-cent stamps.

O. G. W. ADAMS, M.D.

The dog is being watched with extreme solicitude, but bears his numerous inflictions with equanimity. This man Adams is registered in Polk's Directory as an Eclectic; but his name is followed by a star, showing that no record of his graduation was furnished.—*Times and Reg.*

SUMMER DISTURBANCES OF CHILDREN.

There are times when it is desirable to change the food of the babies the same as we need to change the bill of fare upon our own table. We must not forget that the palates of the little ones are to be consulted. That "variety which is the spice of diet" may be applied in a mild way even to the babies. The food that agrees with the baby to-day, or this week, or this month, may need changing next month. I present the following conclusions:

1. During the heated term keep the baby cool, but not too cool, just cool enough. Uniformity should be the ruling thought. Babies do not enjoy extremes of anything.

2. The proper regulation of the diet, the proper degree of sleep, the proper uniform temperature, pure air and the proper relief of thirst will enable every infant to weather the time of the hot sultry days of midsummer.

3. The severe intestinal diseases and the one which is the very acme of infantile danger—

cholera infantum—may be passed serenely by if we impress upon the mothers the fact that the very first variation from the proper digestion should be corrected by the family physician and not by the "busy body" neighbors.

4. The mother should be impressed with the fact that the opinion of the physician is of so much importance in the matter of food as though medicine were to be administered, in fact it is of paramount importance, in that food is life to the child.

5. Experimentation at all times is risky, and particularly so when dealing with infants, and doubly so when the experiments are not conducted by an expert experimentalist. In the correction of disturbed direction we should aid nature in getting rid of undigested and indigestible materials.

6. We should bear in mind the antiseptic thought.

7. We should see to it that less diet and a more digestible diet be brought into requisition.

8. During the entire period of infantile life we should protect the abdominal region against possible chilling by the wearing of a light woollen belly-bandage.

9. Relieve the thirst by good pure water instead of the breast or the nursing bottle.

10. Proper rest and tranquilization of the little one is desired; above all things let it be kept away from the heated body of the nurse or mother, who in addition to elevating the temperature of the child by contact with her own personality, will more than likely after each filling up with milk proceed in an affectionate way to trot it up and down, from side to side, and in a generally gymnastic way exercise her motherly muscles in giving the little one the soothing effect of thorough agitation, resulting in that which we find at every street corner, the "milk shake," more than likely the baby will reject the particular milk shake made in that particular way, but the result is not always so fortunate. It is far better for the little one to be placed upon a recliner the bulk of the time in a manner favorable to sleep and digestion.

11. Religious regard for cleanliness of all food utensils, refrigerators and nursing bottles should be insisted upon.

Not less than three or four of the simplest form of bottles should be always on hand.

The nursing nipples should be plain black rubber. The handy but filthy tubular affair should be condemned in toto.—*I. N. Love, M.D., in Dietetic Gazette.*

Two Chinese, alleged to be lepers, were admitted to the New York Charity Hospital last Monday.