

these children grow up to be nervous and excitable creatures. They may be subject to "night terrors," to chorea, to sick headaches, and manifestations of a disturbed nervous economy even more grave. Or the chronic malnutrition to which they are subject may show itself in dyspeptic troubles or in skin diseases—notably eczema; or in a tendency to be croupy; to have bronchitis, and to be subject to attacks of acute amygdalitis. These children are very liable to "bilious attacks," characterized by feverishness toward bed time, followed, after a few hours of restless sleep, by vomiting and purging.

Placed in charge of such a family, the physician can, I am convinced by experience, do much to insure its members a greater share of physical well-being than might otherwise fall to their lot. For this, co-operation on the part of the parents, or of an intelligent nurse, is, of course, indispensable. But usually we can count on this, parental love making even the foolish wise. The first thing necessary is to attend to the general hygiene, drugs playing but a subordinate part. And here regard to diet is of prime importance, and usually we will find that our efforts will have to be directed chiefly to securing a simpler and more rational diet.

Most children, up to the age of three or four, especially if in charge of a nurse are systematically overfed. There is apparently a tendency to regard children of that age more as prize cattle in training for exhibition at a county fair than as a material out of which rational beings are to be shaped. If a child is fat and dyspeptic, is inclined to bronchial and intestinal catarrhs, to amygdalitis, to eczema, and to bilious attacks, you will find as a rule, I think, that it is being overfed and its diet is too uniform. It is a common error to give a child one kind of food too exclusively, and this either farinaceous or animal. Some get too much of one, some too much of the other, and many too much of both. Children often get too much animal food, especially eggs, with the idea that it is "strengthening," and not enough green vegetables and fruit, because these are supposed to "upset the bowels."

A judicious combination is what we

must insist on. And, as a rule it will not be necessary to either proscribe or prescribe certain foods, except on the lines just indicated. The diet of small children should be largely farinaceous, I think, except where there is a tendency to flatulent dyspepsia, whether of the stomach or bowels. Many little patients in whom eczemas are imputed to too starchy a regimen, will be found on inquiry to be really suffering from a want of those alkaline salts which normally are introduced into the system through the medium of green vegetables and fruit. Hence I insist on children being brought up to eat such vegetables as are in season (with certain exceptions—such as corn, cabbage and egg-plant), and to have plenty of fruit—raw in summer, stewed or baked in winter.

The change of a peevish, sickly little glutton to a bright and amiable child, which a judicious alteration in the amount and kind of diet will often produce, is one of the most gratifying results in medical practice. In older children the dangers of constant indulgence in rich and highly seasoned food, in pies, pastry, cake and desserts generally, can not be too strongly insisted on. But, above all, we must condemn in unmeasured terms the use by children of nerve stimulants, whether alcoholic or in the shape of tea and coffee.

In children, next to attention to diet are the subjects of clothing, bathing and exercise. Just as most children are overfed, so too are they overdressed, in the sense of having too much on, and that not properly made. The habit of putting a great number of woolen clothes upon a child, which I find to be common, is the cause of much illness, especially as most houses are overheated by a furnace The clothes of children should be few in number, and should be so made as to hang free from the shoulders, leaving the body entirely untrammelled. Bathing—sponging in cold water in a warm room—should be insisted on, followed by a good rubbing to stimulate the circulation in the skin. As for exercise and fresh air, I believe that, unless children are absolutely sickly, they should be sent out in all sorts of weather, no matter how inclement it may seem. If