

Frequently these cases (ills of babies) are caused, or, if not caused, are kept up, through a lack of water. I have asked with regard to a child a year old, "Is the child thirsty?" "They never thought of such a thing." "They never gave it any water in all its life." You should offer the child water every time it is fretful a few hours after feeding. The trouble with many of them is that they want a little water. The food in the stomach may not be digested, and they do not want milk but simply water, and they are often given milk instead. - Dr. Boutin, A. I. H. Trans., 1899.

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