

broth, bread crumbs and gravy; and for older children, a dinner of boiled mutton or chicken may be given. Food should be given at regular intervals, and, as a rule, no departure need be made from the necessary regulated time for meals. If drugs become necessary, they should be given only by the sanction and under the supervision of a medical man.—The Family Physician.

A Prolific Source of Sickness.

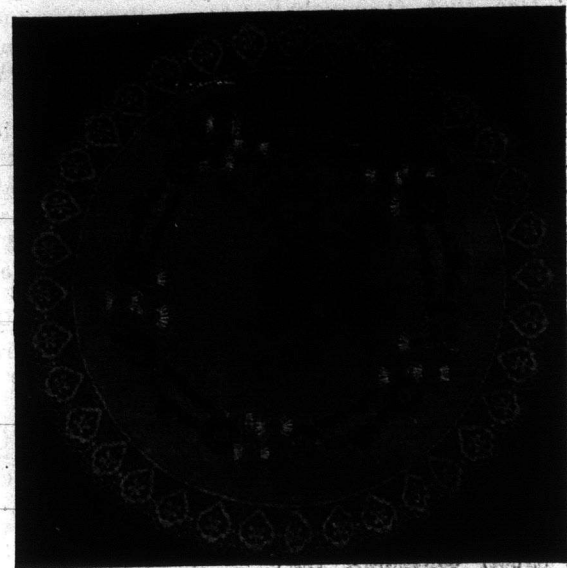
If the cellar is not dry at all seasons, not only should no vegetables be kept in it, but the house above should be considered uninhabitable until it is made dry. The husband himself may not become ill, but his wife and family almost certainly will, on account of being within doors so large a proportion of the time. In some cases cellars are never entirely cleaned from one year's end to another. If entirely dry, potatoes and apples in limited supply may be stored in cellars, but they should be well looked after, and decaying specimens removed as fast as found.

Diet.

When infants are bottle-fed it is a wise plan to dilute the milk with oatmeal water instead of plain water, as oatmeal has a mild laxative effect; neither barley nor rice should be given during a constipated period, as they will aggravate the trouble. From the foregoing it will be apparent that one of the greatest causes of constipation is improper feeding. The same rule also applies to older children. The writer has made it a rule during many years to insist, when children are old enough, on regular exercise, that is walking and romping about, to relieve an existing constipation. Such children should not be permitted to eat much bread, nor potatoes, nor pies, nor cakes. Large quantities of fruit, such as peaches and grapes, when in season, oranges, sliced bananas with fresh apples, will be found decidedly

advantageous. All green vegetables, such as spinach, cauliflower, peas and beans, asparagus and celery, will do well in this condition. Buttermilk, cream, prunes and stewed apples, or fresh raw milk, care taken to obtain either a certified or guaranteed milk that has been thoroughly aerated. It is well to remember that sterilized milk and pasteurized milk and all boiled or steamed milks have a decided tendency to constipate, and while they are very valuable for many conditions, they have no place in the treatment of constipation. Cereals given at breakfast, chiefly oatmeal, hominy, cream of wheat, farinose, and similar cereals have a decided tendency to aid in producing an evacuation of the bowels by a decided mechanical action; thus I have found, contrary to the experience of some physicians, that when barley is taken at breakfast (it must be barley with husks, such as the pearl barley) and boiled in milk or a barley pap, with cream, that it will frequently have a decidedly laxative effect upon the bowels. One of the best remedies for young children is butter; thus, I order oatmeal to have some butter on it, also crackers with butter, bread and butter, and when meat is given would rather have some butter or fat with it. There is one rule which I always insist upon, and that is never allow an infant or older child to go to sleep at night with an overloaded bowel. Thus, the infant or child has not had at least one movement during the day, then an injection of some lukewarm soap water (castile or glycerine soap is the best) will not only relieve the constipated condition, but certainly make the child very comfortable. When children are old enough to understand, they should be put on their little chair at a certain time every morning, and in this way gradually accustom or train, if you please, the bowel to have a regular movement at about the same time every day. It is the duty of every mother or nurse to watch her infant, and closely question the older child, and to insist on regularity in habits until the same are firmly established.

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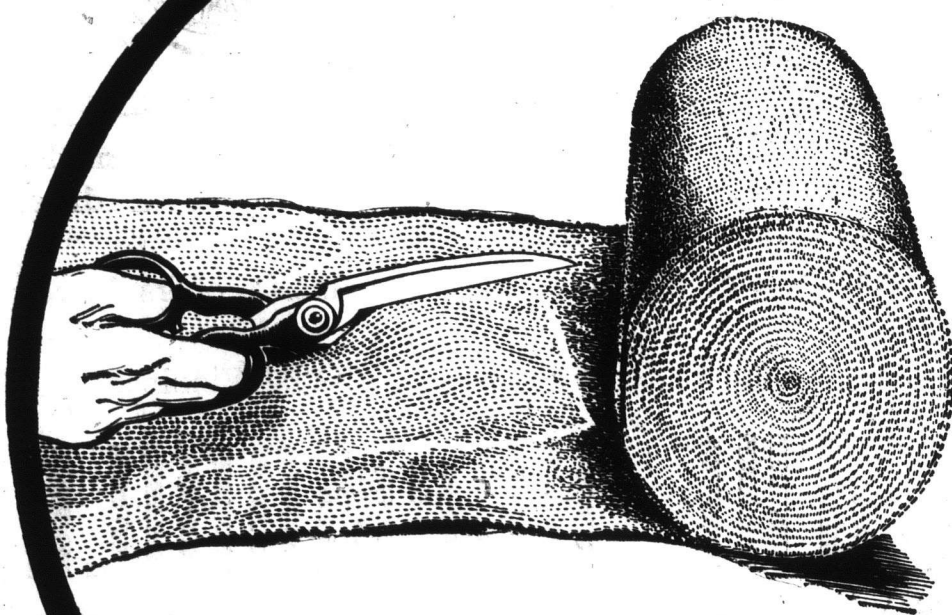
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