

child can thrive with very little in addition to good milk, and it is a good thing to err on the safe side and give little else. After six to nine months, occasional changes may be made by giving beef or veal broths, or the yolk of an egg. After one year they may gradually commence bread and butter, potatoes, and towards the end of the second year a little solid meat, but whatever the additions may be, let milk be as largely consumed as possible to the end of infancy, and though it is beyond our limits to go past infancy, I may add, let it be continued as long as possible.

In feeding infants, one of the most important elements is regularity. Donnè says, "Mathematical exactness in this matter would be ridiculous," but it is well to come as near it as we can. As a rule, the babe should not be disturbed while sleeping; but, as Lewis Smith says, "ill-nourished children, after long wakefulness and great prostration, become drowsy, and sleep a great deal." In such a case increased nutrition is required, and the infant should be roused frequently to be fed. The most common mistake is too frequent feeding. A great many mothers feed their children every time they cry, and as they are most apt to be cross and fretful when they get "out of sorts" from indigestion, they are likely to get their food very frequently just when it is most important they should not do so, and flatulence, colic, vomiting, and the various disorders of digestion are apt to ensue. If to this error in feeding is added the one before mentioned of giving starchy food when it cannot possibly be digested, or in larger quantities than can be digested, you get a combination of evils which is very trying to the digestive apparatus, which is so sensitive in infancy. Particular directions should be given on this point, and if the nurse or mother begins to feed the baby every hour and a-half, or two hours, during the day, and about twice during the night, it will, as a rule, soon be educated into good habits. The interval between meals may be gradually increased, and at six weeks should be about three hours during the day. From this time until the end of the first year the interval should vary from three to four hours. No matter how distinct the directions may be,

they are not always faithfully carried out, especially after a mixed diet has been allowed. To guard against mistakes, the suggestion of Eustace Smith is, I think, an exceedingly good one, *i.e.*, to write down your directions, giving the hours of the meals, together with the kind and quantity of food, and the mode of preparation.

Although you have all probably seen Smith's tables, still I feel that I cannot do better than give you one in full as a sample, which is called—

Diet 5, for a child about ten months old.

First meal, 7 a.m.—A dessertspoonful of pearl-barley jelly, dissolved in a breakfastcupful of warm milk and sweetened with loaf sugar.

Second meal, 10.30 a.m.—A breakfastcupful of milk, alkalized, if necessary.

Third meal, 2 p.m.—Yolk of one egg beaten up in a teacupful of milk.

Fourth meal, 5.30 p.m.—Same as first.

Fifth meal.—Same as second.

I have tried this mode of giving written directions in a few cases lately, and although it involves a certain amount of trouble, still the results have been so much more satisfactory than they were under my former habit of giving verbal directions, that I am resolved in the future to pursue this method more than I have in the past.

As you can see, Mr. President, this paper makes no pretence of originality. I have only brought before you known facts concerning the importance of proper feeding of infants, and although these truths may be well known to the profession, they are not known, and are still less appreciated by the general public. There has been considerable improvement during the last few years, as medical men have been showing people the importance of these matters, and I hope the members of the profession will continue with more diligence than ever to practise and teach those rational ideas concerning the correct methods of feeding children which are so well described by many living authors, and by none more ably than Dr. Eustace Smith.

Dr. A. Davidson has been admitted a member of the Royal College of Surgeons, England.