

itors may rely on a hospitable welcome from our Quebec confreres. Notice of the meeting appears in our miscellaneous column.

MISCELLANEOUS

CANADIAN MEDICAL ASSOCIATION

Sir,—There is no man so deserving of a holiday as the hard working physician who has had his nose to the grind-stone from early morning till late at night. It is not only a privilege but a duty to relax one's energies at least once a year and take an outing. Having made up one's mind to go away for a bit, the next question is where to go, for one likes to gain some mental profit as well as physical vigor. This year the Canadian Medical Association offers peculiar inducements to the busy man by meeting in the historical old city of Quebec on August 17, 18, and 19th, next. This will give to the physicians throughout the Dominion, an opportunity to visit, at a trifling expense, one of the most picturesque parts of our own—our native land with profit to himself and benefit to his patients. It too will enable the English and the French to become better acquainted, thus helping to bring about a better understanding of each other.

The President, Dr. J. M. Beausoliel, is putting forth every effort to make the meeting a success. The local committee of arrangements under the chairmanship of the vice-president, Dr. Parke, ably assisted by the local secretary, Dr. Marois, are doing good work toward making the visit of their medical brethren enjoyable. It has been whispered that a trip to Grosse Isle is probable as a part of the entertainment. The officers of the association are confidently looking forward to a large and enthusiastic gathering. For particulars address F. N. G. Starr, general secretary, Toronto.

SANMETTO IN CYSTITIS, PROSTATITIS AND IRRITABLE BLADDER.

I have been using Sanmetto in my

practice for two or three years. I have used it in a good many cases of cystitis, prostatitis and in all cases of irritable bladder, with the most gratifying results.

R. T. HOCKER, M. D.,

Ex-Pres. So. Western Ky. Med. Assn.,
Arlington, Ky.

INFANT FEEDING AND FOODS.

According to Dr. J. Frank Kahler, who has recently presented a paper on this subject to the Guernsey Medical Society, there is no cause for infant mortality so great as improper foods and feeding.

Let us first try to impress upon mothers the truth that they will be saved many hours of wakefulness, anxiety, and, perhaps, agony, by regular habits in feeding infants, and supply, if possible, Nature's food for at least the first six months of their existence. Nothing else except this and water.

Infants should, generally speaking, depending some on weight and vitality, be fed every two hours from 5 a.m. to 10 p. m., until they are three months old; every three hours until six months old; and every four hours until weaned at eleven months.

In order that we may do the most good for a given case afflicted with some form of bowel trouble, it is essential that we determine:—(1) The kind and manner of food given. (2) Condition of discharges and frequency. (3) Constitutional symptoms, if present.

The kind of diet prescribed will depend wholly on the condition of the discharges and the constitutional symptoms.

Vomiting frequently.

with a rather cachectic expression, would indicate gastric trouble; while a fretful, anxious look, accompanied by tenderness in the umbilical region, and thin but not frequent stools, would indicate enteritis. Colitis is accompanied by frequent muco-sanguineous discharges and tenesmus, with small actions and often a peculiar musty odour. If the inflammation involves nearly all of the alimentary tract, we have the above symptoms present in an aggravated form. Of paramount