

Ridge's and Nestle's food are highly recommended by some, and are very much used ; but I cannot give their composition. It is very important that Ridge's food should be fresh ; and as Nestle's is slightly laxative, it is not suitable when there is any tendency to diarrhoea. Eustace Smith speaks highly of wheaten flour prepared by putting a pound in a pudding cloth and tying it up tightly. This is boiled about ten hours. When cold the cloth is removed, and the outside soft portion is cut away, and the nucleus is reduced to powder with a fine grater. Dr. Underwood's baked flour is prepared by slowly baking wheaten flour for a long time in a small covered jar until it breaks into a soft, greyish-coloured-powder. I may mention, as among the best farinaceous foods, stale bread, plain biscuits, and barley prepared as barley-jelly or barley-water.

In making a few remarks on methods of feeding, I will suppose that all admit the importance to the infant of nursing from the mother or a carefully-chosen wet-nurse. If the supply be scanty, or the mother's health be suffering from the constant drain, a small amount of cow's milk, properly diluted, may be given to the infant in third or fourth month. It is important that the greatest care be exercised during the hot months of summer, especially in cities, and artificial feeding should on no account be commenced at this season if it is possible to avoid it. The infant should be weaned between the ninth and fifteenth month. The time should, however, be influenced by various circumstances : such as the strength or debility of the mother and the occurrence of menstruation or pregnancy—but even the existence of pregnancy should not cause the child to be weaned during the hot months, unless the milk is found to affect the child very injuriously. If in any case it is found necessary to wean a baby living in a city during hot weather, and if no wet-nurse is obtained, it should, if possible, be sent to the country, where artificial feeding is found to be less dangerous. Dr. J. Lewis Smith says that more than half of the spoon-fed children of the United States who enter the summer months die before the return of cool weather, unless saved by a removal to the country. Weaning an infant should always

be a gradual process, as the child tolerates this better than the old-fashioned mode of consulting the first page of the almanac and the stars, and then weaning on a certain day. When the mother's milk is wanting wholly or in part, and no wet-nurse is obtainable, we are compelled to resort to artificial or mixed feeding, *i. e.*, milk diluted according to the methods advised by Eustace Smith and other physicians to which I have alluded. If it is found that the child is failing on one kind of food, make a change and give some other kind from the various formulæ given. Many improve on a change from ordinary cow's to condensed milk. Try to make the change in time. Don't wait until it is nearly exhausted by chronic wasting and diarrhoea. It is a safe rule to prohibit entirely the use of farinaceous food during the first six months, and, I may add, in many cases, till the infant is eight or nine months old. As Dr. Sinsino has proved, before this period, it cannot be digested, therefore it can only be a source of irritation, and when given during the hot weather it is the most common causes of diarrhoea, which in the cities of this continent makes such sad ravages among our children. The doctor is in a position to do a great deal towards educating people on this important question. The mother who has the welfare of her young babe at heart is anxious to do everything for the best ; but she is sometimes surrounded with such an army of meddling busybodies and wise old women, each of whom has such a variety of foods to offer "the dear little one," especially when it is sick, that she is in despair, and in her confusion gives a little of everything, and very often the baby gets the greatest variety, when the stomach and bowels are in an irritable condition, and the addition of indigestible food at such a time is only adding fuel to the fire. In such cases as these the Dr. may do incalculable good by giving his directions distinctly, with his reasons for them, and if he wins the mother's confidence in such a way, his orders will be obeyed. If we commence farinaceous food after the sixth month, very little should be given at first. In using the boiled flour, Dr. Smith says, one to two drachms is sufficient for the child during twenty-four hours, and this should be given in two doses. The