be fairly established, a man became affected with alarming nervous symptoms, due no doubt to cerebro-spinal meningitis which was found after death.

In Glasgow, cerebro-spinal meningitis is a rare disease; sporadic cases occur at times, but no epidemic has been recognized here. In Angerline, Dr. William Frew described a small epidemic of this disease in a paper in the *Glasgow Medical Journal* for 1894; and he tells me that lately he has been seeing some cases in the district about Kilmamock.—James Finlayson, M.D., in *Arch. of Pediatrics.*

A BULLETIN ON THE PREVENTION OF DISEASES AMONG INFANTS.

ISSUED BY THE BOARD OF HEALTH OF THE CITY OF NEWARK, NEW JERSEY.

This circular is advisory, and deals only with the prevention of disease. The care and treatment of a patient should be referred to a physician.

A large proportion of all who die are infants one year of age. By far the larger number of infants who die have been fed artificially. It has also been demonstrated that this mortality is chiefly caused by errors in infant feeding.

During the first year infants were designed to subsist on animal food, (namely, human milk;) on this they usually thrive. When deprived of their natural food, the physician, the chemist, and the mother, have been taxed to their uttermost to provide a suitable substitute.

The results of careful investigation and long experience have proved that fresh cow's milk, when it has been modified to correspond to woman's milk, and then, by some proper treatment, preserved from spoiling, is the best substitute food for the infant during its first year.

ARTIFICIAL FEEDING.

The average stomach of a child at birth holds, when full, about two tablespoonfuls.

The increase in the size of the child's stomach is in proportion to its growth or weight.

The health and vigor of after life is undoubtedly laid in the first year, by proper feeding.

Proper infant feeding usually makes muscular children, with nerve force, not always fat ones.

When a food is substituted for woman's milk, it should contain only what nature designed, and in the same proportions.

Nature does not supply bread or crackers, or meat, or granulated sugar; and these should not be given to the infant.

Cow's milk, when properly prepared, furnishes a whole and sufficient diet for an infant, and supplies all it needs for robust health.

Fresh milk should constitute the principal article of food for the infant, even after weaning, and during the greater part of childhood.

No infant, under one year of age, can easily digest cow's milk, until changed; it is weaker in some things, and stronger in others, than woman's milk.

Failures in artificial feeding are chiefly due to three causes. First: Over-feeding. Second: The use of food which is either too strong or too weak. Third: The use of food which is changing or has already spoiled.

The following receipts will change cow's milk into food mixtures, suitable for healthy infants, up to one year:

MODIFIED MILK FOR INFANT FEEDING.

MADE WITH ONE QUART OF BOTTLED COW'S MILK.

For the amount and number of feedings in a day, consult a doctor.

First 6 months.	*From 6 to 9 months.*
The top milk (cream) ½pt.	The top milk (cream) 1 pt.
Boiled water, 1 pt.	Boiled water, 1 pt.
Milk sugar, 700 grains.	Milk sugar, 900 grains.

From 9 mos. to 1 year.

Top milk, 1½ pts.
Boiled water, ½ pt.
White sugar, 3 teaspoonfuls.

Dissolve the sugar in the hot water, add the cream, and divide in separate bottles, putting one feeding in each. Cork them with clean cotton.

One tablespoonful of lime water should be added to every gill of the food.

To preserve the food from spoiling, set the bottles filled, and corked in boiling hot water for thirty minutes. A three-quart covered pail will answer.

THE PROPER CARE OF MILK.

Milk is a delicate animal fluid, highly sensitive to exposure, and quickly spoils unless it receives great care.

Milk is spoiled by the bacteria which falls into it, and which set up fermentations due to their presence in it.

Vessels for holding milk should be made of earthenware, glass, or porcelain, and always be provided with covers.

In open vessels, milk should be counted unclean, for it is thus exposed to invisible droppings of dust.

All utensils designed for milk should first be scoured, then cleansed with soap, and rinsed with boiling water.

Bottles intended for milk should be cleansed coarse sand, baking soda and water; then rinsed and scalded.

Empty milk bottles should be properly cleansed; then filled with boiling water, and allowed to stand until used.

Chemical poisons which germs cast off, and various germs of contagion, are the contaminations in milk most dreaded.

Heat and cold are valuable preservatives when