

for hours. If a child is suffering from colic, it should be thoroughly warmed and kept warm.

Avoid giving opiates of any kind, such as cordials, Mrs. Winslow's Soothing Syrup, "Mothers' Friend," and various other patent medicines. They injure the stomach and health of the child, instead of benefitting it.

*Remedies.*—A few tablespoonfuls of hot water will often allay a severe attack of the colic. Catnip tea is also a good remedy.

A drop of essence of peppermint in six or seven teaspoonfuls of hot water will give relief.

If the stools are green and the child very restless, give chamomilla.

If the child is suffering from constipation, and undigested curds of milk appear in its fæces, and the child starts suddenly in its sleep, give nux vomica.

An injection of a few spoonfuls of hot water into the rectum, with a little asafoetida, is an effective remedy, and will be good for an adult.

*Constipation* is a very frequent ailment of infants. The first thing necessary is for the mother to regulate her diet.

If the child is nursed regularly, and held out at the same time each day, it will seldom be troubled with this complaint. Give plenty of *water*. Regularity of habit is the best remedy. If this method fails, use a soap suppository. Make it by paring a piece of white castile soap round. It should be made about the size of a lead pencil, pointed at the end.

Avoid giving a baby drugs. Let the physician administer them if necessary.