

The same with the addition of the yolk of one egg.

Third meal, 5 P.M.

Same as the first.

In this diet the baked flour and the oatmeal are first beaten up till smooth, with four table-spoonfuls of cold water, and then boiled. The milk and sugar is then added, and the mixture is boiled till it thickens.

For the second meal, the yolk of egg is stirred up in the sauce-pan and boiled with the rest.

If the child requires anything early in the morning or at 11 P.M., he may take a drink of milk, or a thin slice of bread and butter.

A healthy child of a year to eighteen months old will usually take between two or three pints of milk in the four and twenty hours.

4. FROM EIGHTEEN MONTHS TO TWO YEARS OLD.

DIET 10.

First meal, 7.30 A.M.

A breakfast-cupful of new milk.

A rusk or a good slice of stale bread.

Second meal, 11 A.M.

A cup of milk.

Third meal, 1.30 P.M.

Under-done roast mutton, pounded in a warm mortar, a good tablespoonful.

One well mashed potato moistened with two or three tablespoonfuls of gravy.

For drink, milk and water or toast-water.

Fourth meal, 6 P.M.

A breakfast-cupful of milk.

Bread and butter.

After the age of eighteen months it is well to omit the meal at 11 P.M. A healthy child of eighteen months old should sleep from 6 P.M. to 6 A.M. without waking.

DIET 11.

For a child of the same age.

First meal, 7.30 A.M.

A breakfast-cupful of new milk.

The lightly boiled yolk of one egg.

A thin slice of bread and butter.

Second meal, 11 A.M.

A cup of milk.

Third meal, 1.30 P.M.

A breakfast-cupful of beef tea, a pound of meat to the pint, containing a few well boiled asparagus heads, when in season, or a little thoroughly stewed flower of broccoli.

A good tablespoonful of custard pudding.

Fourth meal, 6 P.M.

A breakfast-cupful of milk.

Bread and butter.

These diets can be given on alternate days.

Between the ages of two and three years the same diets may be continued. Meat can, however, be given every day, and a little well-stewed fruit may be occasionally added.

The morning and evening meals should always consist principally of milk. * * *

I have transcribed these several diets because they are the most complete and specific of any I am acquainted with. Variations will suggest themselves to the individual practitioner according to his peculiar circumstances. A rigid and intelligent regimen is the best prophylactic against the summer diarrhoea of children.

I will close with a brief mention of some of the medicinal agents that have served me well. First I will say that it is a bad practice to resort at once to mercury. If Dr. Clevenger's theory be true, it is preposterous to do so. When the stools are green, many colored and slimy, which is a very early symptom of coming trouble, I use, especially in very young children, *camomile*. It not only alters the character of the passages, but allays restlessness and peevishness. It may be given in infusion in doses of half a drachm or drachm,* or in tincture in water in an equivalent dose. When the character of the stools are not readily changed by this means, I sometimes resort to mercury in the form of a trituration of the mild chloride with sugar of milk in doses of one-tenth of a grain or less two or three times a day, or a trituration of the metal hydrargyrum with sugar in doses equivalent to those of gray powder, upon which it is a decided improvement. On this point Dr. H. G. Piffard, of New York City, has given important testimony. When there is vomiting, in addition to a food consisting of diluted whey with cream, milk and lime water, with cinnamon water and equal parts of veal broth and barley-water, given cold or hot, not tepid, I use wine of ipecac in hourly drop doses, and when vomiting and purging are conjoined, small doses of the tincture of *veratrum album*.† This is a valuable remedy. *Opium* may be used when the diarrhoea is due to simple irritation, but it is, strictly speaking, not a remedy for infants, and if the exigencies of a case seem to demand it,

it should be used with great caution, and in doses that are stimulating, not narcotic.‡ Among the astringents I have used *geranium** in infusion, and sometimes increase the astringency by *catechu* or *kino* or *red wine*, and in older children continue to use the *mistura creta* of the pharmacopoeia.

One observation I would like to add, that polypharmacy in infantile therapeutics should be studiously avoided. Avoid the shot-gun practice and use only the true rifle, which, under a steady eye and hand, is most sure to hit the mark. Therefore I would seldom combine, but use my remedies singly wherever practicable.—*Chicago Med. Review*.

*Ringer. Handbook of Therapeutics.

†Ringer's Handbook of Therapeutics, p. 413.

‡See Austin's works.

*B. Infusio. geranii mac., one and one-half ounces.

Infusio. autemidis flor. (vel matricariac), one and one half ounces.

Vini. rubr. optim., once ounce.

M. Sig: Dose, one-half to two teaspoonfuls p. r. n.