

that I am advocating the other extreme of neglecting the medical and surgical arms of precision with which modern science is equipping us, because I am in the habit of using perhaps thirty different drugs as aids to methodical dieting in my own practice on the prairie. The need is considerable, owing to the general average ignorance of good and bad articles of diet among the public, and owing to the neglect of certain specialists from the cities to keep in mind the fact that their own special line is governed materially by the all-pervading influence of digestion on disease. Hence it is that sometimes patients who come to the West with "tubercular disease of the throat" recover rapidly under appropriate dietetic management. It might be well, also, here to state that there are no diseases of Anglo-Saxons peculiar to Western Canada.

Let us first consider briefly what is the average prairie dietary, dividing it into two classes: (1) The Infantile, (2) the Adult.

(1) What do we mean by the Infantile dietary? It should, of course, extend over a period of two years, at least, from birth; but as a matter of practice on the prairies, the first year from birth amply covers this period. It might be supposed that this epoch could be lightly dismissed by saying that of course prairie mothers suckle their infants during that time. Most of them would do so gladly; some do reluctantly; other few—not many—are too lazy or selfish to bother with it; while all too many are unable to fulfil this function completely. Defective nipples sometimes compel a mother to stop nursing; but most often the necessity for a nursing mother to do her own work, including the harder tasks of scrubbing, washing and ironing, prevents her from nursing her child even for six months, either because her supply of milk declines to vanishing point, or because its quality is spoiled. Too often, then, the babe must be fed from the bottle, or more rarely by the spoon. Gastro-intestinal troubles follow, especially as those wise persons, whose name is legion, invariably recommend the milk "from one cow," diluted in too strong proportion, and mingled with some biscuit preparation, such as cream crackers or arrowroot biscuits. Hereditary ignorance, permitted largely by the neglect of the profession to rise above the level of "old women," is responsible for this. The usual train of vomiting, diarrhea, or constipation, is the common effect of this dietary, as well as chronic intestinal conditions which predispose to tubercular and other lung complaints. But occasionally true rickets follows and puzzles the uninitiated. It is worth noting, however, that the mingling of arrowroot biscuits with the bottle contents does occasionally im-