

weather, and they are of immense value in cooling the stomach and bowels, cleansing them and checking fermentations. A few teaspoonfuls of

pure cold water often repeated is like an inward bath, frequently much needed.

TEETHING TIME.

IF the teething time comes during the summer, it makes it much harder on the little one; although, all other things being equal, the teething child as a rule will suffer more in cold than in warm weather. The following remarks are from Dr. Johnson's little work on children teething:—

Dentition is a healthy and natural process, and in a healthy child is effected without trouble or suffering of any kind. The appearance of teeth is a necessary consequence of growth, and it is inconceivable that nature should attach pain and suffering to this simple organic act. One cannot understand why the cutting of a tooth should be more painful than the growth of a foot or a finger. And we find, on reflection, that nature is by no means guilty of this inconsistency or injustice. To the folly and excesses of man are due the suffering so frequently attending infant dentition.

Children suffer because they inherit from their parents diseased frames, or because they are reared in disobedience to the laws of health. Children who have been nurtured upon improper food, or in an unwholesome atmosphere, or who have been dosed with calomel and gray powder, are certain to experience a difficult dentition. On the other hand, the children of Nature, as the offspring of the North American Indians, will pass through this ordeal without cause for complaint. Dentition is commonly more severe in winter than in summer. It is more

severe in the city than in the country, and the badly nourished children of the poor pass through it with more pain than do the well-nourished children of the rich. The treatment should be mostly preventive. Fresh air, not medicine, is needed. If the child lives in the city it should be taken to the parks or squares very much of the time, when the weather permits. The rooms in which it lives should be so well ventilated as to be always supplied with as pure air as possible. Pure food is equally essential.

The habit of stuffing a child with food, salted and seasoned, is almost sure to derange the whole digestive canal, and through this medium so affect the child's health as to make teething a serious affair. If not weaned, and the mother's or nurse's milk is abundant and good, this should constitute its sole food. If cow's milk is used, care should be taken to see that the cow is healthy and properly fed. If the child is weaned, bread and milk, good potatoes, boiled rice, oatmeal gruel or barley gruel and a little ripe fruit will all be excellent. Fed regularly, but not oftener than once in four hours, with pure air and wholesome food, equal circulation and a proper distribution of the nervous energies are insured. The bowels must be free, not by physic, but by the right food, and, if necessary, an injection. Constipated children always suffer more from teething than those whose bowels are free.