

popular mother's manuals which whatever their merits, do not meet the conditions of every single case. The result was that the child was being brought up in a pedantic manner. He was overclothed with pure wool clothing, subjected to cold baths, although they left him very miserable, and given a diet which, all things considered, was not nearly good enough. His breakfast consisted of a plain boiled egg or oatmeal porridge, bread very thinly spread with butter, and hot milk and water. At eleven he had a cup of beef tea and some dry toast. For dinner he had a small amount of plain boiled or roasted meat, fat and brown cut off according to the instructions of the manual, or else fish given without sauce, unlimited potatoes, boiled and mashed, and so-called plain puddings, that is, flour or starch made up with as little as possible of anything else. Sometimes fig puddings and stewed prunes were substituted to relieve the constipation, for which purpose he also had brown bread occasionally. "Tea" consisted of bread and butter as before, with milk and water. The currants, again, by direction of the book, were carefully picked out of any cake or buns which he might have; and he had never tasted a sweetmeat of any kind until I myself gave him a chocolate.

It may be asked, what fault could be found with this diet? Simply this, that it did not suit the boy, and was persevered with although he could not digest it. Had he thriven on it, one would have said nothing. Much medical attendance had been given to his various derangements. I found nothing to criticise, except that one practitioner had ordered glycerine and tannic acid to be applied to the tonsils without further directions. The application had consequently been continued religiously for more than a year, rather increasing the condition. The question had now been raised of excising them. On the whole, I found sufficient cause for his ailments in a faulty bringing up.

I therefore set to work to reform it as follows: The amount of clothing was reduced considerably. What he wore really impeded his exercise. Next, the baths were made warmer until they left him comfortable. Then I altered the feeding. For breakfast he had (and I was in a position to see that he had) some bacon fried or cold, fish, sardines in oil, or eggs cooked in any palatable manner, not merely boiled. Bread or toast was cut thin and freely buttered. On the last piece he was allowed to have jam. His drink was milk and water as before. Eleven o'clock lunch was altered to bread and butter and milk and water. At dinner the fat and brown were on no account to be cut off from his meat unless he wished it. When there was fish, it was accompanied with sauce. Vegetables were restricted in quantity, and green ones served among them. Pudding was also limited, but improved in quality, with the addition of

custards and stewed fruit to the list. "Tea," like lunch, was bread and butter with milk and water, supplemented by cooked fruit of some kind.

It will be seen at what I was aiming with this diet. I purposely exaggerated the amount of albuminoids and fat, while I cut down the flour and starch. I also put before him every tasty thing I could devise. What he fancied he had, and what he disliked he left. Meals had always been a scene of tears on one side and preachings and argument on the other. Now they were rather festive occasions. It was a very interesting physiological experiment.

The result of this reform was that at the end of a month he was well. His tonsils, somewhat to my surprise, had returned to the normal size. His bowels were perfectly regular. His color was good. Though somewhat thinner, he was considerably stronger, so that there were no more complaints about being tired, and the girth of the abdomen had diminished between two and three inches, and afterward went down somewhat more, so that ordinary ready made suits of clothes fitted him. No medicine was given throughout the attendance. Except for an attack of measles he has since continued perfectly well, bidding fair to outgrow all delicacy and to compensate considerably for expenditure in his diet by the saving in medical attendance. Money and good will had never been wanting, so that the reforms which I initiated were cheerfully continued. His mother perceived that she had been giving him country boy's food without a country boy's constitution. I suspect that many practitioners have cases like this. I hope that they will try to treat their next one accordingly.

In the second case the possibilities were limited. A little while ago a girl of nine years old was brought to me by her mother, the mother being teacher in a charity school for girls, and the child, her only daughter, gratuitously maintained in the same school. The chief subject of complaint was a violent cough, most troublesome at night, without expectoration; in fact, a throat cough of the usual character. But the child also suffered from constipation, chilblains, and bad circulation in the hands and feet.

On examination the tonsils were found enlarged, but not congested or inflamed. The abdomen, like that of the first patient, was excessively protuberant, full, and doughy. Although her cheeks were round and red, so that in her clothes she looked fairly healthy, when stripped one saw that she was poorly developed. The muscles were meager and soft, and her skin of that thick and coarse nature that a fold of it pinched up measured perhaps half an inch thick, a very characteristic test of poor condition. Had the skin been removed, the rest would have appeared miserable.

I was able to learn from the mother with