

all living germs in it. It may be well steamed in a Mason fruit jar, the day's allowance say in the morning. If only heated to about 180° or 190° F. (20° to 30° short of boiling) for half an hour it will be completely sterilized and if care be exercised the taste of the milk will not be changed as it is when boiled. It must then be kept closely covered. Everything connected with baby's food must be kept most scrupulously clean. The least trace of food on the vessels soon becomes poisonous. Use boiling water or steam freely and often on all vessels. Look closely to the inside of the feeding bottle, and turn the rubber nipple frequently. Never use rubber tubes. Do not give baby a taste of any other food—only the mother's milk or the prepared food. Give it often pure

cold water, all it wants; a few drops or more at once from a spoon if very young. That which has been boiled and cooled is safest. Baby often cries for drink when its stomach is full. Keep it warm, especially its limbs, with light loose woollen clothing; and its skin active by a daily cool bath followed by gentle friction. Be sure to give it plenty of pure fresh air, keeping it out of too warm rooms. If the bowel discharges become curdy or greenish it probably gets too much food: try less, and perhaps later a little lime water in its food; if not soon better obtain medical advice.

Begin now to fortify the little ones, by judicious diet, fresh air &c., and they will be easier kept well in the warm weather.

ON TAKING, PREVENTING AND ARRESTING OR CURING COLDS.

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SUMMER colds are often more troublesome than winter colds. A little book on the above named subject, by the above named author, has just been issued by Geo. S. Davis, the well known medical book publisher of Detroit, and it is the most practical book on the subject that we have ever read. Below is a condensed synopsis of a large portion of it.

In the minds of most people the word "cold" is naturally associated with low temperature, and they confuse the idea of taking cold with that of absolute cold. This is an entirely erroneous idea. . . . It is first necessary to understand what bodily heat or animal heat is, and the source of the heat. The warmth of the body in health is constantly maintained, at all seasons and at all times, at a temperature of 98½°F. Any variation from this standard, be it even very small, constitutes a condition of disease. The growth and development of the body really constitutes a form of oxygenation, a process attended with the evolution of heat, and this process of nutrition of the body, with heat production, is constantly going on in

every organ and tissue of the organism. This, then, is the source of animal heat, and the process is not confined to any one portion or member of the organism, but goes on everywhere, maintaining not only the lungs and the heart and other internal organs at the equable temperature of 98½°, but maintaining the limbs, at the furthest extremities even, at this same temperature.

Now, clinical experience teaches us, with reference to taking cold, that the penalty of the exposure is incurred not from subjecting the whole body to lower temperature, but only a portion of it. If, for instance, we sit in a warm room with a draft of air striking the back of the neck, all other portions of the body being protected, or if we venture out on a damp evening in thin slippers, chilling the feet, the immediate result, almost invariably, is a cold. We see, therefore, how this results from exposure of a part of the body and not of the whole. And, furthermore, this cold which has arisen from chilling the feet or the back of the neck, has resulted in an attack of inflammation of the bronchial tubes, perhaps, or a cold in the