

every mother and every nurse in the land. Embodying as they do the results of the experience of one of our highest authorities on the subject, they are also of particular value to the general medical practitioner. They are as follows :—

I. *Nursing Babies*.—Overfeeding does more harm than anything else. Nurse a baby of a month or two every two or three hours. Nurse a baby of six months and over, five times in twenty-four hours, and no more. When a baby gets thirsty in the meantime, give it a drink of water, or barley-water. *No sugar*. In hot weather—but in the hottest days only—mix a few drops of whiskey with either water or food, the whiskey not to exceed a teaspoonful in twenty-four hours.

II. *Feeding Babies*.—Boil a teaspoonful of powdered barley (grind it in a coffee grinder) and a gill of water, with a little salt, for fifteen minutes ; strain and mix it with half as much boiled milk, and a lump of white sugar. Give it lukewarm, through a nursing bottle. Keep bottle and mouth-piece in a bowl of water when not in use. Babies of five and six months, half barley-water and half boiled milk, with salt and white sugar. Older babies more milk in proportion. When babies are very costive, use oatmeal instead of barley. Cook and strain. When your breast-milk is half enough, change off between breast-milk and food. In hot summer weather try the food with a small strip of blue litmus-paper. If the blue paper turns red, either make a fresh mess or add a small pinch of baking soda to the food. Infants of six months may have beef-tea or beef-soup once a day, by itself, or mixed with other food. Babies of ten or twelve months may have a crust of bread and a piece of rare beef to suck. No child under two years ought to eat at your table. Give no candies, in fact nothing that is not contained in these rules, without a doctor's order.

III. *Summer Complaint*.—It comes from over feeding and hot and foul air ; never from teething. Keep doors and windows open ; wash your children with cold water at least twice a day, and oftener in the very hot season. When babies vomit and purge, give nothing to eat or drink for four or six hours, but all the fresh air you can. After that time you give a few drops of whiskey in a teaspoonful of ice-water every ten minutes, but not more until the doctor comes. When there is vomiting and purging, give no milk. Give no laudanum, no paregoric, no soothing syrup, no teas.—*The New York Medical Record*.