

bread, every patented food, and every article of diet containing starch, cannot and must not be depended on as food for very young infants. Creeping or walking children must not be allowed to pick up unwholesome food.

Rule 8.—Each bottleful of milk should be sweetened by a small lump of loaf-sugar, or by half a teaspoonful of crushed sugar. If the milk is known to be pure, it may have one-fourth part of hot water added to it; but if it is not known to be pure, no water need be added. When the heat of the weather is great, the milk may be given quite cold. Be sure that the milk is unskimmed; have it as fresh as possible, and brought very early in the morning. Before using the pans into which it is to be poured, always scald them with boiling suds. In very hot weather, boil the milk as soon as it comes, and at once put away the vessels holding it in the coolest place in the house—upon ice if it can be afforded, or down a well. Milk carelessly allowed to stand in a warm room soon spoils, and becomes unfit for food.

Rule 9.—If the milk should disagree, a table-spoonful of lime-water may be added to each bottleful. Whenever pure milk cannot be got, try the condensed milk, which often answers admirably. It is sold by all the leading druggists and grocers, and may be prepared by adding, without sugar, one teaspoonful or more, according to the age of the child, to six teaspoonfuls of boiling water. Should this disagree, a teaspoonful of arrow-root, of sago, or of corn-starch to the pint of milk may be cautiously tried. If milk in any shape cannot be digested try, for a few days, pure cream diluted with three-fourths or four-fifths of water, returning to the milk as soon as possible.

Rule 10.—The nursing-bottle must be kept perfectly clean; otherwise the milk will turn sour, and the child will be made ill. After each meal it should be emptied, rinsed out, taken apart, and the tube, cork, nipple and bottle be placed in clean water, or in water to which a little soda has been added. It is a good plan to have two nursing-bottles, and to use them by turns.

Rule 11.—Do not wean a child just before or during the hot weather; nor, as a rule, until after its second summer. If suckling disagrees with the mother, she must not wean the child,

but feed it in part, out of nursing-bottle, on such food as has been directed. However small the supply of breast-milk, provided that it agrees with the child, the mother should carefully keep it up against sickness; it alone will often save the life of a child when everything else fails. When the child is over six months old, the mother may save her strength by giving it one or two meals a day of stale bread and milk, which should be pressed through a sieve and put in a nursing-bottle. When from eight months to a year old, it may have also one meal a day of the yolk of a fresh and rare-boiled egg, or one of beef or mutton broth into which stale bread has been crumbed. When older than this, it can have a little meat finely minced; but even then milk should be its principal food, and not such food as grown-up people eat.

BRIEF RULES FOR CASES OF EMERGENCY.

Rule 1.—If the child is suddenly attacked with vomiting, purging and prostration, send for a doctor at once. In the meantime, put the child for a few minutes in a hot bath, carefully wipe it dry with a warm towel, and wrap it in warm blankets. If its hands and feet are cold, bottles filled with hot water and wrapped in flannel should be laid against them.

Rule 2.—A mush poultice, or one made of flaxseed meal, to which one-quarter part of mustard flour has been added, or flannels wrung out of hot vinegar and water, should be placed over the belly.

Rule 3.—Five drops of brandy in a teaspoonful of water may be given every ten or fifteen minutes; but if the vomiting persists, give the brandy in equal parts of milk and lime-water.

Rule 4.—If the diarrhoea has just begun, or if it is caused by improper food, a teaspoonful of castor oil or of the spiced syrup of rhubarb should be given.

Rule 5.—If the child has been fed partly on the breast and partly on other food, the mother's milk alone must now be used. If the child has been weaned, then it should have pure milk with lime-water; or weak beef-tea, or chicken-water.

Rule 6.—The child should be allowed to drink cold water freely.

Rule 7.—The soiled diapers or the discharges