

APHORISMS FOR CHILDREN.

1. Animal food once a day, and in small quantities, if the teeth can masticate, is necessary to a rapidly growing child.
2. Avoid a too nourishing diet in a violent-tempered child.
3. Avoid seasoned dishes and salt meats, pastry, uncooked vegetables, unripe food, wine and rich cake.
4. Never tempt the appetite when disinclined.
5. Insist on thorough chewing; a child who eats too fast eats too much.
6. Vary the food from day to day, but avoid variety at one meal.
7. Take care that the child's food is well cooked.
8. Wine, beer and confections should never be given to a young child.
9. Give no food between meals; the stomach requires rest, like any other organ of the body.
10. Remember that overfeeding and the use of improper food kill more children than anything else.
11. Give no laudanum, no paregoric, no soothing syrup, no teas.
12. Remember that the summer complaint comes chiefly from overfeeding and the use of improper food, but never from teething.
13. When children vomit and purge, give them nothing to eat for four or five hours.
14. Do not bring a child under three years of age to your table to eat.—Ex.

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