

free to move and roll about. He will thus learn to raise himself alone, and to walk when the time comes without running the risks which the use of carriages and wheeled panniers, &c., entails. The midday sleep should be continued up to the age of three years at least.

"Medical Requirements.—The child should never be offered the breast of a nurse, other than the mother, unless she has been examined by a physician. Vaccination ought to be done by the age of five months; sooner in cases of smallpox epidemics. The preceding rules will only admit of very rare exceptions; they should not be departed from in any particular without the advice of a physician. Every indisposition of the child lasting over twenty-four hours imperiously demands the attention of a physician."

This instruction was adopted by the Society.

From *Lyon Medical*.

TREATMENT OF SIMPLE ULCER OF THE STOMACH.

BY DR. GALLARD.

In this, as in all diseases, the most important point is rest of the affected organ; but how difficult is this to obtain when the organ diseased is one whose function is indispensable! Absolute rest being impossible we are obliged to content ourselves with comparative rest, and the best means of obtaining this is to give easily assimilable foods in small quantities at a time. Among such foods milk holds the first place. But it is not always tolerated, either because the patient rebels against this aliment—one of the rarest of cases—or because the conditions under which it is administered leave something to be desired. In large cities where the milk is rarely fresh we see it turn very readily in the stomach, and it is rejected in the shape of a cheesy mass. We may obviate this by adding to it a small quantity of the bicarbonate of soda. But the true way of enabling them to retain the milk is the following:—Give milk freshly drawn, not boiled, but simply brought back to its normal temperature by a water-bath, and let it be taken in very small quantity at a time—if necessary a tablespoonful every five minutes. Many persons will thus bear the

ingestion of a considerable quantity of milk, who would not be able to digest it administered in any other way. When pure milk is well borne, when a certain quantity of it can be taken at a time we may add to it oatmeal, farinaceous matters, or biscuits, acting precisely as we would do in weaning a child.

When these porridges themselves are well borne, we may try broth, and the juice of meat in the form of soups, but should return to the milk gruels if the fatty diet is not well borne.

Besides the fat soups, as the patient's digestion becomes still better other foods are found which are more nourishing, these are: the yoke of egg and raw meat grated. The raw meat diet should be begun in small quantity, 10 to 20 grammes (150 to 300 grains) per day and increased gradually. Then at length with extreme caution we may add other articles of food, which must be interrupted and renewed again during a more or less extended period, until it becomes possible for them to eat as other people.

Patients should choose the dark meats grilled or roasted, they should avoid wines and acid fruits,—beer, especially malt beer, may be of service.

When the acidity of the gastric juice is too great, Pougues water should be used, or a few spoonfuls of lime water before meals (Vals and Vichy waters are too alkaline.) To relieve gastric pain and prevent vomiting ice or iced drinks taken in mouthfuls will be found to answer well.

But, beside this rational alimentation, it is necessary to take into account individual idiosyncrasies of the patient, who sometimes will not bear it, whilst he can digest perfectly a very different kind of food—oysters, ham, and smoked tongue, etc.

It is to the diet that we must attribute the greater share in the cure of ulcer of the stomach: therefore it comes first. However, certain remedies may assist it. We have already spoken of Pougues water; the narcotic medicines may also be of use. Opium should be administered in doses of 1 centigramme (0.15 grain) or half a centigramme before meals. M. Gallard largely employs the following formula: Chlorhydrate of morphia 10 centi-