

serious reason, the weaning has occurred during the summer months, the baby should be confined to a milk diet (by milk I mean cow's milk as ordinarily obtained in cities). If he thrive, it is advisable to continue with it alone till the eighteenth month at least. Many children will take nothing else than milk up to two or three years, and, provided enough be taken, no fear of their nutrition need be entertained. If a child thrive on milk, he is never to be forced to take additional food merely because a certain age has been reached; let the healthy appetite be the guide.

You have all seen "one cow's milk" advertised, and must have noticed it painted in large letters on the sides of the milk wagons going about the city. Do not allow your patients to be deluded with the idea that they are getting "one cow's milk"—even if they are paying an additional price for it. They are not likely to do so if the dealer has more than one cow. Some years ago I recollect a patient on Augusta Avenue telling me, at one of my visits, that they had found a milkman who was good enough to let them have "one cow's milk," at an extra price of course, and to it they attributed the improvement in the child's condition. Almost immediately after leaving the house I noticed on the sidewalk, three or four doors up from this house, a milkman emptying milk from his large can into two or three small ones, one of which he handed in at the door of the house I had just left. This was their "one cow's milk," and probably a fair sample of the article usually sold as such. The mixed milk of a good herd is to be preferred, in any way, to that of a single animal. It is less likely to be affected by peculiarities of feeding, and less liable to variations from alterations in health or different stages of lactation.

Pregnancy seems to be given as the chief reason why most women wean their baby during the hot weather, if questioned on the subject. Seldom or never have I seen any serious result to a nursing baby from the mother becoming pregnant; and at any time during the summer months I should always strongly urge a mother to continue nursing her babe till the middle of September, that is, till the cool weather comes on. In giving expression to this opinion, I know I am running contrary to the teaching

and the practice of many. Laziness or unwillingness of some mothers to nurse their babies, and the desire to turn them over to the sole care of a nurse, is, many a time, the cause of babies being weaned long before they should be. If a child does not thrive on milk alone, some of the farinaceous articles of diet may be added, with the understanding that milk should form the basis of the diet. Barley water is certainly the most frequently used, and probably the best one, though, if there be a tendency to constipation, oatmeal water or thin gruel at one or two meals a day will be preferable. Either of these substances should be boiled at least four or five hours (Eustace Smith), to insure thorough cracking of the starch granules, and then strained. They may be added to milk in the proportion of one to three or four, or even one to two.

J. Lewis Smith, at the meeting of the American Pediatric Society, 1889, advised for this purpose barley flour, which, in a double boiler, has been subject to the heat of boiling water for seven days. This flour is so largely used that it has been placed in some of the drug stores in New York for sale. The flour ball recommended by Eustace Smith over twenty years ago in his work on "Wasting Diseases of Children" was a step in this same direction. Arrowroot, from the large amount of starch, should not be used. Stale bread has been suggested also; and I have observed on many occasions the avidity with which children will take this. One method of preparing it is by taking a slice or two of the centre of the loaf, pouring boiling water on it, allowing it to stand soaking for half an hour, pouring off the water, adding fresh boiling water, and then boiling briskly for another half hour. If the water be now strained off it forms a stiff jelly. A portion of this may be added to milk or milk and cream. Some children will take this without any sugar if salt be added. Beef tea or beef broth, chicken broth, mutton broth, etc., I scarcely ever advise, though they are recommended by almost all the authorities as foods. It should be recollected in advising these foods that mutton causes constipation, and that veal and beef are frequently the cause of diarrhoea (Adams). According to Eustace Smith, the farinaceous particles retard the curdling of milk by getting between the particles of the coagulum. *The casein is thus separated,