

fringing upon the rights of others. Happiness has a distinct æsthetic and hygienic value. In itself it will secure perfect poise and respiration. To be happy is a duty just as style is a duty, and both are in great measure an affair of intellect and management. The ardent pursuit of good looks sums up the best there is in hygiene,

and becomes a legitimate and praiseworthy means of health. The world has yet room for two or three truths, of which not the least is the fact that the definite desire for personal beauty constitutes in itself a perfectly proper and meritorious inspiration to effort.

CARE OF BABIES IN HOT WEATHER.

NOT less probably than a hundred and fifty thousand children have been born in Canada during the last nine or ten months, and many thousands of these will doubtless die during the two or three approaching hot months of the year from sheer want of parental knowledge relating to the proper care of infants during this trying period of their life.

Dr. Caillé, of New York, a physician who has had vast experience with young infants, says that most all cases of infantile diarrhoea are due either to *improper summer food* or *improper feeding*. As an illustration of the former he gives, unhealthy milk, either of the mother or of the cow; and of the latter, *overfeeding*, even at the breast. Of all causes of the disease no one probably is so prolific as that of overfeeding. Many a child is much over fed direct from its mother alone. Hardly ever does a child become ill for want of food, but thousands upon thousands die from too much of it.

A little too much food may cause most serious trouble, by starting fermentation in the stomach and bowels and setting up an irritable, inflamed condition there. Heat has a relaxing effect upon the bodily tissues of the infant, but next to excess of food it is chiefly the effects of the heat upon the food which decompose this and alter its constituents, that injure the child; the excess of food (and the body needs much less food in summer than in winter) or the changed food the more readily effecting the relaxed tissues. Statistics show that one hundred artificially fed infants die to each three which are breast-fed; the mortality being thirty-three times greater among the former than the latter. In the latter the child takes its food *direct from the mother* before any change can

take place in the milk. Milk after being drawn from the cow rapidly absorbs—takes in from the air—the germs of fermentation and putrefaction, and its constituents in warm weather are rapidly changed thereby; and it is no longer pure, wholesome milk, but contains newly formed ingredients of a poisonous character, and is quite unfitted to be taken into the baby's stomach, although still *apparently* good milk.

When the mother cannot supply enough for her baby—sometimes by extra nutritious food and care her supply may be much increased—cow's milk is the best substitute, in the present state of our knowledge. This is the recognized view of the best medical authorities. But cow's milk is too "strong" for the young infant, and must always be diluted. There are two or three good ways recommended: 1st. To one half a portion of milk add a little rennet, carefully remove all the curd, and add the whey and a little sugar to the other half of the milk. 2nd, add to $\frac{1}{2}$ pint of cream, $\frac{3}{4}$ pint of warm water that has boiled, $\frac{1}{2}$ oz. of sugar and from $\frac{1}{2}$ to $\frac{1}{4}$ pint of milk according to age. Some authorities recommend thin, *well-boiled* barley water for diluting the milk; or when the bowels are not relaxed, thin oatmeal water. But usually all starchy foods are objectionable for a young child. If the milk be good and contain abundance of cream most babies will do well on it when it is simply diluted with water alone, from one to one and a half, or for the very young, two parts, to one of milk, with a little sugar.

Obtain good milk, mixed from a number of cows is usually safest, making enquiries as to the condition of the cows, byres, feed, &c., and sterilize it by heat, to destroy