

mentioned. The wet nurse is a being of the past. In many instances, I grieve to say, the natural mother has also, to a large extent, disappeared. Pleasure in one phase of society and self-imposed form of labor in the other has deprived the infant of its natural food. Women amongst the leisured class will not allow the nursing of their children to interfere with the routine of what they are pleased to term social duties; whilst amongst the less opulent class the gossip at the mill has more attraction than the prattle of the children. The natural calling of both classes is being sapped by the shadowy myth of female rights and independence, and the future is being sacrificed to pure selfishness.

The majority of children are now brought up on the "feeding" bottle. Let us consider the food thus supplied for a moment, as it is all-important. The food is composed of cow's milk, warm water and cane sugar. These are all artificial, or shall I say unnatural, elements for the human infant, but it is not so much with the character of the food as with the way in which it is supplied, that I join in issue. The child must have food artificially when its mother cannot supply it, and were these simple substances used to the exclusion of more dangerous food it would no doubt be for the child's good. But it is to the temperature of the food that I wish to direct attention. An ordinary bottle full of milk requires ten to fifteen minutes to consume, or, at least, it ought to. It is evident, therefore, that at the beginning and end of the meal there must be a marked difference in the temperature of the milk. The suitability of the temperature is usually judged by the mother or nurse tasting it. But the mother can sip her tea at 140° F., and considers tea cool if it only reaches a temperature of 110° F. We educate the mucous membrane of our mouths to stand a temperature many degrees above what nature intended. Imagine the effects of a hot fluid, the temperature of which is thus judged, upon the infant's mouth. The tender mucous membrane must be well nigh, if not actually, scalded; at least a sodden condition of the lining membrane is established and a continued irritation maintained. The effect upon the dental sacs, imbedded in the gum, must be to withdraw nutrition from them owing to the counter-irritation of the hot fluid, and the congestion of the gingival membranes it produces. The dental sacs are thereby starved—the normal amount of their nutrition being withheld. The temperature of the human milk supplied by nature to the child is about 99° F. throughout the process of suckling. It is not warmer at the beginning than at the end of the process, as so often happens during bottle feeding when a drop of 20° in the heat of the milk in the feeding bottle obtains. It is needless to dwell upon the local and digestive ailments consequent upon food of so abnormal a quality; and, having broached the subject, I will pass on to