

relief from pain and fever. The pulse also fell from 120 to 86, and in twenty-four hours his appetite returned. It was thought at first that the gas escaped through the ulceration in the appendix, but it may have been that a part of the intestine in close proximity to the abscess, having become weakened by diseased action, gave way when the pressure on the outside of the gut was relieved by the evacuation of the pus. To-day, June 1st, he feels well; pulse 90, temperature normal; very little discharge of any kind from the wound; bowels have moved naturally yesterday and to-day, and his rest and his appetite are good.

Selections.

RULES FOR THE MANAGEMENT OF INFANTS DURING THE HOT SEASON.*

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Rule 1.—Bathe the child once a day in tepid water. If it is feeble, sponge it all over twice a day with tepid water, or with tepid water and vinegar. The health of a child depends much upon its cleanliness.

Rule 2.—Avoid all tight bandaging. Make the clothing light and cool, and so loose that the child may have free play for its limbs. At night undress it, sponge it, and put on a slip. In the morning remove the slip and dress the child in clean clothes. If this can not be afforded, thoroughly air the day-clothing by hanging it up during the night. Use clean diapers, and change them often. Never dry a soiled one in the nursery or in the sitting-room, and never use one for a second time without first washing it.

Rule 3.—The child should sleep by itself in a cot or cradle. It should be put to bed at regular hours, and be early taught to go to sleep without being nursed in the arms. Without the advice of a physician, never give it any *spirits, cordials, carminatives, soothing syrups, or sleeping drops. Thousands of children die every year from the use of these poisons.* If the

child frets and does not sleep, it is either hungry or ill. If ill, it needs a physician. Never quiet it by candy or cake; they are the common causes of diarrhoea and of other troubles.

Rule 4.—Give the child plenty of fresh air. In the cool of the morning and evening send it out to the shady sides of broad streets, to the public squares or to the park. Make frequent excursions on the rivers. Whenever it seems to suffer from the heat, let it drink freely of ice water. Keep it out of the room in which washing or cooking is going on. It is excessive heat that destroys the lives of young infants.

Rule 5.—Keep your house sweet and clean, cool and well aired. In very hot weather let the windows be open day and night. Do your cooking in the yard, in a shed, in the garret, or in an upper room. Whitewash the walls every spring, and see that the cellar is clear of all rubbish. Let no slop collect to poison the air. Correct all foul smells by pouring carbolic acid or quick-lime into the sinks and privies. The former article can be got from the nearest druggist, who will give the needful directions for its use. Make every effort yourself, and urge your neighbors to keep the gutters of your street or court clean.

Rule 6.—*Breast-milk is the only proper food for infants.* If the supply is ample and the child thrives on it, no other kind of food should be given—while the hot weather lasts. If the mother has not enough, she must not wean the child, but give it, besides the breast, goat's or cow's milk, as prepared under Rule 8. Nurse the child once in two or three hours during the day, and as seldom as possible during the night. Always remove the child from the breast as soon as it has fallen asleep. Avoid giving the breast when you are overfatigued or overheated.

Rule 7.—If, unfortunately, the child must be brought up by hand, it should be fed on a milk diet alone, and that warm milk out of a nursing bottle, as directed under Rule 8. Goat's milk is the best, and next to it, cow's milk. If the child thrives on this diet, *no other kind of food whatever should be given while the hot weather lasts.* At all seasons of the year, but especially in summer, there is no safe substitute for milk to an infant that has not cut its front teeth. *Sago, arrow-root, potatoes, corn-flour, crackers,*

*At a meeting of the Obstetrical Society of Philadelphia, held April 3rd, 1873, the undersigned committee was appointed "To consider the Causes and the Prevention of Infant Mortality during the Summer Months." The following rules, drawn up by this committee, were revised and adopted by the society at a meeting held May 1, 1873, and ordered to be published—Dr. William Goodell, chairman; Dr. J. Forsyth Meigs, Dr. John L. Ludlow, Dr. Albert H. Smith, Dr. John S. Parry, Dr. William F. Jenks.