nience at all. In other cases there is flatulent distension or frequent colicky pain, the child sleeps badly, has a furred tongue, and cares little for his food; the motions are often light coloured from undigested curd, and are passed with violent straining efforts, during which the bowels may prolapse or the navel start. This straining is a not uncommon cause of hernia.

In remedying this condition, attention to the feeding and clothing of the baby is of little less moment than the use of drugs. When the infant is at the breast, a teaspoonful of syrup given three or four times a day before a meal will often quickly restore the normal regularity of the bowels. If the stools are habitually dry and hard we should see that the child takes a sufficiency of liquid with his food. In addition, it is useful now and then to make him drink some plain filtered water. In the case of a baby in arms, the possibility that the child may be thirsty and not hungry seems rarely to be entertained; but in warm weather, when the skin is acting freely, the suffering amongst young babies from want of water must often be acute. At such times the urine is apt to be scanty and high-coloured, and may deposit a streak of uric acid on the diaper. When fluid is supplied, the secretion both from the bowels and the kidneys quickly becomes more healthy; and a dessert-spoonful of some natural saline aperient water, given at night, aids the return of their natural consistence to the stools.

The form of constipation which is due to mild intestinal catarrh is common enough in young babies. This is owing, no doubt, in great measure to over-abundant feeding with starchy matters, or to the giving of cow's milk without taking due precautions to ensure a fine division of the curd. Still it cannot be denied that we sometimes find the same derangement in infants whose diet is regulated with proper care and judgment. In them the intestinal catarrh is frequently the consequence of exposure, for the sudden withdrawal of all protection from the lower limbs and belly which the process known as "short-coating" too commonly involves, is a fruitful cause of chill. In children so denuded, the feet and even the legs as high as the knees may be quiet clammy to the touch. Under such conditions the susceptibility of the patient to alternations of temperature must be extreme, and the bowels are, no doubt, often kept in a state of continued catarrh from rapidly recurring impressions of cold.

Where the constipation is due to this cause, our first care must be to protect the infant's sensative body so as to put a stop to the series of catarrh. To do this it will not be sufficient to swathe the belly in flannel. The legs and thighs must also be covered, for a lengthened experience of these cases has convinced me that so long as a square inch of surface is left bare the protection of the child is incomplete. We should next see that the infant's dietary is regulated with due regard to his powers of digestion. Excess of starch must be corrected, and it is best to have recourse to one of the malted foods. Mellin's food is especially valuable in cases where there is this tendency to constipation, as in many children the food has a very gentle laxative effect; but as Mellin's food contains no unconverted starch, and can do nothing to prevent the formation of a dense clot when the curd of milk coagulates in the child's stomach, it is advisable, when giving it with milk, to insure a fine division of the curd by the addition of some thickening material, such as barley water. A child of six months old will usually digest well a good dessert-spoonful of Mellin's food, dissolved in milk, diluted with a third part of barley water. A certain variety in the diet is of importance in all cases where the digestive power of the infant is temporarily impaired. Therefore, it is advisable to order an additional food, to be given alternately with the Mellin and milk. Benger's "self digesting food" is useful for this purpose, and rarely disagrees. It must be given, like the Mellin, with cow's milk, but without the barley water, for the pancreatine it contains has a digestive action upon the curd, and removes the tendency of the latter to firm coagulation. In addition to the above, if a child has reached the age of ten months, he may take a meal of veal broth or beef tea once in the day, and with this it is advisable to give some vegetable, such as broccoli or asparagus, thoroughly well boiled. At this age, too, the milk for the morning meal may be thickened with a teaspoonful of fine oatmeal, and sweetened with a teaspoonful of malt extract. In the cases of many infants suffering from habitual constipation, the appetite is very poor, and great difficulty is found in persuading them to take a sufficient quantity of nourishment. This indifference to food is almost invariably associated with coldness of the extremities, and usually disappears when measures are taken to supply necessary warmth to the feet and legs.

In all cases where an infant's bowels are habitually costive, it is of the first importance to enter thoroughly into these questions of clothing and diet. In addition, care should be taken that the bowels are regularly stimulated by manipulations from without. The sluggishness of peristaltic action, which forms a part of every case of habitual constipation, may be very materially quickened by judiciously applied frictions. The nurse should be directed to rub the child's belly every morning after the bath. She should use the palm of the hand and ball of the thumb, and, pressing gently down upon the right side of the abdomen, carry the hand slowly round in a circular direction, following the course of the colon. The frictions may be continued for five minutes. In obstinate cases the child may be laid down upon the bed, and the bowels gently kneaded with the thumbs placed side by side; but in this case, too, the