

quality, quantity, and temperature is extremely necessary.

Not until a child is a year old should it be allowed any food except that of milk, and possibly a little cracker or bread, thoroughly soaked and softened.

Meat should never be given to young children. The best artificial food is cream, reduced and sweetened with sugar and milk. No rule can be given for its reduction. Observation and experience must teach that, because every child's stomach is governed by a rule of its own.

A child can be safely weaned at one year of age, and sometimes less. It depends entirely upon the season, and upon the health of the child.

A child should never be weaned during the warm weather, in June, July, or August.

When a child is weaned it may be given, in connection with the milk diet, some such nourishment as broth, gruel, egg, or some prepared food.

A child should never be allowed to come to the table until two years of age.

A child should never eat much starchy food until four years old.

A child should have all the water it desires to drink, but it is decidedly the best to boil the water first, and allow it to cool. All the impurities and disease germs are thereby destroyed. This one thing alone will add greatly to the health and vigor of the child.

Where there is a tendency to bowel disorder, a little gum arabic, rice, or barley, may be boiled with the drinking water.