

development of the digestive glands, the great length of the lower part of the colon, the size and importance of the liver, all point to the great importance of intestinal digestion.

An infant does not secrete saliva until the third month; the pancreatic juice is not secreted until the fifth or sixth month, and the bile is poor in salts, necessary for the complete assimilation of fats. Gastric juice is secreted early, and the digestion of proteids is usually complete when given within physiological limits.

The stomach holds at birth one ounce, two ounces at the end of the first month, five ounces at the fourth month, eight ounces at the eighth month, and ten ounces at the twelfth month.

A child should gain in weight one ounce per day during the first few months; after the sixth month, about one-half ounce per day. It should double its weight at birth by the fifth or sixth month, and triple it at the fourteenth or fifteenth month. At its sixth year, its weight should be double that at its first year, and at its fourteenth year, double that at its sixth year.

The growing tendency towards the artificial feeding of infants is the natural outcome of increased knowledge of the subject of substitute feeding, improved methods and simplicity of preparation of artificial foods. The best method of artificial feeding, however, cannot compare with a healthy, natural secretion of the human breast, free from all bacteria, and its several constituents held together in suspension with a nicety no artificial means can equal. Unfortunately all breast milk is not normal healthy milk, and one of the first signs of disordered nutrition is the fact that the child is not sleeping well. Another early symptom of insufficiency of food is the child nursing longer than from fifteen to twenty minutes, or perhaps nursing fifteen to twenty minutes, falling asleep, and in a few minutes awakens and nurses again. The mother will also feel dragging pains in the breast at nursing time. The child's sleep is irregular, and easily awakened. The stools are also irregular, and there is no gain in weight. If these symptoms continue, there is loss of weight, delayed dentition, and all the signs of faulty nutrition. Diarrhoeas and skin diseases are evidences of indigestion.

Mother's milk is impoverished by lack of exercise, loss of sleep from frequent nursing at night, worry, anxiety, overwork, and all severe emotions.

The treatment of such cases consists of improving the quality or quantity of the milk, or both as the case may be, by removing these