branch of your life work, infant feeding, a subject that upon superficial thought seems so simple that the majority of medical students are apt to pass it by as pertaining to the nurse and not to the doctor; yet my association with recent graduates enables me to say that it is the one subject that comes up before them soon after entering their medical career, and often it is not merely a matter which is important for the moment and easily evaded, but becomes either the portal of entrance to a large practice, or the starting point of embarrassments and disappointments which render their arduous duties even more irksome.

I wish distinctly to state, that though I shall dwell at length upon the feeding of infants with prepared food, I do not wish to be understood to underrate the value of mother's milk or in its stead that of a reliable and well-developed wet-nurse; there are times when a mother cannot and should not nurse her child, a wet-nurse should then be the first thought; then again I may also state, at this point, that a child which has been nursed for a short period can be very much more easily brought up by hand than one who is obliged to be hand-fed from birth.

The great question which has always given rise to so much hesitation and difficulty in its answer is upon what food to place a child. This at times is perplexing; it depends upon various conditions; it depends upon age of child, upon its health, upon its residence, country or city, and upon the circumstances of the family. All these should be taken into consideration; is it to be weaned gradually, or is it necessary that hand-feeding should constitute its only supply? If you attempt to study this matter from your text-books, you will be dazed with the number of suggestions there presented. It is well that you should form in your own mind the regular course to follow in such cases, and avoid the unfortunate way of answering your inquirer, the fond mother or nurse, by saying, "try this," or "try that." It should not be a matter of trial.

Let me say now that *milk* should form the basis of all preparations of food. It is not necessary for me to show you the difference between cow's and mother's milk. I will refer you to your physiological tables, and also those of you who read the medical journals of the day to the interesting investigations of Prof. Leeds and Dr. A. V. Meigs, who have studied this matter with great care.

There have been several ways suggested of preparing the food for infants, one taking mother's milk as a guide, and endeavoring to make cow's milk approach the human standard as near as possible by dilution and the addition of sugar of milk. For this purpose Dr. Meigs has suggested the following formula: Order five or six packages of milk-sugar, containing seventeen and three-quarter drachms each; the contents of one of these to be dissolved in a pint of water, and each time the child is to be fed let there be mixed together and then warmed, three tablespoonfuls of the sugar solution, two of lime-water, two of cream and one of milk. This makes about a gill, and as much of it as the child does not take should be thrown out and a fresh mixture made for the next feeding. The solution of sugar should be kept in cool place and at once thrown away if it sours, as occurs if kept more than a day or two in warm weather. The dry sugar keeps indefinitely, and is easily dissolved in warm water. A pint bottle should be kept for the purpose of containing the solution, to serve also as a measure of the quantity of water to be used with each package dissolved, and also to save further measuring. The milk to be used should be good ordinary cow's milk, and not the very rich milk of Jersey or other high-bred stock, and the cream in the same way should be such as is usually sold in the cities, and not too rich, containing about sixteen or seventeen per cent, of fat. The quantity of this food taken by a new-born infant should be two or three fluid ounces every two hours, and if it thrive it will soon take as much as a gill every two hours.

Then there are the various preparations in the market of the cereals proper, whose use I shall tell you more of in a few moments, and those of the cereals that have undergone change into dextrine and glucose by malting, and those foods which are composed of milk, either preserved, condensed, or prepared in a more solid form. These preparations are expensive, not to be procured in every drug store, and furthermore are somewhat perishable, so I shall talk to you to-day of the "home-made" foods, to which I advise you to adhere for a time.

Let us suppose that you are confronted with a case in which the mother, having nursed her child some months, finds her milk gone, and it becomes necessary to establish hand-feeding. She tells you that her child no longer receives the amount of nourishment that it should. Convince yourself of this fact before you make any change; take the appearance of child into consideration, examine its muscles to see if they are firm, and judge whether or not it presents the rosy hue of health. Examine the mother's breast, and if you think that a course of tonics, with outdoor exercise or change of food will increase the supply, by all means have recourse to them before making a change. Remember that the milk does not always remain constantly in the mother's breast, and that frequently those who are able to nourish their children with an abundant supply have, between nursing hours, scarcely any evidence of milk whatever; the application of the child will, however, produce a flow in a few moments.

I give you all these points because frequently mothers wish to wean their children too young, and I firmly believe that encouragement and firmness on the part of the doctor will in very many cases give a child a far better chance in after life. If the child is six months old, or thereabouts, and you find it necessary to establish handfeeding at once, the following would probably be the best plan to adopt: Order nurse or mother to take a quart of