

carefully remove all the curd, and add the whey and a little sugar to the other part of the milk.

Another way is to add to $\frac{1}{2}$ pint of cream, $\frac{3}{4}$ pint of warm water that has boiled, $\frac{1}{2}$ oz. of sugar and from $\frac{1}{2}$ to $\frac{1}{4}$ pint of the milk, according to age.

Some authorities recommend thin, well-boiled barley water for diluting the pure milk; or when the bowels are not relaxed, thin oatmeal water. But usually all starchy foods are objectionable for a child less than three or four months old.

If the milk be good and contain abundance of cream, most babies will do well on it when simply diluted with water alone, from one to one and a half, or for the very young, two parts to one of milk, with a little sugar. This was the food long recommended by the late Dr. Hodder, of Toronto.

Other points there are as important as the particular composition of the food, which must be attended to.

First, everything connected with the baby's food must be kept most scrupulously clean. The least trace of food on the vessels soon decomposes and becomes poisonous. Use boiling water or steam freely and often on all vessels. Look closely to the inside of the feeding bottle, and turn the rubber nipple—inside out—frequently. Rubber tubes should be avoided, as it is impossible to clean them well, even with the wire and brush.

It is most desirable that all the food be sterilized—heated so that all absorbed germs shall be destroyed—before it is given to the baby. Dr. Warner (in Ann. of Univ. Med. Sci. for 1899) recommends the use of an ordinary cooking-steamer and six or eight nursing bottles. Enough food to last the baby for 24 hours is prepared, say, best, in the morning. This is put into the nursing bottles,—into each bottle enough for one feeding. It is best to then warm the bottles well for a few minutes in an oven; they are then to be stoppered with pledgets of cotton and put on the perforated plate of the steamer, not touching each other, with boiling water under them, the cover shut tightly down and the whole

allowed to steam for at least half an hour. Dr. Warner found milk to remain pure and sweet for five weeks after treatment in this way. The bottles are then to be set aside in a cool place and one of them warmed in a little hot water as required for the baby.

When it is impossible to carry out this method, or to feed milk fresh, direct from the cow, each time, the milk should be either boiled or, better, well steamed, in say a Mason fruit jar, and kept covered with layers of cotton. If only heated to about 180° or 190° F. (20° to 30° short of boiling) for half an hour, sterilization will be accomplished and the taste of the milk will not be changed, if care be exercised, as it is when boiled.

The times of feeding, and regularity in these are highly important. Dr. Rotch Prof. of diseases of children in Harvard University, gives a tabulation of rules on this point about as follows, which are a good approximation: From 1 to 6 weeks old feed every 2½ hours, or 8 times in the 24, with 6 or 7 hours rest at night, 1½ to 2 oz. of food each time; from 6 to 12 weeks, and possibly to the 5th or 6th month, feed every 3 hours, or 6 times a day, 3 to 4 oz. of food; at 6 months, every 3 hours, 6 times a day, 6 oz. of food; at 10 months, 5 times a day, 8 oz. each time. Remember this is given as only an approximation. Some infants require more than others.

Some special points are: That the food be always of about the same temperature when fed, about blood warm—98° F., tested either by a thermometer (kept scrupulously clean and well sterilized) or careful tasting. That the food be not too sweet, but about like the human milk. That not a taste of any other food whatever be given to the baby, especially during the warm season or before the 6th month. During the second summer the child should be fed almost solely, if not entirely, on good pure milk, and bread in moderation: It will thus be vastly better than to be pampered with anything more, even in "tastes."

Give pure cold water frequently and in abundance. The infant's stomach is often oppressed with food when the child cries or frets for *drink* only. Give a few drops