

the food that is the cheapest and easiest to prepare is the best for most persons. If sterilized milk be used, it should not be for longer than the summer months, on account of the tendency to produce rachitis. The modified milk is expensive, and can only be obtained in the large cities.

For ordinary cases a mixture of cow's milk, diluted one-fourth with water and containing a little cane—or milk—sugar and a pinch of salt or sodium phosphate is to be preferred. A double boiler lined with porcelain, or made of agateware, can be obtained at any good house-furnishing store; into this the prepared milk is placed, and the water in the outer vessel is allowed to boil for 15 minutes. The inner vessel is then rapidly cooled by standing in cold water and the contents poured into a well-scalded tight fruit-jar, and kept by the ice until required for use. The entire quantity required for use during the day can thus be prepared at once.

Occasionally it will be found that some other food must be used for infants recovering from a severe diarrhœa. A combination of barley-water or barley-flour, a tablespoonful, rubbed smooth in a little water and added to the diluted milk may then be used with good results. To insure the thorough digestion of the starch that this contains, lactopeptine should be administered.

Overfeeding should be carefully avoided. Every step in the preparation of the food and in its administration must be made with scrupulous cleanliness, and after each feeding the child's mouth should be wiped out with a bit of absorbent cotton wrapped around the little finger and then soaked in a saturated solution of boric acid. If the child appears thirsty, plenty of water that has been boiled and cooled should be given rather than too much food, for water is as necessary to the child as it is to the adult in addition to the food.

RED SPECTACLES FOR SEASICKNESS.

Bright red spectacles accompanied by internal doses of calomel form a new German specific against seasickness. It is deduced from Epstein's investigations on the influence of color on the blood-vessels in the brain. Seasickness is due to lack of blood in the brain; while red sends blood to the brain with a rush. By looking at one point for some time through the red glasses the patient is cured radically. —*Scientific American*.