

of sickness in babies comes from over-feeding. Over-feeding very often causes diarrhoea, long sickness, and death. This diarrhoea does not come from teething; but from (1) too much food, (2) too frequent feeding, (3) too little water, (4) too little sleep, (5) too much handling.

### **Feed Regularly.**

The way to avoid diarrhoea and sickness is to feed the baby at the breast and to feed it regularly. Feed it by the clock. From birth to three months old, the child may be fed every two to two and one-half hours; from three to six months, every two and one-half to three hours; from six months to one year, every three hours.

These feedings are to be during the day only, from six in the morning to six in the evening. The child should be fed not more than twice during the night.

When the child takes the breast let it have its fill. When it stops nursing take it away from the breast, and have it wait until the next feeding time. If it cries or frets offer it pure, cool water without anything in it.

### **Weaning.**

Never wean a child in the beginning of summer. Wean the child by giving it cow's milk; first, one feeding daily, then others, until wholly weaned.

### **Bottle Children: Cow's Milk.**

The best food for "bottle children" is good, fresh cow's milk that has not been skimmed, prepared according to the direction given by the physician, or the direction given in this pamphlet.

Cow's milk without water in it should never be fed to very young babies, because it contains more cheesy matter and less fat than mother's milk. The cheesy matter in cow's milk, when in the child's stomach, forms large curds, which are harder to digest than the smaller curds in mother's milk. Therefore, in feeding "bottle children," it