

who have become homoeopaths have, as a rule, healthy children, because the diseases to which they are liable are speedily cured; and numerous children's diseases are checked in their first incursion by a dose or two of homoeopathic medicines, which are readily taken by the children, as the medicines, as a rule, are tasteless, and never do any mischief to the system, as the strong doses of *Calomel*, *Grey powder*, *Rhubarb*, etc., of the allopaths invariably do. *Homoeop. Europ.*

### SOME HINTS ON THE FEEDING OF CHILDREN.

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There are few questions heard more often by the physician than the one: "How do I feed my baby now it is weaned?"

A child requires food like the adult both for the production of energy in the form of work, heat, repair and general nutrition of the body, and also, unlike the adult, for the purpose of growth and development. A healthy baby of one year has a stomach holding about nine ounces, though a huge child will have a larger stomach than a small, delicate one will have.

A baby from twelve to eighteen months needs four or five meals a day. The breakfast should be a bowl of one of the grains in a jelly with milk and cream and sweetened. If the child is constipated, the grits may be left, but as a rule all meal should be strained. Oatmeal and barley are the best, it being remembered that there is more starch in oats and that it takes a longer time to be converted into sugar than it does in barley; and if the child is delicate it is better to begin with barley, a heaping teaspoonful of barley or oatmeal boiled in a pint of water and strained. It may be mixed with milk in a bottle, or better, fed from a spoon. The child should be given a glass of milk in the middle of the morning and also in the afternoon. The principal meal is to be at noon. It should be some broth, preferably chicken or mutton, and with a little rice or stale bread or cracker crumbs soaked in it, or a fresh egg lightly boiled or poached, or a thoroughly mashed old baked potato moistened with cream, broth, or the dish gravy from a roast. The supper should be milk with one of the cereal jellies or

sago or rice, or to a glass of milk add the beaten white of an egg and give with bread and butter. A baked apple makes a good dessert, or some stewed prunes, or a little fresh fruit juice without seeds. The juice of an orange may be given for the in-between meal with a cracker in the morning at least an hour and a half after the child has had milk. There is nothing better for a delicate child than a little scraped raw beef with little salt, or the juice may be squeezed and mixed with water and fed from a spoon. A child a little older will relish a sandwich made of fresh scraped beef.

A healthy child of twelve to eighteen months does not need food at night. Of course, if it is ill or delicate, it should get some, but it should be encouraged to go at least six or seven hours. The stomach needs rest and often a drink of water will satisfy all needs.

It must be enforced in all cases of feeding children that regular hours must be insisted upon and that the food must be given in proportion to the age and size of the child. As with adults, some need more food than others, but a child should be watched for signs of indigestion and not stuffed a la Strasbourg goose till the little stomach refuses to perform its functions.

No experiments in feeding should be made in hot weather. A child should be encouraged to drink water, which should always be boiled.

After the second year the diet may be more varied, but till the thirteenth month the food should be as simple and nourishing as possible, the staple being milk.

It frequently happens that ice cannot be obtained for the sick-room. In such an event, it is only necessary to procure a pitcher of cold water, and place about it a towel soaked in:

R Ammonium nitrate 2 oz.  
Water 1 pint.

Within half an hour very cold water will be on hand, ready for use.

At a recent meeting of the trustees of the University of Chicago it was voted to permit the enrolment of women in the Rush Medical College. One reason given for the taking of this step is the demand for medical instruction on the part of women wishing to become trained nurses.