

have no cause for complaint either on account of neglect or incapacity on the part of his staff.

### WEIGH THE BABY.

ITS IMPORTANCE INDICATED.

Dr. Rotch, the great Boston authority on children in disease or health, says: "The systematic and frequent weighing of infants is far more useful as a means for determining their nutritive condition than any one method which we know of. The weight is, in fact, an index of the nutritive processes to such an extent that it is representative of the child's well-being, while the height gives us information rather as to its cellular activity." Parents are naturally anxious as to the physical progress of the newly arrived infant. A great difference exists in babies. Some grow rapidly and the progress is easily observed, while others grow equally as well, but the advance is not as readily determined. The surest and safest plan is to weigh the baby at stated intervals, say once a week during the first six months, and once in two weeks thereafter. A suitable pair of scales can be purchased at a moderate cost. During the first three days there is a loss of weight. This is not regained until about the third week. Once the original weight is regained a loss of twelve ounces or more denotes a departure from the normal and requires immediate attention. Investigate the diet. Is the baby receiving the proper food? Does the mother's milk agree with it? A child in good health should gain four ounces a week during the first five or six months. The original weight should be doubled at five months, and trebled at fifteen months.

The length of the newly-born child is about sixteen inches. Growth is quickest in the first week of life. There is an increase in the first year of from 5 to 6½ inches; in the second from 2¾ to 3¼ inches; in the third from 2¼ to 2¾ inches; in the fourth about 2 inches; and from the fifth to the sixteenth year the annual growth amounts to 1½ to 2 inches. Of course these are the average figures, and deviations may exist and still the child retain good health.

A. R. GRIFFITH, M.D.

Subscribe to the Record, and send it to your friends, only 25 cents a year.

### HOSPITAL ACKNOWLEDGEMENTS.

A WORD OF APPRECIATION FROM THE LADIES' COMMITTEE.

DEAR MR. EDITOR.—I should like to make an apology through your paper for an omission that may have occurred to acknowledge donations during the months of July and August, or previously. Our Ladies' Committee has been few in number, and although for that reason ought to have been more zealous, I fear we may possibly seem ungrateful. There are many acts of kindness, gifts to the nurses, remembrances when away on holidays, a treat shared with each other, a desire to make a "home" of our hospital, all these are fully appreciated by the Committee, and they desire to thank all the friends who anonymously or otherwise have contributed to the comfort of the inmates of our Home for the Sick.

Yours sincerely,

G. D. PHILLIPS,

Vice-President.

### DONATIONS DURING AUGUST.

Blackberries and cream for nurses, Mrs. A. R. Griffith; barrel of sugar, St. Lawrence Sugar Refining Company; four palm-leaf fans, no name; a step ladder, Dr. H. M. Patton; a basket of apples, old linen, empty vials and magazines, a friend; empty vials, old linen, soup and coffee, Madame A. Hebert; one dozen charlotte russe, Mrs. E. Doran; melons, fruit for private patients and melons for nurses and servants, Mrs. W. E. Phillips; empty vials, Mrs. David Shaw, Mrs. Hawkins; flowers, Mrs. Shorey, Montreal Flower Mission, four donations; Women's Christian Temperance Union, two donations, Mrs. Sheffield.

### HOSPITAL WANTS.

Bed trays with legs; old linen; bath towels and empty vials.

### SNEEZING.

Sneezing is averted by pressing the upper lip, which deadens the impression made on one of the branches of the fifth nerve, sneezing being a reflex action excited by a slight impression on that nerve. Sneezing does not take place when the fifth nerve is paralyzed, even though the sense of smell is retained.