

## The Home Doctor.

### SEASONABLE ADVICE.

Now begins the season for children's diseases and the following information will be of great value to mothers.

#### Nursing.

If a mother can nurse the child the problem of nourishment is easily solved. Sometimes, however, the mother's milk is not suitable and a substitute must be found. If the baby is being nursed, it should be fed once in two hours during the day, and six at night. If fed too often the baby cries. That is not to be interpreted as a demand for more food. The baby should not be disturbed when asleep. If the mother's milk is insufficient, food should be given between each nursing. The mother should live on milk, cocoa, good soup, meat and fresh vegetables, as well as cereals. If the baby cries after feeding or throws up the milk curdled and sour, the digestion is faulty. It will be well to give two teaspoonfuls of lime water just before nursing and one or two after nursing. Mothers should notice the effect of foods they eat upon the baby and should be guided accordingly. After six months a child should gain a pound a month.

#### Feeding.

The food which the child most easily digests is the best. Cow's milk, when properly prepared, is the best substitute for mother's milk. It is slightly acid but this can be corrected by adding a little limewater. Here is a good recipe: Cream, 2 tablespoonfuls; milk, one tablespoonful; limewater, 2 tablespoonfuls; milk, sugar, water, 3 tablespoonfuls. Give one-quarter every two hours in day, and two or three times at night for first week. Gradually increase the amount. At two months the child can take all. The proportions at three months will be: Milk, 3; cream, 1; limewater, 1; sugar-water, 3. At five months the proportions will be: Milk, 5; cream, 1; sugar-water, 3; limewater 0. After 5 months the amount of milk may be increased.

#### Limewater.

One ounce lime. Place in quart cold water which has been boiled. Shake until dissolved. Stand for 12 hours. Pour top into another bottle so as not to disturb sediment.

#### Barley-water.

When the recipe above does not suit, the child may require barley-water. Take 2 teaspoonfuls pearl barley. Wash. Put in double boiler, in one pint water. Boil two hours. Use barley-water instead of limewater and sugar-water; and sweeten with a tiny pinch of dry sugar of milk.

#### Peptonized Milk.

This is milk which is partially digested before being taken. The predigesting of food has saved many lives. Every druggist keeps the peptonizing agent with directions for use.

#### Sterilized Milk

There is so much impure milk that it should be sterilized. Heat to 180 degrees for 15 minutes. It will then keep for 24 hours. The flavor is not destroyed. Patent sterilizers may be bought and are very convenient. The mother should know for certain that the child has pure milk. Even filtering is better than nothing.

#### Giving Food.

The bottle should be held so that the top is well-filled with milk. If air is sucked in, stomach-ache may result. After eating, child should be

placed on right side for one hour, then turned to left side. This ensures digestion and prevents deformity.

#### Water.

Give plenty. A young baby should have a teaspoonful several times a day and the quantity should be gradually increased. If water is impure, boil. After boiling shake in a jar or pitcher to remove flatness.

#### Diarrhoea.

Look to the food. Wash the bottle. Sterilize the milk. Boil the water. Omit cream for a day or two and increase the limewater. Even stop milk, if necessary, and give limewater. If no improvement, get the doctor. With older children wrong food is usually the cause. Give castor oil. Afterwards light diet, as arrowroot, sago, biscuit or crackers, gruel, boiled custard.

#### A Nice Little Story.

The following story is true in every particular so far as the food is concerned. The names of the several persons are likewise accurate.

Once upon a time when traveling in Tartary in my diamond chariot with twelve snow-white steeds, I was invited to tarry over night with a prince. His name was Smith—Bob Smith. He had five sons and two daughters—Eunice, Jonathan, Patience, Asa, Benjamin, Israel, and Bob, Jr. As the sun went down behind the Carpathian Mountains, we sat down to our evening meal. When I tell you what they ate, you will readily believe that these Smiths were regular Tartars. We had hot soda biscuits and butter, fried pork, fried potatoes, apple pie, doughnuts, preserved plums and green tea.

The royal children were able, on account of the great variety, to eat a hearty supper. If there had been but a single article they would have eaten but little; but taking a few mouthfuls of each, they were enabled to consume a large quantity.

Of these seven royal children every one had discolored and decayed teeth and they all carried a general look of stomach and nerves. During the evening, while the Grand Princess was pepperminting Prince Bob for a pain under his apron, the Grand Prince and I fell into friendly chat about the health of the young Princes and Princesses. I humbly begged permission to speak. His Royal Highness was so condescending as to assure me that I might discourse without reserve.

Thus encouraged, I delivered myself of the following:

If your Royal Highness will observe Prince Ben's mouth you will discover a foul cavity. His teeth are black and decayed. I am sure his mouth smells as it looks. The mouths of the other Princes and Princesses are ditto. Now, if your Imperial Magnificence will go out on your estate and examine the Imperial young animals of all sorts, you will find their mouths clean and sweet.

If your Resplendent Eminence will bring your gorgeous brain to bear on the subject, you will conclude that this curious difference between the Royal young inside your house and the Royal young outside, comes of good food in one case, and of abominable compounds in the other.

His Royal Highness was good enough to say that if I would mark out the right course they would follow it. I did it.

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