

Of course, a child acutely ill should not be mauled or handled nor taken out in the carriage, and so on, but when convalescence has begun the revivifying effect of pure fresh air, as by a sail of a few hours, or an afternoon at, say, Centre Island here, is remarkable. I was never so struck by this as in the case of an American child brought here very ill from Old Point Comfort, Virginia. I saw him, after the warm season was well on, the day he arrived in Toronto, and he was very sick, emaciated and languid. The next day his mother brought him to my house, and I took for granted at the first sight that this was another of her children, so different was the brisk, active and actually comparatively plump child from the feeble sufferer of the day before. I am certain that it was not food or medicine mainly that produced in twenty-four hours so astonishing a change.

Another hygienic measure worth noting is the careful disinfection of the diapers by boiling. And the nurse should be instructed always to keep the last diaper till another one is soiled for the inspection of the physician when he comes.

As regards medicinal treatment, the first drug group to be mentioned, because it is the one first employed, should be *purgatives*. The best of these is usually castor oil, unless forbidden by marked gastric irritability. I usually employ a sweet castor oil, the composition of which I know, containing 99 per cent. of oil, with a little saccharin, essential oil of almonds and an aromatic ether or two. Castor oil has a great advantage of being speedy and painless unless too large a dose is given, and of having a subsequent constipating effect. It has also a mechanical effect, making it specially good in the early dyspeptic stages of the disorder for the sweeping out of curds, seeds and other offending matter.

The only other purgative of repute is calomel. Lesage prefers calomel if the stomach is suitable. He has two ways of giving it—first, small repeated doses, say, one-tenth to one-fifth grain every one-half hour till bowels move if there be slight fever, soft abdomen, little tympanites and copious stools; and, second, one large dose where the case shows high fever, much distention and foul-smelling and scanty stools. The dose he considers should be for an infant under three months one grain; under one year, two grains, and under three years, three grains.

Other purgatives, such as senna, rhubarb, salines, and so forth, are all more or less bulky and unpalatable, or are objectionable in their mode of action.

As regards *stimulants*, alcohol stands easily first. They are nearly always needed, especially after the acute stage is on. And even from the first, alcohol acts excellently as a carmina-