

Dilution with water alone may appear to be harmless in many instances, for some children thrive on it. More, however, appear only to do so; for increasing weight and obesity are not synonymous with health and strength. A better way to dilute cow's milk, and at the same time to render its casein less liable to coagulate in large lumps, is the addition of decoctions of cereals.....But cereals containing but a small percentage of starch are preferred. Barley and oatmeal have an almost equal chemical composition; but the latter has a greater tendency to loosen the bowels. Thus, where there is a tendency to diarrhœa, barley ought to be preferred; in cases of constipation, oatmeal. The whole barley-corn, ground for the purpose, should be used for small children, because of the protein being mostly contained inside and near the very husk. The newly born ought to have its boiled milk (sugared and salted) mixed with four or five times its quantity of barley-water; the baby of six months equal parts." The barley meal should be finely ground and be subject to long boiling; as should also the oatmeal, if used.

When the young child has to be fed altogether on artificial food, more care is required than when it gets some breast milk, too, at intervals.

During the second summer, after it is a year or so old, a child of good vigor and health will probably digest cow's milk undiluted, when good and fresh; which with good bread, at least a day or two old, should constitute the chief, if not the sole, diet. As we noted in our last issue, a lady who believed this, "carried her plump, rosy, but teething baby through the second summer in a city boarding house on three meals a day, of bread and milk alone, without an idle day. But her hard heartedness afforded a constant topic to her fellow boarders." In some cases a little water and a trace of sugar may better be added to the milk. In all cases where the milk is not given direct, warm from the cow, it should be boiled. Water for diluting should always be boiled. Any child would be perfectly satisfied and happy with such food, knowing no other; and any parent takes a grave respon-