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WILMA GREENE CROSS. 1904.

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Surely no one who breathes the air of liberty-loving America, who enjoys the protection of its just laws, and who partakes of the benefits of its worthy institutions can fail to have its interests uppermost in every activity of his life. No one who names himself an "American" can disconnect his duties to his country with those of his religion.

Yet very frequently through ignorance or unconcern, individuals do not realize what is the basis of their nation's welfare. Laws are enacted in the attempt to diminish wrong doing and institutions are established for the purpose of confining those who are abnormal. But these means prove ineffectual for the root of the evil has not been reached. The diseases of criminality and imbecility, which are at once the disgrace and bane of this country, can not be cured by legislative enactments nor appropriations.

The chief responsibility must unquestionably rest upon the home and more specifically upon the food consumed by the family. It would be narrow to assert that the latter has the sole influence in moulding the ^{character of the} individual and subsequently of the state but that it is of paramount importance is made certain both by the history of individuals and of nations. That the excessive consumption of animal food tends greatly to stimulate nervous activity is evidenced by the English-speaking peoples who are the greatest users of animal food and at the same time the most energetic and the most pugnacious race on the globe. In contrast the uniformly non-aggressive and sluggish tendency of the Orientals whose diet is mostly farinaceous, offers convincing proof of the fact that such a dietary has a non-stimulating effect.

Whether the results of these diets are due to their poorly balanced nutritive ratio or to some property peculiar to the animal and

vegetable foods respectively, is of little moment here. It is sufficient to know that that of which one partakes to satisfy the pangs of hunger becomes a part of his body mechanism and markedly affects his mental, moral and physical nature.

"As a twig is bent so the tree will grow", is a familiar adage. Whether one is to enjoy rugged health or is ever to be a prey to disease is largely determined by the habits formed in childhood.

Undoubtedly in youth, in infancy in fact, the foundation for more confirmed invalids is laid than is ever realized. Through the feeding of non-nourishing foods as well as the giving of proper food at improper times, chronic indigestion not uncommonly results. When children are permitted the unlimited use of sugar in the form of cakes and confections, the foundation for diabetic invalidism is not infrequently established. In order that right habits may be formed, hygienic laws cannot be learned and followed too early in life.

Of course during an individual's earliest years the parent supplies the place which later his developed judgement will occupy. It is to this period of infancy that attention will first be directed.

To affect the rapid and vital changes necessary to it's development, Nature demands the first year of an infant's life to be given over almost exclusively to sleep. It's reduced activity, therefore, makes the carbohydrates, or the essentially energy producing factor not an important one at this period. Fats also tend to produce heat or energy but since they perform other important functions besides, they cannot well be eliminated from a child's dietary. As on a great many other questions, scientists are still in doubt as to the exact nature of the action of this nutrient group. It has been proven by experience, however, that the entire exclusion of fats is a direct cause of rachitis. A large amount of nervous tissue is now being formed and it is not impossible that the fats take part in this process.

Some authorities have suggested that at this period they may enter into the construction of muscular tissue to some extent as do the proteids almost exclusively. While the importance of no food element can be overlooked, the maintenance of a proper ^{amount} of proteids is most essential. The one object of the entire body is growth and while it is not so well known what are the functions of some of the other elements that nitrogenous materials build tissue is quite firmly established.

Along with the proteid matter must be mentioned the mineral compounds, which perform a vital and somewhat similar function. The salts of lime and potash, in their organic combinations, are of the most importance in this connection. The former enter into the formation of bone while the potash is particularly useful to the muscles and blood.

The Biblical expression that man is made of dust has gained such a foothold that many have failed to grasp the three-fourth's water composition of the body idea presented by modern science, hence they do not realize the necessity of this compound to preserve health. In spite of the fact that infants subsist almost entirely on milk, which is four-fifths water, an abundance of sterile water is required in addition. It not only acts as a cleansing agent to the system but it is also a solvent and tends to increase both absorption and secretion. As soon as milk enters the stomach the action of the ferment rennin converts it into a solid food, thus impairing some of the beneficial effects of the water there present.

All scientific investigation and consequent discovery has proceeded by a sort of inverse method. That is, along each line of research the scientist has first turned his attention to Nature's unhampered manifestations and from these he has drawn his general conclusions and established the laws of science. This is obviously the most rational method of procedure and only adds force to his inferences.

Thus in the most important subject of the proper food for infancy investigators have first observed the constituents of the food naturally provided for the new born babe and from these researches have drawn their conclusions as to what is essential to his development. After innumerable experiments and unlimited experience the universal opinion is that milk obtained in the normal way, from the healthy mother's breast is the only safe and satisfactory food for infancy. Statistics show that of children born healthy and fed in the above manner that not only a very small proportion succumb to disease during the first year but that they are seldom ill, even in tenement life where conditions are least propitious. Germany, always in the lead in scientific research, requires in her statutes that death certificates of an infant under one year shall state the method of feeding employed. These reports show that of those infants fed artificially 51% die during the first year, while only 8% of the breast fed children succumb to disease.

During the first two or three days of its life Nature has provided for the babe not milk but a substance known as colostrum, which cleanses the digestive tract and prepares it for the reception of milk. The best authorities maintain that this liquid contains sufficient nourishment for the child until the real food comes. After the third day, if the milk has not yet appeared, the following artificial preparation may be used, to be discontinued, however, so soon as it is no longer necessary: -2 fluid-drachms cream, 3 fluid-drachms, each, of whey and water and 20 grains of milk sugar, to be given every fourth hour, -the babe in the meantime to obtain his usual supply of colostrum. The following program for the feeding of an infant at different ages, has been compiled after much careful inquiry.

AGE	INTERVALS	NO/ FEEDINGS IN 24hrs.	No. NIGHT FEEDINGS.
Birth-4wks.	2hrs.	10	1
.4-6wks.	2hrs.	9	1
6-8 "	2 1/2hrs.	8	1
24mnths.	" "	7	0
4-10 "	3 "	6	0
10-12 "	" "	5	0

The at first infrequent and final entire omissions of night feedings is attended with the best results as it affords the mother opportunity for recuperation and also gives the child's digestive organs ample rest. It is true that too long intervals between meals renders the milk too watery for proper nutrition. But the error of too frequent feeding, which renders the milk too solid and thus indigestible is by far to be the most feared. Perhaps one of the greatest advantages of such a table as the above is that it aids greatly in forming habits of regularity in eating which can not be cultivated at too early a date. With the exercise of a little care and patience, the child can be so taught regular hours for meals that he will invariably awaken at the appointed times.

Probably one of the most difficult problems which a mother has to solve and the one which is attended with the most marked results is the amount of food which should be supplied. It is plain that the two factors which should determine this point are the capacity of the child's stomach and the quantity of milk secreted by the breasts of a healthy mother. It is interesting to note that the information concerning the former was obtained by Prof. Frolovsky of Russia and that relative to the amount of milk secreted, by Prof. Meigs of Philadelphia and Prof. J. Lewis Smith of New York. The results of the investigations of these experts have been adopted as standard guides. Let us first examine the table regarding the capacity of an infant's stomach

AGE.	CAPACITY.	AGE.	CAPACITY.
WKS.	In ozs.	Wks.	In ozs.
1	1	12	31/3
4	2 1/2	16	34/7
8	3 1/5	20	33/5

It is only after facing actual figures that one can realize the limited amount of food necessary during the child's earliest life. It is now not difficult to believe that overfeeding is one of the greatest dangers in infant feeding. One good authority has remarked, "The danger of feeding too little is infinitesimal compared with the danger of feeding too much!" The amount of milk in one breast is in all but rare cases entirely sufficient to supply the proper nourishment. If teething is markedly delayed it is quite positive evidence that the amount of food has not been sufficient. As has before been suggested, rapid growth is normal for infancy. Hence a weekly gain in weight is good evidence that the feedings have been properly made. During the first half year this weekly gain is normally about 4 ounces, diminishing somewhat during the next six months. A rightly nourished child will fall into a quiet sleep after a meal but when overfed he will be restless and wakeful, a condition caused by indigestion. The latter condition the nurse or mother usually diagnosis as hunger so more food is given and the trouble thereby aggravated.

Perhaps even a better indication of a proper dietary than that of increase in weight is the child's ability to resist disease. It has been conclusively proven that hereditary diseases almost never occur. No matter what a child's predispositions may be, they can be almost entirely overcome by proper care and nourishment in childhood. The numerous so-called childrens' diseases are by no means necessary to childhood. Neither are they the fulfillment of Providential laws. In almost every case they are the inevitable result of ignorance of or

disobedience to the simplest laws of domestic science. Dr. Chapin has said that out of 600 cases of childhood illnesses which have come under his care, nearly every one of them was acquired and not hereditary. It has only been in very recent years that the feeding of children has received careful scientific attention and the importance of it's study can not be fully realized until statistics are consulted. During the year of 1903 the bodies of 3042 children under 5 years of age were received at the morgue in New York City, nearly all of whom were buried in the Potter's Field. These young lives, full of untold possibilities, were offered as a sacrifice to ignorance and indifference. In Europe conditions among the masses are even more deplorable. M. Rou-chard, president of the SOCIETY FOR THE PROTECTION OF CHILDREN, says that in France out of the 250,000 children who die each year, 100,000 might be saved by proper care. This statement led to the passage of a bill by that government, preventing the administration of solid food to an infant under one year old, unless prescribed by a physician.

The infant's stomach has no muscular ring to protect it at the upper end, where the esophagus opens into it. So to secure the best results, it is necessary for the child when feeding to lie in a semi-erect position. In this way the risk of strangulation is diminished and the liquid is less likely to be regurgitated. As in adults, too rapid feeding causes indigestion. The meal, which should occupy fifteen or twenty minutes, should be followed by a period of repose for if the babe is moved violently vomiting may ensue.

In order to make the natural method of feeding successful, the mother should be fairly strong and free from any infectious disease. It is needless to say that her mental attitude should be of the best - she should be cheerful and happy in the duty which devolves upon her. An effort should be made to maintain the best possible physical condition by ample exercise and a nourishing diet. All stimulating foods

amount of liquid food be employed.

There is certainly no question but what the above method of feeding is best. Science makes clear this point, common sense assures us of it's truth and experience proves it to be a fact. The younger the child the more necessary is it that mother's milk should be used for the more difficult is it to provide a substitute. So for at least the first three or four months of a child's life, a strong effort should be made to feed it naturally. In many cases, however, it becomes necessary to use other forms of nourishment and out of the variety offered the best must be chosen. A substitute for mother's milk must resemble it as closely as possible both chemically and physically. It must contain all the constituents of human milk and these constituents must be in the same proportions as in human milk; it must be of animal origin and it must be sterile. Undoubtedly cows' milk most nearly approaches these conditions and is at the same time most readily obtained.

We are indebted to Dr. Meigs of Philadelphia for the relative proportions of human and cows' milk which is as follows:

HUMAN MILK.	COWS' MILK.
Fat 4	Fat 4
Milk Sugar 7	Milk SUGAR. 4.5
Proteid I	Proteid 4.

It will be noted that in the human milk the fat and sugar are greatly in excess of the proteids. In cows' milk, however, they are in nearly equal proportions. As the casein is the element which coagulates it is not to be wondered that when the latter is employed it causes indigestion.

It is evident then that cows' milk should be diluted so as to contain 1% of protein but by so doing the proportions of fat and sugar

are too greatly reduced, as will be seen by the following table:

COW'S MILK DILUTED.

MILK, 1 PART: WATER, 3 PARTS.

Fat, 1.

MILK Sugar, 1.12.

PROTEID, 1.

It is possible, though, with cream or superfatted milk, milk sugar and sterile water to prepare a food of any desired proportions. Fourteen hours after milking or at about the time in the city when milk reaches the consumer, its composition is approximately as follows:

UPPER 1 OUNCE.	UPPER 4 OUNCES.	UPPER 8 OUNCES.
FAT 23.8%.....	21.8%.....	17%.....
M. SUGAR, 3.9%.....	4%.....	4.3%.....
PROTEID, 2.9%.....	3%.....	3.1%.....

By consulting the above table, it is possible to prepare a food of any desired proportions. During the first few days of a child's life the per. cent of proteid should often be reduced ^{to 1/2} of 1%, in order that the system may become accustomed to the digestion of casein. Individual idiosyncracies should be noted and the milk preparation be regulated accordingly.

Still other differences between the two foods are too important to be overlooked. Mother's milk is alkaline but that from the cow is acid, hence it becomes necessary to add lime water to the latter. The casein from the natural milk coagulates in soft curds while that from the cow forms tough curds that are separated with difficulty. So far no method has been devised to remedy entirely the latter difficulty.

Aside from the advantages of pure air and sunshine, it would seem that a city bred baby has greatly the advantage of one reared

smaller cities, Walker-Gordon milk laboratories have been established where milk feedings of any desired proportions may be obtained. The cows providing the milk for these laboratories receive the most careful scientific attention. The milk, coming as it does from a herd of ordinary breed, affords uniformly and moderately rich milk. The animals are milked in a clean building; the udders are thoroughly washed and the worker is careful to have spotless hands and apparel. The milk is collected in sterile receptacles, packed in ice and covered with absorbent cotton to allow the animal heat to pass off but at the same ^{time} to prevent the incoming of germs. By a special process the cream is then separated from the milk, the liquids are sealed in separate sterile jars and transported in refrigerator cars to the nearest laboratory. Here from the physician's prescription, the milk modifier, by the addition of lime water, cereals etc., prepares the food required. It would be ideal if physicians everywhere could be so aided in their efforts to promulgate good methods. But in cities, towns and farms remote from such advantages, the situation becomes a more serious one. Experience has proven to some mothers that milk taken from the cow just at the time of each feeding is the safest food. Of course such a method eliminates almost entirely the modification of milk. It is well to remember, however, that an infant is far better able to adjust itself to and to recover from chemical defects in its food than it is from physical ones. The method of using freshly drawn milk for each feeding has been found to be especially successful for the second summer, when the cholera infantum germ is so liable to enter the milk and to infect the infant. If one is exceedingly careful, however, he may be able to prepare a nourishing and sterile food by the use of an apparatus manufactured by the Walker-Gordon laboratories. It consists of a home sterilizer, ther-

... takes for milk, sterile absorbent cotton for stoppers, glass

graduates and siphon. Every precaution for steility may be readily followed, as in the procuring of laboratory milk up to the point where the cream is separated. Instead of the latter process, the jars should be sealed and left in ice water for six hours, being careful that the temperature does not fall below 35 degrees F. The cream will now be well risen. From the bottom of the jar three fourths of the milk should be siphoned off into a clean glass vessel, leaving one-half pint of cream, containing 10% of fat in the jar. Now the milk containing the proteids and the fat are in separate vessels. By the use of freshlyboiled water and fresh lime water and milk sugar the individual may follow explicitly the physicians directions. One expert has recommended the filtering of milk through absorbent cotton, thus removing the gross filth which, in the alimentary canal of the child, might cause putrefaction. It would seem far better, however, that the milk be taken from a clean animal in the beginning. The cotton, though, affords most excellent stoppers for milk bottles, germs from the air finding it impossible to penetrate it.

The fact cannot be too strongly emphasized that uncontaminated milk is of supreme importance in the feeding of the young. The germs of such malignant diseases as typhoid, tuberculosis etc., are now known to thrive in milk. No effort should be spared to procure that which is purest and best. While science has discovered a means of destroying harmful bacteria, this method should be regarded as a necessary evil rather than as a practice that is to be habitually resorted to. Purification, whether by simple home sterilization or by pasteurization, is in every case attended with evil results. The volatile mineral salts, especially citrate of lime, are driven off by heat and a liquid remains which is apt to produce scurvy. By the application of heat the casein is rendered tough and so more indigestible. If the animal is free from disease and adequate precautions are taken

in drawing the milk there need be no fear of contamination. Then if the milk is immediately lowered to a temperature of 40 degrees F., it will be impossible for bacterial action to begin. Pasteurization cannot make impure milk entirely pure, neither can it render stale milk fresh. Undoubtedly precaution should be substituted for sterilization.

If for some reason, however, it is impossible to obtain pure milk there is a method of sterilization which is least harmful in its effects. The requisite amount of food for one feeding is placed in each of the tubes. Stoppers of absorbent cotton are put in these; the tubes are placed in a rack and lowered into a water bath, the water being allowed to reach just to the level of the milk in the tubes. The water bath is raised to 171 degrees F. or 77.2 degrees C., when the source of heat is removed, the cover adjusted and a cloth placed over all. The thermometer should mark a temperature of from 170 degrees F. or 77.6 degrees C. to 167 degrees F. or 75 degrees C., for thirty minutes, at the end of which time the tubes should be removed and kept in a cool place until needed. The low temperature here employed, when continued for one-half hour renders the milk sterile while at the same time it remains chemically unchanged. It is still practically fresh, uncooked and sterile. The boiling temperature, 212 degrees F. or 100 degrees C., which was formerly used, to effect sterility, is too high and should be used only in extreme cases where the milk must be kept for considerable time. Lime is precipitated at the boiling point hence in such a case the lime water should not be added until after the milk has been sterilized.

Perhaps no one part of the subject of infant feeding is more important and more apt to be overlooked than that of the care of milk bottles etc. If not thoroughly cleaned and sterilized bacteriology proves to us that germs lurking there may not only dangerously in-

crease their numbers but may also produce toxic substances. Milk bottles should be of transparent flint glass, graduated, cylindrical and with a wide neck. To avoid hurried cleansing, as many bottles should be used as there are feedings in the twenty-four hours. After each feeding they should be rinsed in cold water, filled with a solution of bi-carbonate of soda and cold water (a tsp. to the pt.) and set aside until they are ready to be filled. Immediately before being filled with the milk they should be boiled in sterile water for ten minutes. After sterilization and cooling the cool, sterile milk may be turned in the bottles and they be placed in a vessel containing tepid water which should be heated until the milk is about the body temperature or 99 to 100 degrees, as tested by a dairy thermometer. By placing it in a flannel case the milk may be kept warm during the meal.

Equally as important as the bottles are the nipples used. They should be of black rubber, conical and having a single small hole. After using they should be at once washed in warm water and borax, (tsp. to pt.) when they should be turned inside out and thoroughly cleaned. To insure sterilization, just before using they should be placed in boiling water for a few minutes. Every utensil connected with food for the nursery should as far as possible be made of glass, aluminum or any other smooth and not easily corroded surface. To avoid contamination, it is wisest to have all the necessary utensils for the nursery kept exclusively for this purpose and also kept scrupulously neat.

The thinking mother today realizes that the constant use of pre-digested foods arrests the formation of the digestive juices and so enfeebles digestion that it is seldom, if ever, restored. The use of milk to which rennin, pepsin or pancreatin has been added is altogether proper and often beneficial in cases of illness. In normal

cases, however, it is best to make demands upon the bodily functions lest they cease their work entirely.

Nothing is so much enjoyed by the human family as a fad especially in the line of foods. A skillful advertiser with carefully worded advertisements, and clever illustrations will impress the masses with the vital importance of his product. Blindly the people follow in his lead and after he has grown rich from their folly, some cool, thinking scientist will demonstrate the shrewdness of the manufacturer. Along no line has this result been more evident than in that of infant feeding. Baby foods innumerable have put on the market and it is only recently that the public has begun to think for itself, - to weigh the merits and demerits of such foods. As with cow's milk, to estimate the value of a manufactured infant food, it must be compared with human milk. Tested by this standard not one of these foods fulfills the necessary conditions. Eminent chemists have made repeated tests and in each case have found that every infant food is deficient in fat, milk sugar and albumen. The large percentage of fat in natural milk proves conclusively its importance. Furthermore, milk is an animal food and of animal origin and as such it contains a subtle principle which commercial foods of vegetable origin entirely lack. There is a period later in a child's life when vegetables and vegetable products are essential to his growth. But Nature has not endowed the infant organism with the power to digest them.

The importance of nitrogen for cell growth and activity has been before explained. Albuminoid is the form in which nitrogen is normally supplied to the tissues. Artificial foods contain as a substitute for the albuminoid of milk, nitrogen derived from cereals. Now vegetable albumen is not identical in composition with that from animal food and it is not only digested with more difficulty but it is also less assimilable. All commercial foods are deficient in milk sugar.

Human milk contains 7% of this constituent during the entire period of lactation, thus offering convincing evidence of its necessity to the system. Milk sugar is readily assimilable, it being converted directly into animal heat. The imperfectly developed mechanism of the infant produces but a small amount of heat so Nature has provided this means of supplying the demand. For this important principle manufacturers substitute cane sugar, starch, dextrose or maltose, all of which are digested with difficulty or not at all because the diastatic enzymes are undeveloped in the system of the infant, at least up to one year of age.

If however these errors of composition were remedied the evil would not be overcome. Milk is directly from the blood and its composition is closely allied to the latter. In fact it has frequently been very aptly called "blanched blood!" Water passes from the blood into the milk ducts, carrying with it minerals in solution and some of the blood albumen. During its passage through the capillaries some of the latter substance is changed to casein or the albuminoid of milk. Physicians in both Europe and America testify to the fact that the enormous difference in mortality between the naturally and artificially fed infants is due to the use of commercial foods.

If the babe has been breast fed, at about the eight or ninth month weaning should be commenced. Any change in the dietary, however, should be a gradual one, in order that the system may have an opportunity to adjust itself to the new conditions. In weaning breast fed children, first one bottle a day should take the place of a natural feeding; in a few days two bottles may be substituted and so on until the babe is entirely weaned. If the child has been forced to subsist on modified cow's milk, the change to the clear milk should be as carefully made. When weaning is accomplished, which should be by the be-

ginning of the second year the presence of six or eight ingredients

indicates that a change to a partially starchy diet may and should be made.

Well cooked cereals may be introduced in small quantities at the beginning of the second year, yet milk should remain the basis of a child's diet at least until the age of six. After this time, however, cereals are exceedingly useful in furnishing tissue and energy producing constituents to the growing child. Starch, which is one of the chief constituents of this food group, contains an enzyme, diastase, which causes underdone starch to ferment. If cereals are not well cooked it is also difficult for the digestive juices to penetrate them. Wheat, as it contains very little fat, by the addition of cream in the winter, may be used throughout the year. Cornmeal, with its large supply of fat, is especially good for winter. Gluten is an especially good tissue builder and being previously cooked is always ready for use. Besides these, barley, oatmeal, hominy and rice are all excellent. Their chemical composition should be ascertained and an effort always be made to balance the dietary.

As the child grows older the problem of furnishing food becomes even a more simple one. Of course an abundant supply of nourishing food should be provided but aside from this the little one requires nothing but what is wholesome for the adult. Simple, non-stimulating and readily digested foods should be offered alike to young and old. Most authorities do not now advocate the excessive use of meat, owing to its stimulating effect. For this same reason it might be as well if the little one was not offered meat until it was seven or eight years of age and then in amounts proportionate to its size. The extra nourishment may better be supplied by carefully cooked, fresh eggs, which are almost a perfect food.

Before closing it may be well to give a few additional general

the performance of her duty each mother must make a careful study of foods. Their chemical constituents must be known and the chief mission of each food element to the system be ascertained.

When a child is over two and one-half years old, vegetables may be admitted to the dietary. These, together with fruits, supply the system with salts and the appetite for them should be cultivated if it is not naturally present. These mineral salts not only build tissue but they also enter into the formation of teeth and bone. NaCl, or common salt, should be freely used on the food for it is of great importance in preserving the healthy tone of the system. It supplies the Cl for the HCl of the gastric juice and its presence renders digestion easier by making the food more palatable.

Besides furnishing valuable elements, fruits are also diuretic, antiscorbutic and they are a most excellent preventative of constipation. While the child's diet is exclusively or even largely of milk, only the sub-acid fruits should be given. The fruit acids coagulate the casein, rendering it more indigestible. In a mixed diet, however, the danger is greatly diminished and it is practicable to give the juices between meals. Of course the fruit used should be thoroughly ripe and fresh.

The subject must not be entirely closed until something has been said in regard to suitable ^{bread} ~~food~~ for children. From the reports of the Agricultural Department it appears that the adulteration of baker's bread with alum, copper sulphate, ammonia, inferior grades of flour, damaged peas, ground rice etc., is very common. In view of these facts certainly no woman can afford not to furnish home-made bread to her family and especially to its younger members. Within recent years there has been a great reaction in regard to the once popular Graham flour. It has been found that the coarse condition of the cellulose in the latter so increases peristaltic action that the system does

not have an opportunity to absorb the nourishment from the bread. Most white flours are deficient in protein matter. Whole wheat, on the other hand, is an almost perfectly balanced food, being deficient only on fat, which can be supplied by butter when the child is sixteen months old. It contains 40% of gluten while white flour has only 20%. Then too it has fully twice as great a proportion of mineral salts. It's high and well proportioned nutritive value makes it especially adapted to the restricted diet of childhood. It is almost impossible for the digestive juices to penetrate a freshly baked loaf of bread for it is moist and soggy no matter how carefully baked. Therefore all bread for the nursery should be at least one day old.

Crackers are an excellent food for children as they insure thorough mastication and a consequent abundant supply of saliva. Any fancy cracker, however, and especially the so-called animal cracker, is apt to be injurious. The child naturally wishes to eat one of each kind and in so doing he overloads the system with starch and sugar. Furthermore the appetite is so perverted that the little one loses all desire for the more substantial food as soups, broths, bread, butter and milk. In toasted bread the starch is partially digested hence it is useful in cases of illness or to give variety.

More and more each year preventitive medicine is becoming the established method of combating disease. Preventitive medicine finds it's best outlet in starting young lives aright. No reform can be hoped for, however, until intelligent mothers co-operate with the physicians to raise the standard of bodily vigor in the coming generations.

Do you now crave the world to save?

To do away with brute and knave?

Then on the young your care bestow.

Aiding alike ,the high and low.

And it should not be forgotten that in the right performance of this duty we are helping to advance the mental and moral life, not only of our beloved nation, but of the world at large.