

clothing, with plain and natural diet, will go a long way towards health and vigor, while suitable medical interference will aid the *vis medicatrix nature* in overcoming the diseases which may be inevitable. We are aware that it is not an uncommon thing for the minister and physician to be consulted about the bringing up of the young child, when just ushered into this trying world, so that a few general directions will not be out of place. Let us proceed to consider the first of the three epochs of Hypocrate's "Infancy and Childhood," but it is essential primarily to give a few cursory remarks upon the maternal hygienic management which all important matter is greatly neglected. And we may make one general remark, that on a subject like the present our readers must be prepared to enter upon the most homely details as well as the simplest remedies, to be reminded of commonplace remarks and apparently household nostrums, but they must be neither above the one nor too fastidious about the other; for health is sustained by attention to the simplest laws of nature and secured by just attention to the same.

Therefore we shall begin by taking up the diet of the pregnant woman. This should be simple, light, nutritious, adapted to the digestion of the individual. Tea and coffee should be sparingly used; highly seasoned dishes should be avoided; alcoholic stimulants are quite unnecessary. A foolish idea is prevalent that an unusually large quantity of food is necessary to the support of the mother and growth of the fœtus, and the result is, that from a plain, nourishing diet, the woman uses a full, generous one, and eats on principle, immoderately. This error is to be avoided, for plethora, debility, dyspepsia, nausea, heart-burn, water-brash will surely follow, with constitutional feebleness to the infant. We do not mean to say that the mother is not to satisfy her hunger, but only to use plain nourishing food in moderation, for a too sparing diet is as objectionable as the former, resulting as in the case of the poorer classes who suffer from the want of good nourishing food, in an enfeebled offspring, which die from scrofula, or tuberculous affections. The peculiar cravings often complained of are not to be satisfied by foods in large quantities, and should not be indulged in