

water pipes, carefully and conveniently laid into the night nursery, for the benefit of the bath, bring up around them a little jacket of foul air from the scullery or worse places. And then the closet itself, —but we need not go further. These are instances which must be familiar to us all. The little sufferer wanted the physician, indeed ; but he was in far more need of the gasfitter, or, rather, of the quiet, decided grave man, who should say on going down. ‘My dear Mr. So-and-so, if you wish to have your children grow up healthy, send immediately to your tradesmen, and have all these matters looked to under proper advice.’

One example,—and we are sure it will awaken an echo of sympathy from many a one who has learned sad lessons from experience,—may serve for all. In spite of the labours of twenty or thirty years, of books, pamphlets, leading articles, lectures, speeches, Acts of Parliament ; in spite of the loss of the noblest, the brightest, the dearest from our side by this fatal and subtle poison, to the spread of which, what are to a certain extent sanitary improvements, if unwatched by a competent eye, may directly tend ; how many of our palaces, mansions, public offices, are still maintained as the seed-beds of preventable disease ? We make one more appeal. Will not the eminent men who so well know the truth of what we say come forward, and endorse our recommendation ; enforce it, rather, by turning advice into practice.

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#### ELEMENTARY ADVICE TO MOTHERS AND NURSES.

At a meeting of the Societe Medicale de Reims, M. Bienfait read a draught of the advice to be given to mothers and nurses by the Society for the Protection of Childhood.

“*Nursing*.—The duty of a mother is to preserve the life of her infant by suckling it from her own breast, or, if her health will not permit of this, by providing for it a nurse. If it be absolutely impossible to give the child human milk, or if this be insufficient in quantity, it ought to be supplemented by the milk of some animal (cow, goat, &c.), for *milk is the only nourishment suitable for a child during the early months of life*. Animal milk ought to be given under those conditions which render it most like the mother's milk. It should be taken as far as possible from the same animal. It should be given, still warm, soon after it is drawn, unless it be taken fresh, in a glass which has been thoroughly cleansed between the time of milking and that of the meal. It should never be boiled. It should be diluted with slightly sweetened water, warm enough to bring the mixture to the temperature of the body (37 degrees centigrade ; 98.4 Fahr.). The dilution should be made at the time of each meal : with one-half water during the first week ; one-third water during the three following weeks ; one-quarter water afterwards up to the fourth month. Dating from this time it should be given warmed in a water bath, not diluted, but with the addition of a very small quantity of