

vided; or if it cannot be, much that is done by the mother should be left undone. She should above all take abundance of rest and never be worried in any way, nor over heated.

Parents who desire to have healthy, vigorous, happy children must give due thought and consideration to them from the earliest period of their conception. Dr. B. W. Richardson, in his "Diseases of Modern Life," writes as follows on this subject: The first step towards the reduction of disease is, beginning at the beginning, to provide for the health of the unborn. The error, commonly entertained, that marriageable men and women have nothing to consider except wealth, station, or social relationships, demands correction. The offspring of marriage, the most precious of all fortunes, deserves surely as much forethought as is bestowed on the offspring of the lower animals. If the inter-marriage of disease were considered in the same light as the inter-marriage of poverty, the hereditary transmission of disease, the basis of so much misery in the world, would be at an end in three or four generations.

Greater care than is at present manifested ought to be taken with women who are about to become mothers. Wealthy women in this condition are often too much indulged in rest and are too richly fed. Poor women in this condition are commonly underfed

and made to toil too severely. The poor, as we have seen, fare the best, but both, practically, are badly cared for. Nothing that is extraordinary is required for the woman during the condition named. She needs only to live by natural rule. She should retire to rest early; take nine hours' sleep; perform walking or similar exercise, to an extent short of actual fatigue, during the day; partake moderately of food, and of animal food not oftener than twice in the day; avoid all alcoholic drinks (?); take tea in limited quantities; forego all scenes that excite the passions; be clothed in warm, light, loose garments; and shun with scrupulous care, every exposure to infectious disease.

Mothers and fathers, if you have regard for the life and health of your future sons and daughters, if you regard their happiness and well-being in this life, and in the life to come, be thoughtful, careful and guarded in regard to all acts, mental and physical, of the mothers during the ante-natal life of their infants. Remember, those yet unborn to you have claims upon you as strong as have those loved ones who are prattling around your knees, and do nothing that could possibly bring endless suffering however slight upon those who in a few more years, will also be prattling around you, and thus give you endless grief. Learn and be wise, in time.

THE PHYSICAL TRAINING OF GIRLS.

AS affecting the future mothers and hence the whole human race, this is a subject demanding much greater attention than it has heretofore received. The following, from the *British Medical Journal*, is the substance of an address upon it, delivered to the Gloucestershire Branch of the

British Medical Association, in February last, by Rayner W. Batten, M. D., M. R. C. P., Senior Physician to the Gloucester Infirmary.

What are the causes of, and what are the remedies for, the anæmia of young women? Most striking is the extreme commonness of this condition,