

a very proper movement on foot at present to encourage so far as is possible the nursing of infants by their own mothers. One fears sometimes that well meaning but insufficiently instructed people unconsciously urge as an advantage which may accrue from such nursing that security from too rapid pregnancy which is so pathetically desired by the poorer working women. It is true that very generally a nursing mother does not become pregnant, but too many instances are known to me when even in the early months of nursing, pregnancy has begun, for me to feel that the advice should ever be given without qualification. The security offered is as unreliable as that of the "safe" period.

Another danger of such advice is that the poorer and more ignorant women are tempted to continue to nurse an infant long after the milk has lost its nourishing quality, in the hope of delaying so long as is possible the time when they are liable once more to become burdened with yet another unprovided-for child. So long as the flow of milk remains, it is far too easy for the assumption to be made that the child is having all that it requires, whereas this may be very far from the truth, and the infant may be on the highway to rickets and many other forms of general weakness, while the system of the mother is also drained and she is weakened and exhausted needlessly. Every encouragement and inducement should be given to women to nurse their own babies, when they have suitably nutritious milk. Yet one cannot too strongly deprecate the confusion of thought