

keep this machinery in healthful action, is exercise both of body and mind. The functions of life require both motion and rest to maintain them in a normal condition. Constant activity will destroy them by wear and tear, while uninterrupted inertia will sooner or later paralyse vital force. Bandage the arm in an immovable splint, and in six or eight weeks endeavour to exert its muscular power. It is gone. As with the muscular system, so with the health of all other anatomical divisions of the body—exercise, in due proportion, is essential. If, then, our American ladies would depend upon exercise in the open air, conjoined with simple habits, non-luxurious living and cheerful company, more than upon tonics and stimulants, they would soon secure that vigorous state of health that would enable them, by an effort of the will, to discard that other vice of using nervines and opiates for every trifling irregularity of the nervous system. It would be cruel to deny to the suffering some mild sedative, yet the constant dependence upon such agents is weakening and demoralising, and lowers the mind from that supreme influence over the body which is its rightful dignity. Besides, there is a terrible responsibility associated with these habits on the part of mothers, which can scarcely be estimated. You will understand this when I announce the words of a prominent London physician, who says: "*The babies of London are always intoxicated, from the time they are born until they are weaned.*" How far this will apply to the little innocents of America I will not pretend to say; but the enormity of the practice, if such exist, may be estimated by a reference to the Decalogue, which tells us that the iniquity of the parent shall be visited upon the children unto the third and fourth generation.

INFANT DIET.

A CURSORY VIEW OF THE SUBJECT.

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Mal-nutrition is so prominent a feature in the fatal diseases of children two years old and under, that we cannot over-estimate the importance of the subject, particularly when we consider the fearful contributions which these little ones make to the death record everywhere. The vice which underlies it may exist in the quantity or quality of the aliment upon which the individual depends, or it may belong to one or more