

ter understood and more controllable than those of this, and preventive measures are first to be considered." What are the preventive measures? They might be summed up in these few words: absolute cleanliness everywhere—everywhere near where the little one dwells, in order that it shall breathe pure fresh air—with suitable diet and attention to the skin and clothing. Absolute cleanliness is of the first importance, and if it cannot be obtained where the child usually lives—as in a town or village where there are filthy conditions which cannot be at once remedied, remove the child during the heated term to a clean healthy locality—to the mountains, the seaside or any elevated country place where, with pure air, pure water and pure wholesome food may be obtained. But remember, parents, as we have repeatedly pointed out, there may be, in any such locality, collections of filth, such as in privy vaults, cesspools or out of the way corners, stored for years, near the dwelling or the well, or other water supply. "Eternal vigilance" only will secure absolute safety for the babe in the hot weather. Make careful enquiry therefore as to the surroundings of the place where you would spend the hot part of the summer with the baby. Find out what is done with all the refuse of the household where you would stay, and see that not a trace of it is left to ferment anywhere near the house or water supply.

Having made sure of pure air and water, next consider the diet. During its first summer the infant should be nursed at the breast by the mother, if possible, if not, by a suitable wet-nurse, if one can be obtained; but it is almost an impossibility to obtain an unexceptionable wet-nurse. At the late meeting (last month) of the American Medical Association, Prof. Earle (Col. of Phys. and Surg. and Womens Med. Col., Chicago) said: "The greatest mortality of all climes and among all nations is due to the lack of mother's milk;" or it may be added, of an adequate supply of good mother's milk. The milk of many unhealthy or delicate mothers is not suitable for the infant. The nurse, whether the mother or another one, should be in good health and well nourished with a very judicious diet, in order