

degeneration, the grand perils of life are mainly due. These are the bases of so many diseases which bear different names; these so modify diseases, which may in themselves be distinct, that if they were removed the danger would be reduced to a minimum. These diseased conditions do not, however, exhaust the list of fatal common inheritances. On many occasions, for several years past, I have observed, and maintained the observation, that some diseases, which are to be noticed in a coming page, as communicable, infectious, or contagious, are also classifiable under this head. I am satisfied that quinsey, diphtheria, scarlet fever, and even what is called drain fever, typhoid, are often of hereditary character. I have known a family in which four members have suffered from diphtheria, a parent having had the same affection, and probably a grand parent. I have known a family in which five members have, at various periods, suffered from typhoid, a parent and a grand-parent having been subject to the same disease. I have known a family in which quinsey has been the marked family characteristic for four generations. These persons have been the sufferers from the diseases named, without any obvious contraction of the diseases, and without having any companions in their sufferings. They were, in fact, predisposed to produce the poisons of the diseases in their own bodies, as the cobra is to produce the poisonous secretion which in its case is a part of its natural organization.

*Accidental Perils.*—Next amongst the perils which beset the early life are the accidental dangers to which it is exposed. I do not mean by this the mere physical accidents, the troubles and blows to which childhood is subjected. Not these alone, but the subtle accidents which are incurred through exposure to vicissitudes of season, and to the influence of those particles of the communicable diseases, which being introduced into the body, incubate there, and

transform the secretions of the body into poisons like unto themselves. A long list of diseases incident to the spring-time of life is found in these two classes of causes of diseases, those due to the contagious particles, numbering from twenty-five to thirty alone.

The grand mortality of the child period is indeed due to the two classes of causes now under our consideration. From exposure to the vicissitudes of season comes, foremost of all, that first step into so wide a universe of evil, the common cold, or catarrh. Upon that comes the continuous visitation which, extending to the pulmonary surface, causes bronchitis, croup, pneumonia, tubercular inflammation; or, extending to the mucous surface of the intestine, causes irritation there, diarrhoea and choleraic affection. From exposure, again, to the poisons of the communicable diseases there are produced the long and fatal calendars of diseases of shortest incubation, like cholera; of short incubation, like scarlet fever, diphtheria, erysipelas, influenza, whooping-cough, and croup; of medium incubation, like relapsing fever and cow-pox; of long incubation, like small-pox, chicken-pox, measles, German measles, typhus, typhoid, mumps, and malarial fever; and of longest incubation, like hydrophobia. The returns of the Registrar-General will show, weekly, how in persistent procession these diseases march through the land.

*Inflicted Perils.*—Third amongst the perils incident to early life are those inflicted by reason of ignorance, or false knowledge and practice, or hard necessity, or all combined. These perils begin with the earliest days of infancy and continue onward. The tight swathing band in which the helpless infant is enrolled, as if it were an Egyptian mummy; the frequent error that is made in depriving it of its natural food, its mother's milk, and in substituting for that true standard of food, foods having no proper arrangement nor proper assimilable