

**Morning Sickness**—This is a usual symptom, and consists of a feeling of nausea, often accompanied with actual vomiting. It is experienced most frequently on rising from bed in the morning, lasting sometimes throughout the day.

Usually it disappears about the third month; it is very distressing, and if persistent is dangerous to both mother and child, as both are running the risk of starvation from lack of nourishment.

**Uterine Enlargement**—This occurs about the third month, the uterus being lifted up out of the pelvis.

**Breast Changes**—Changes in the breast may be found from the very first. There is a feeling of fulness and tenderness, whilst a little later they become enlarged, the nipples become more prominent, and a little fluid may be expressed from them. The surrounding parts become darker, a condition known as the *areola*.

**Discolorations**—The vagina and vulva will be found to be of a violet hue, due to the congestion of the veins of the pelvis, whilst various discolorations or pigmentation of the skin may be seen on the face or other parts of the body.

**Striæ**—These are small white marks to be found on the abdomen, and are due to stretching of the skin.

**Quickening**—This occurs about the fourth or