

twice during the night. A child should sleep from 11 p.m to 5 a.m. This gives the mother a chance for rest and to regain strength. If you walk up and down the room at night to quiet the infant, you are teaching it a bad habit, and are laying the foundation of a lot of wearisome work for the mother when you leave. You must remember, you will not in every case have a wealthy patient, who can command any amount of attendance, but more frequently patients who, either for want of means, or from love, will attend wholly to their own infants. You will, therefore, understand what I mean by this midnight walking. A great many mothers will give the breast to quiet the child, but this a great mistake. I am not wrong in stating that most infants are over-nursed, with results both harmful to the child and mother. A child is the creature of habit, and if put to the breast at stated intervals from the first, much trouble will be avoided. Babies will cry, but there is a difference in the cry from hunger and that from colicky pains. The cry from hunger is a strong cry, and is a sharp demand for more food ; but it is a continuous peevish cry, accompanied by movements of the legs, when from colicky pains.

A point you must be particularly careful about is the care of the nipples. I would advise you to always wash the nipples with a boracic solution, both before and after nursing. Never allow a drop of milk to remain in the nipple, as fungi will form. In some cases, particularly primipara, the nipples are very tender at the beginning of lactation, and you must remember cracked nipples may cause mammary abscess, so do not hesitate, if you consider the nipples are more tender than they should be, to call the physician's attention to them, and he will give you his instructions. In most cases this will not be necessary, as he will examine them himself at every visit. To go back to the mother.--At the time of her confinement, and when the placenta is being removed, there will be naturally some hæmorrhage, and this may continue to ooze, but the accoucheur will take care this does not become a flooding, by exciting efficient contractions of the uterus. For the twenty-four or thirty-six hours, the discharge will be chiefly of pure blood, perhaps with some clots. This discharge is called the lochia. From the second to the fourth day the color becomes of a pale red, as the sanguineous elements are diminishing. Later on, the flow becomes thin and is of a grayish or greenish color, and about the end of the third week there may be little or none. When