

many, especially those who have had several children, suffer greatly from them for several days. Formerly I trusted to opium, but now give the combination I have recommended for dysentery. With this the pains are quickly and easily subdued, the total number of doses being far fewer than when opium is given alone, leading to the inference that after-pains arise from an irritable state of the mucous-membrane of the uterus. This remedy for after-pains has never yet disappointed me, and those of my medical friends who have used it unite in this statement.

During the first four or five days the food ought to be entirely farinaceous; afterwards a little chicken soup may be permitted. Although by the third or fourth day some women are able, without injury, to be out of bed the greater part of the day, yet, as a general rule, much suffering will be avoided by remaining in bed for a week, more especially if the patient is not robust, or has had a severe labour. A woman of a feeble constitution ought to abandon the desire to suckle her child; if she makes the attempt early, pain in the breast, possibly terminating in suppuration, is excited, feverishness comes on, and the secretion of milk ceases. In these cases it is desirable to obtain a healthy and robust nurse; but if such a person combining the requisites of kindness and judgment cannot be got, a baby will thrive and become a strong child if its food be always newly prepared, and I may add mixed with cream, and not milk. Many infants vomit food containing milk, and retain that with cream. It is always desirable to accustom infants to take some food, the mother is then able any time to leave her child for a few hours to enjoy more undisturbed sleep at night, and weaning is an easier process. Suckling is often very distressing from the nipples becoming tender; the best remedy I have ever found is touching them with a few drops of tincture of squill combination without opium several times a day; it is made by putting one ounce of this combination into twenty-four ounces of diluted alcohol.

In a great many instances child bed fever arises merely from the patient perspiring soon after taking a drink rather warm, being too closely covered up with bedclothes, or some other cause apparently trifling, the effect of which, if properly managed, would pass off without even causing an indisposition; but in the way already pointed out, goes on

to produce a dangerous, or even fatal disease. When the patient and her attendants distinctly understand the management of sweating and shivering, the patient herself will often avoid danger by putting off a blanket when she feels rather warm, and may not require any spirituous liquors during her confinement. If, however, the overheating has caused sweating, and that again chilliness, she may be benefitted by a small quantity, such as a quarter or half a wine-glassful of brandy, and possibly no more may be necessary during her recovery. But if sweating and chilliness return, they must be combated in the same way, a quarter or half a wine-glassful of cold spirits being sufficient at any one time to remove chilliness. Robust and healthy women are least apt to perspire, and consequently least apt to shiver and require spirits; and delicate women, on the other hand, most apt to yield to injurious influences, and become ill. When sweating and shivering, notwithstanding all precautions, occur frequently, as in delicate patients, I have met with cases in which a quart of brandy was consumed before the woman had gained as much strength as completely to overcome the tendency to perspire. The febrile heat is not increased by wine or spirits judiciously given; exhaustion often to a very great degree has been produced by the previous sweating, and stimulants are required to retrieve the lost strength. As already mentioned, chilliness and shivering may proceed from several causes. When they arise from sweating, by far the most common cause, they are to be removed by the use of spirits or wine; when they proceed from constipation, their removal should be attempted by a laxative, and when from cold, the skin being dry, by more coverings or gentle warmth.

When the patient has unfortunately got into a high fever, has a frequent pulse, and is incoherent, great circumspection and attention are requisite on the part of the practitioner. If lying in a small or heated apartment, she must be brought into one which is large, cool, and well ventilated; the bedclothes diminished so as to allow her to become cool; the extremities sponged with cool water, while spirits are given to dry up sweating, and remove chilliness. In such a case as that now supposed, the debility great, with sweating and shivering recurring readily and frequently, brandy or whisky require to be administered freely. In