

Cooper says the milk "may acquire an actually poisonous character under the influence of violent excitement."

Now how is this state of matter to be remedied? How are the lives of these thousands of innocent victims—for they are but victims of the mother's ignorance—to be preserved and prolonged to their natural period? Public Health laws cannot well be applied here. Here are to be found causes of human suffering and death which cannot be removed by ordinary legislation. Here individual hygiene must be depended upon. Mothers must be properly educated in such matters; taught the laws of health and the importance of bringing them into constant practice. In what way can this instruction be given? Are we only to teach the present race of female school-children and wait for good results until they grow up to be mothers, losing in the mean time over a third of the infants before the end of the first year of life, and a half before the end of the fifth year, or shall the mother's of to-day be taught? Wilson says: "The fundamental principles of personal and domestic hygiene, must become matters of intelligent conviction amongst all classes, and especially amongst the upper and middle, that they may help those of the lower who are unable to help themselves." In all cities and towns there are ladies with leisure and inclination to give more or less attention to noble works of charity. We see the effects of this constantly; monuments of such noble efforts standing here and there in most cities. Cannot this tendency to noble charitable work be turned into a new channel, one hitherto unfrequented, almost unthought of, that of instructing and educating the ignorant mother's in the art of preserving the health and life of their born and unborn infants. A Ladies Sanitary Association might be formed in every city and town. These might have branches, say one in every parish. House to house visitation, weekly or monthly, might be made by either voluntary or paid visitors, sufficiently educated in the subject; as in missionary or bible reading work. The visitors becoming familiar with the families, could give with good effect advice and instruction in personal and domestic hygiene—the great want of thousands of mothers. We may ask, "who will go forth into