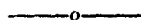


warm, soft, capable of being fastened on without pins, and not too heavy, we need not be particular as to shape. The long flowing robes of the first few months of infant life, are at all events desirable, for they keep the cold air and draughts from the feet and legs of infants, which unintentional care might not be bestowed if it were not the fashion.

The old maxim, "keep the head cold, and the feet warm," should be kept constantly in mind; with regard to material, cotton is better than linen, especially in this extreme climate of ours, as the former is a better radiator and worse conductor of heat, and does not absorb moisture to the same amount.

Of all predisposing causes of disease, there is none more powerful than cold. So the foolish fallacy of exposing the chest on the plea of hardening the constitution, is absurd to say the least of it; so, in few words, let the clothing be warm, large enough to cover the whole person, including the chest, arms and neck, and sufficiently large to allow of perfect freedom of motion, exercise and sleep.



#### MORTALITY OF THE CITY AND SUBURBS OF MONTREAL, FOR THE YEAR 1875.

We are glad to be able so early to give our readers this city's mortality, but we are grieved to see that the hand of death has been so very severe. With all the advantages with which nature has provided us we cannot blame her. Who, then, is to blame? We answer without fear of contradiction, that we are culpably *negligent* in almost every particular connected with sanitation. By sanitation we refer not only to our sewers and streets proper, but to the general hygienic management of the individuals and houses in which we live. Then, also, we neglect to use those precautions which science has proved are the best protections against disease. Small-pox has committed serious ravages amongst us, especially among the French-Canadians, 653 of that nationality alone having been carried to untimely graves by neglecting the best of protection—"vaccination." Oh, Drs. Coderre & Co.,