

that of 92 children born in the district soon after, 16 died at the moment of birth, 33 languished for from 8 to 10 months and then died, 8 became idiots and died before five years, 2 were born with several bones broken. So that 59 children out of 92 died from the misery and anxiety the mothers underwent.

Hobbes, the philosopher, relates that before he was born his mother evinced so much concern at the reported approach of the Spanish armada that she was prematurely delivered, and he attributes this as the cause of his extreme nervous timidity.

On the same principle, James I. of England is said to have inherited constitutional nervousness owing to the fact that Queen Mary was pregnant at the time of her persecution, and also to the bloody murder of Rizzio in her presence. Many other instances might be brought forward to shew the absolute necessity of keeping the mother's mind as free from excitement as possible.

A more perfectly helpless picture of weakness cannot be found than an infant at its birth, and if left to itself it would soon perish. But killing with kindness is as dangerous, when the over-anxious mother, or the too officious nurse, doses the infant with castor oil, manna, butter and honey. These ingredients may be all very well in their way, but are totally unnecessary to the child, for nature has endowed the mother's milk with properties which cause everything to move forward gradually in a natural way.

Besides it is the first step towards that pernicious habit of domestic drugging, which cannot be too highly reprobated, and which no sensible man should sanction.

In considering the food of the infant, you must remember that the chief alimentary principles by which all the higher animals are nourished, may be divided chemically into four great groups. I. The Aqueous; II. The Saccharine; III. The Albuminous; and IV. The Oleaginous.

The principles may be variously represented or combined, forming new principles, but not altering their essential composition.