

THE VITAL FLUID.

The blood of our bodies contains the elements needed for their growth and activity. If the blood be properly constituted, it can supply all the demands of the system. But it often happens, either from insufficient food or from inability to digest it, or from unusual or excessive losses, or from some poisonous influence, that the blood loses this power of supplying the wants of the body. This change of the blood is soon shown by its effects. The strength declines, the organs fail to perform fully their appropriate duties, and sooner or later positive disease follows.

How important then to the unborn infant the good quality of his mother's blood. If he finds there all the materials necessary for