

young woman as nurse from the Lying-in-Hospital, who nursed the child for three weeks. The nurse complained that, at first, the child was perfectly ravenous, and nursed too severely. However, it soon became satisfied, and gradually assumed a more natural appearance. Without any medicinal aid at all the diarrhoea gradually ceased, and at the end of the three weeks the child had lost its meagre, starved appearance, and would eat other food. They now continued to furnish it with more solid food and plenty of cow's milk, and the child grew strong and flourished. This is, although a strongly-marked case, only one of hundreds, which go to prove the impoverishing effect of alcohol upon the *feeding* and *nourishing* qualities of human milk. And I have no doubt many of the cases of presumed hydrocephalus from previous tubercular deposit, diarrhoea from accountable irritation of the *prima-viæ*; renal dropsy from nephritis or congestion; stagnation or impediment to the pulmonary circulation ending in congestion or bronchial affection; are directly traceable to the poisonous action of alcohol, either imbibed in the milk of mothers making use of fermented or malt liquors, or administered directly in the form of weak slings for the relief of wind-colic or some other presumed cause of restlessness, or as a diuretic, not to speak of the manner in which an occasional case is found to have been "strengthened" by the direct administration of porter or ale.

That the administration of alcoholic beverages and over-feeding together with a total changes in their accustomated diet is the cause of failure in numerous cases of hired nurses, there is, in my mind, not the slightest question; besides, deprave the whole being of the nurse to the extent of their besotting influence, and affects, in a similar manner, the child, by the directly injurious effect of the imbibed spirit upon its delicate brain tissue, laying the foundation of mental degradation and moral depravity.

On this point, Dr. Ellis, in his work entitled, "Avoidable Causes of Disease," says: "A frequent cause of failure in the secretion of milk is to be found in the use of an unusually stimulating diet, including fermented liquors, under the plea of having to support two. This is especially true of hired wet nurses when they are taken into the families of the wealthy. The change of diet from a coarse, plain, perhaps rather scanty diet, to rich stimulating food, with free use of meats, malt liquors, and often unusual in-door confinement, is sure to make the system feverish and lessen the quantity of milk as well as to impair its quality. In all such cases, instead of seeking to increase the milk by the addi-

tion of porter or ale, which disorder the stomach vitiate its secretions and promote indigestion the nurse should be put upon plain coarse diet, as near like what she had formerly used as possible, and she should be required to take active exercise, especially walks in the open air."

It may reasonably be supposed that Plato was cognizant of the fact twenty centuries ago, that even in the very womb alcohol perverts the brain of the unborn child, and strikes a blow at reason and at virtue, when we find that he forbade the use of wine to the newly married.

And does not common observation bear me out in the assertion that, with few exceptions, depravity is stamped, like the mark of Cain, upon the foreheads of the posterity of drunken parents, especially where the mother has been a victim to the habit, or has been in the habit of using alcoholics. Then why, amid the boasted enlightenment of this nineteenth century, and under the most favorable circumstances of our Anglo-Saxon civilization, should we, the members of an honorable profession, thus go on favoring the production of a future race of vicious and criminal persons, by recommending to mothers the use of that which can only injure and debase her infant, and may possibly degrade and besot herself.

There is a modern philosophy which teaches truly that the way to stop crime is to change the character of our reproductions, and that this is to be done by abolishing the condition of things which generates rascals. Formation, rather than reformation, is needed, *i. e.*, form the children to right models from the beginning, so will society save itself and physically regenerate the world.

Concerning the use of alcoholic stimulants by nursing mothers, Dr. Lees, F.S.A., says: "It is the real cause of so many ill-balanced minds, neither insane nor sensible; and, in its higher use, it is the teeming fount of the sad idiotcy which depresses and disgraces our boasted civilization."

Can further argument be needed to convince medical men of the great responsibility assumed in thoughtlessly recommending a plan of stimulating this glandular secretion which is capable of working so much mischief, both directly and indirectly, upon the whole future of the persons coming under its influence.

It is an acknowledged axiom in all rational medicine that we should always follow nature as closely as possible. This being the case, I think a glance at the animal kingdom, and a consideration of the habits of the mammalia, will be sufficient to convince any one that the animals of this class—the