

by the mothers. Here, judicious advice to use self-control is important. These cravings, or longings, as they are called, can be dispelled by gentle laxatives.

The clothing should be warm and comfortable. Tight lacing especially should be avoided, as deforming the mother and injurious to the embryo, contracting the liver, impeding circulation, and causing other ills too numerous to mention.

The origin of the word "Enceinte" may serve to show that the Roman ladies were wiser in their generation, for on the occurrence of pregnancy the tight girdle or "cincture" was discontinued, hence the pregnant woman was said to be *incincta*, or unbound.

Cleanliness, as the old adage says, should come next to godliness at any time, but more especially during pregnancy. Sponging in tepid water will add greatly to the comfort of the woman, soothing nervous excitement, preventing constipation of the internal viscera, and promoting a healthy action of the skin.

Exercise in walking should be taken daily, but not to fatigue, especially at the latter months. Dancing, riding on horseback, or any violent exercise should be avoided. Keep good hours; keep the bedroom well ventilated, so that pure fresh air may be inhaled constantly.

If a mother wishes her offspring to have healthy active minds, she must regulate her mental constitution as carefully as she would her bodily health, always endeavoring to be calm and cheerful, governing her feelings and affections, overcoming all ill-regulated desires and fancies, and looking forward to the result in hope and confidence, never allowing dispondency to take hold of the mind, but keeping it always occupied in judicious reading or household work, and avoiding strong mental emotion, such as grief, anger or despair. All exciting amusements should be forbidden. Bad or even serious news should not be mentioned to her, for all these things may produce convulsions in both mother and child.

We mention these few facts to shew that the power of the mental condition of the mother affects the offspring.

During the siege of Landau, in 1793, Baron Larrey relates