

A nurse should abstain from sexual intercourse, if she experiences great excitement.

A nurse should likewise abstain through fear of pregnancy, which modifies the milk in quantity and quality, so as to render it injurious to the child.

A change of nurses has no injurious effects, when necessary to replace a poor one by a better.

The nurse should be changed as often as may be necessary.

Suckling, by mother or nurse, may give place to artificial feeding.

Feeding by the nursing-bottle is far inferior to suckling—although when well carried on it sometimes yields highly satisfactory results.

Artificial food should be administered during the earliest periods of life, by means of nursing-bottle, filled with tepid milk, diluted with barley-water, or oat-meal gruel; afterwards with milk alone.

An infant needs nothing more than milk during the first months of life. At the age of six months it may commence to take light soups.

Greasy articles of food should not be given until after the first year.

The time of weaning should be fixed between the twelfth and twentieth month.

One of the periods of repose in the progress of dentition, should be chosen for weaning—that which comes after the appearance of the first twelve, or of the first sixteenth teeth.

Weaning should be commenced by keeping the child from the breast during the night.

After some weeks' separation from the mother at night, the child should be denied the breast in the day time also, and it thus arrives at an independent existence.

Infants and children should be carried into the sunlight and open air in all kinds of weather.

Clothes which fit the body, without constriction, are preferable, in all weathers, to loose ones, which expose different portions of the skin to the cold.

Infants should be washed in tepid water, every day, and as they become habituated to it, in water nearly cold.—*Western Lancet*.

*Best Treatment of Varicose Ulcers and Varicose Veins.*—The treatment of varicose veins is a practical every-day subject, inferior to none in interest for the hospital surgeon. Indeed, allied as this affection is, externally, to questions of practical surgery on the one hand, and depending for its causes on relations of the general venous system and general internal health on the other, a wide field of speculation is afforded as to treatment. In hospital practice, accordingly, as the practitioner may be more of a physiologist and anatomist, or more or less influenced by the ordinary routine of simple surgical treatment, ligature of veins, constitutional treatment, or means of blocking up these vessels, will be trusted to, previous to healing the varicose ulcer. A good deal of the danger of ligature of veins is found to originate in the fact that the vein is enlarged; and the ligature, when it should go deeper than the vein, will