ham observes, in some cases the most skilful physician cannot cure, and in others the most ignorant old woman cannot kill, the patient in that disorder. Though a good constitution is always in favor of the patient, yet too great stress may be laid upon it in this disease. It does not appear from observation that the most robust constitution is able to overcome the virulence of the venereal contagion after it has got into the habit. In this case a proper course of medicine is always indispensably necessary.

Although it is impossible, on account of the different degrees of virulence, &c., to lay down fixed and certain rules for the cure of this disease, yet the following general plan will always be found safe and often successful, viz., to bleed and administer gentle purges during the inflammatory state, and as soon as the symptoms of inflammation are abated to administer mercury, in any form that may be most agreeable to the patient. The same medicine, assisted by the decoction of sarsaparilla and a proper regimen, will not only secure the constitution against any further progress of a confirmed pox, but will generally perform a complete cure.

CHAPTER XLVIII.

DISEASES OF WOMEN.

Women, in all civilized nations, have the management of domestic affairs; and it is very proper they should, as nature has made them less fit for the more active and laborious employments. This indulgence, however, is generally carried too far, and females, instead of being benefited by it, are greatly injured, from the want of exercise and free air. To be satisfied of this, one need only compare the fresh and ruddy looks of a milkmaid with the pale complexion of those females whose whole business lies within doors. Though nature has made an evident distinction between the male and female with regard to bodily strength and vigor, yet she certainly never meant either that the one should be always without or the other always within doors.

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The confinement of females, besides hurting their figure and complexion, relaxes their solids, weakens their minds, and disorders all the functions of the body. Hence proceed obstructions, indigestion, flatulence, abortions, and the whole train of nervous disorders. These not only unfit women for being mothers and nurses, but often render them whimsical and ridiculous. A sound mind depends so much upon a healthy body, that where the latter is wanting the former is rarely to be found.

I have always observed that women who were chiefly employed without doors, in the different branches of husbandry, gardening, and the like, were almost as hardy as their husbands, and that their children were likewise strong and healthy. But as the bad effects of confinement and inactivity upon both sexes have been already shown, we shall proceed to point out those circumstances in the structure and design of females which subject them to peculiar diseases; the chief of which are their *monthly evacuations*, *pregnancy*, and *childbearing*. These indeed cannot properly be called diseases themselves, but from the delicacy of the sex, and their being often improperly managed in such situations, they become the source of numerous calamities.

THE MENSTRUAL DISCHARGE.

Females generally begin to menstruate about the age of fifteen, and leave it off about fifty, which renders these two periods the most critical of their lives. About the first appearance of this discharge, the constitution undergoes a very considerable change, generally indeed for the better, though sometimes for the worse. The greatest care is now necessary, as the future health and happiness of the female depend in a great measure upon her conduct at this period.

If a girl about this time of life be confined to the house, kept constantly sitting, and neither allowed to romp about nor employed in any active business which gives exercise to the whole body, she becomes weak, relaxed, and puny; her blood not being duly prepared, she looks pale and wan; her health, spirits, and vigor decline, and she sinks into a valetudinary for life. Such is the fate of numbers of those unhappy females, who, either from too much indulgence or their own narrow circumstances, are at this critical period of life denied the benefit of exercise and free air.

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A lazy, indolent disposition proves likewise very hurtful to girls at this period. One seldom meets with complaints from obstructions amongst the more active and industrious part of the sex; whereas the indolent and lazy are seldom free from them. These are, in a manner, eaten up by the *chlorosis*, or greensickness, and other diseases of this nature. We would therefore recommend it to all who wish to escape these calamities, to avoid indolence and inactivity, as their greatest enemies, and to be as much abroad in the open air as possible.

Another thing that proves very hurtful to girls about this period of life is unwholesome food. Fond of all manner of trash, they often indulge in it till their whole humors are quite vitiated. Hence ensue indigestions, want of appetite, and a numerous train of evils. If the fluids be not duly prepared, it is utterly impossible that the secretions should be properly performed. Accordingly, we find that such girls as lead an indolent life and eat great quantities of trash are not only subject to obstructions of the *menses*, but likewise to glandular obstructions, as the scrofula or king's evil, &c.

A dull disposition is likewise very hurtful to girls at this period. It is a rare thing to see a sprightly girl who does not enjoy good health, while the grave, moping, melancholy creature proves the very prey of vapors and hysterics. Youth is the season of mirth and cheerfulness. Let it therefore be indulged. It is an absolute duty. To lay in a stock of health in time of youth is as necessary a piece of prudence as to make provision against the decays of old age. While therefore wise nature prompts the happy youth to join in sprightly amusements, let not the severe dictates of hoary age forbid the useful impulse, nor damp with serious gloom the season destined to mirth and innocent festivity.

Another thing very hurtful to females about this period of life is strait clothes. They are fond of a fine shape, and foolishly imagine that this can be acquired by lacing themselves tight. Hence, by squeezing the stomach and bowels, they hurt the digestion, and occasion many incurable maladies. This error is not indeed so common as it has been; but, as fashions change, it may come about again: we therefore think it not improper to mention it. I know many females who to this day feel the direful effects of that wretched custom which prevailed some time ago, of squeezing every girl into as small a size in the middle as possible. Human invention could not possibly have devised a practice more destructive to health.

After a female has arrived at that period of life when the menses usually begin to flow, and they do not appear, but, on the contrary, her health and spirits begin to decline, we would advise, instead of shutting the poor girl up in the house and dosing her with steel, assafœtida, and other nauseous drugs, to place her in a situation where she can enjoy the benefit of free air and agreeable company. There let her eat wholesome food, take sufficient exercise, and amuse herself in the most agreeable manner, and we have little reason to fear but nature, thus assisted, will do her proper work. Indeed she seldom fails unless where the fault is on our side.

When the menses have once begun to flow, the greatest care should be taken to avoid every thing that may tend to obstruct them. Females ought to be exceedingly cautious of what they eat or drink at the time they are out of order. Every thing that is cold or apt to sour on the stomach ought to be avoided, as fruit, buttermilk, and such like. Fish, and all kinds of food that are hard of digestion, are also to be avoided. As it is impossible to mention every thing that may disagree with individuals at this time, we would recommend it to every female to be very attentive to what disagrees with herself, and carefully to avoid it.

Cold is extremely hurtful to females at this particular period. More of the sex date their disorders from colds, caught while they were out of order, than from all other causes. This ought surely to put them upon their guard and to make them very circumspect in their conduct at such times. A degree of cold that will not in the least hurt them at another time, will at this period be sufficient entirely to ruin their health and constitution.

The greatest attention ought likewise to be paid to the mind, which should be kept as easy and cheerful as possible. Every part of the animal economy is influenced by the passions, but none more so than this. Anger, fear, grief, and other affections of the mind, often occasion obstructions of the menstrual flux, which prove absolutely incurable.

From whatever cause this flux is obstructed, except in the state of pregnancy, proper means should be used to restore it. For this purpose we would recommend sufficient exercise in a dry, open, and rather cool air; wholesome diet, and, if the body be weak and languid, generous liquors; also cheerful company and all manner of amusements. If these fail, the following medicines may be tried.

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When the obstructions proceed from a weak relaxed state of the solids, such medicines as tend to promote digestion, to brace the solids, and assist the body in preparing good blood, ought to be used. The principal of these are iron, the Peruvian bark, with other bitter and astringent medicines. Filings of iron may be infused in wine or ale, two ounces to an English quart, and after it has stood in a warm place twenty-four hours it may be strained, and a small cupful drank three or four times a day; or they may be reduced to a fine powder, and taken in a dose of half a dram, mixed with a little honey or treacle, three or four times a day. The bark and other bitters may either be taken in substance or infusion, as is most agreeable to the patient.

When obstructions proceed from a viscid state of the blood, and the patient is of a gross or full habit, evacuations, and such medicines as attenuate the humors, are necessary. The woman in this case ought to be bled, to bathe her feet frequently in warm water, to take frequently a cooling purge, and to live upon a spare thin diet. Her drink should be whey, water, or small beer, and she ought to take sufficient exercise.

When obstructions proceed from affections of the mind, as grief, fear, anger, &c., every method should be taken to amuse and divert the patient. And that she may the more readily forget the cause of her affliction, she ought, if possible, to be removed from the place where it happened. A change of place, by presenting the mind with a variety of new objects, has often a very happy influence in relieving it from the deepest distress. A soothing, kind, and affable behavior to females in this situation is also of the last importance.

An obstruction of the menses is often the effect of other maladies. When this is the case, instead of giving medicines to force down that discharge, which might be dangerous, we ought by all means to endeavor to restore the patient's health and strength. When that is effected, the other will return of course.

But the menstrual flux may be too great as well as too small. When this happens, the patient becomes weak, the color pale, the appetite and digestion are bad, and edematose swellings of the feet, dropsies, and consumptions often ensue. This frequently happens to women about the age of forty-five or fifty, and is very difficult to cure. It may proceed from a sedentary life; a full diet, consisting chiefly of salted, high-

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seasoned, or acrid food; the use of spirituous liquors; excessive fatigue; violent passions of the mind, &c.

To restrain this flux, the patient should be kept quiet and easy both in body and mind. If it be very violent, she ought to lie in bed with her head low; to live upon a cool and slender diet, as veal or chicken broths with bread; and to drink decoctions of nettle roots or the greater comfrey. If these be not sufficient to stop the flux, stronger astringents may be used, as alum, the Peruvian bark, &c.*

But the uterine flux may offend in quality as well as in quantity. What is usually called the *fluor albus*, or whites, is a very common disease, and proves extremely hurtful to delicate women. This discharge, however, is not always white, but sometimes pale, yellow, green, or of a blackish color; sometimes it is sharp and corrosive, sometimes foul and fetid, &c. It is attended with a pale complexion, pain in the spine of the back, loss of appetite, swelling of the feet, &c. It generally proceeds from a relaxed and debilitated state of the body, arising from indolence, the excessive use of tea, coffee, or other weak and watery diet.

To remove this disease, the patient must take as much exercise as she can bear without fatigue. Her food must be solid and nourishing, but of easy digestion, and her drink pretty generous, as red port or claret. These may be drank pure or mixed with water, as the patient inclines. Tea and coffee are to be avoided. I have often known strong broths have an exceeding good effect in this case. The patient ought not to lie too long abed. When medicine is necessary, we know none preferable to the Peruvian bark, which, in this case, ought always to be taken in substance. In warm weather, the cold bath will be of considerable service.

That period of life at which the menses cease to flow is likewise very critical to the sex. The stoppage of any customary evacuation, however small, is sufficient to disorder the whole frame, and often to destroy life itself. Hence it comes

* Two drams of alum and one of Japan earth may be pounded together and divided into eight or nine doses, one of which may be taken three times a day. Persons whose stomachs cannot bear the alum may take two table-spoonfuls of the tincture of roses three or four times a day, to each dose of which ten drops of laudanum may be added.

If these should fail, half a dram of the Peruvian bark in powder, with ten drops of the elixir of vitriol, may be taken, in a glass of red wine, four times a day.

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to pass that so many women either fall into chronic disorders or die about this time. Such of them, however, as survive it without contracting any chronic disease, often become more healthy and hardy than they were before, and enjoy strength and vigor to a very great age.

If the menses cease all of a sudden, in women of a full habit, they ought to abate somewhat of their usual quantity of food, especially of the more nourishing kind, as flesh, eggs, &c. They ought likewise to take sufficient exercise, and to keep the body open. This may be done by taking once or twice a week a little rhubarb, or an infusion of hiera picra in wine or brandy.

It often happens that women of a gross habit, at this period of life, have ulcerous sores break out about their ankles, or in other parts of the body. Such ulcers ought to be considered as critical, and should either be suffered to continue open, or artificial drains should be substituted in their stead. Women who will needs have such sores dried up are often soon after seized with acute or chronic diseases, of which they die.

PREGNANCY.

Pregnant women are often afflicted with the heart-burn. The method of treating this complaint has already been pointed out. They are likewise, in the more early periods of pregnancy, often harassed with sickness and vomiting, especially in the morning. The method of relieving these complaints has also been already shown. Both the headache and toothache are very troublesome symptoms of pregnancy. The former may generally be removed by keeping the body gently open, by the use of prunes, figs, roasted apples, and such like. When the pain is very violent, bleeding may be necessary. For the treatment of the latter, we must refer the reader to that article. Several other complaints incident to pregnant women might be mentioned, as a cough and difficulty of breathing, suppression and incontinency of urine, &c., but as all of these have been taken notice of before, I shall not repeat them.

Every pregnant woman is more or less in danger of abortion. This should be guarded against with the greatest care, as it not only weakens the constitution, but renders the woman liable to the same misfortune afterwards. Abortion may happen at any period of pregnancy, but it is most common in the

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second or third month. Sometimes, however, it happens in the fourth or fifth. If it happens within the first month, it is usually called a false conception; if after the seventh month, the child may often be kept alive by proper care.

The common causes of abortion are the death of the child, weakness or relaxation of the mother, great evacuations, violent exercise, raising great weights, reaching too high, vomiting, coughing, convulsion fits, strokes on the belly, falls, fevers, disagreeable smells, excess of blood, indolence, high living or the contrary, violent passions or affections of the mind, as fear, grief, &c.

The signs of approaching abortion are pain in the loins or about the bottom of the belly, a dull heavy pain in the inside of the thighs, a slight degree of coldness or shivering, sickness, palpitation of the heart; the breasts become flat and soft, the belly falls, and there is a discharge of blood or watery humors from the womb.

To prevent abortion, we would advise women of a weak or relaxed habit to use solid food, avoiding great quantities of tea and other weak and watery liquors; to rise early and go soon to bed; to shun damp houses; to take frequent exercise in the open air, but to avoid fatigue; and never to go abroad in damp foggy weather, if they can shun it.

Women of a full habit ought to use a spare diet, avoiding strong liquors and every thing that may tend to heat the body or increase the quantity of blood. Their diet should be of an opening nature, consisting principally of vegetable substances. Every woman with child ought to be kept cheerful and easy in her mind. All violent passions endanger the life of the *fœtus*, and may cause an abortion.

When any signs of abortion appear, the woman ought to be laid on a bed or mattrass, with her head low. She should be kept quiet, and her mind soothed and comforted. She ought not to be too warm, nor to take any thing of a heating nature. Her food should consist of broths, rice and milk, jellies, gruels made of oatmeal, and the like.

If she be able to bear it, she should lose at least half a pound of blood from the arm. Her drink ought to be barley water sharpened with juice of lemon; or she may take half a dram of powdered nitre, in a cup of water gruel, every five or six hours. If the woman be seized with a violent looseness, she ought to drink the decoction of calcined hartshorn

prepared. If she be affected with vomiting, let her take frequently two table-spoonfuls of the saline mixture.

Sanguine robust women, who are liable to miscarry at a certain time of pregnancy, ought always to be bled a few days before that period arrives. By this means, and observing the regimen above prescribed, they might often escape that misfortune.

Though we recommend due care for preventing abortion, we would not be understood as restraining pregnant women from their usual exercises. This would operate the quite contrary way. Want of exercise not only relaxes the body, but induces a plethora, or too great a fulness of the vessels, which are the two principal causes of abortion.

CHILDBIRTH.

Many diseases proceed from the want of due care in childbed, and the more hardy part of the sex are most apt to despise the necessary precautions in this state. This is peculiarly the case with young wives. They think, when the labor pains are ended, the danger is over; but in truth it may only then be said to be begun. Nature, if left to herself, will seldom fail to expel the *fœtus;* but proper care and management are necessary for the recovery of the mother. No doubt mischief may be done by too much as well as by too little care. Hence females who have the greatest number of attendants in childbed generally recover worst. But this is not peculiar to the state of childbed. Excessive care always defeats its own intention, and is generally more dangerous than none at all.

During actual labor, nothing of a heating nature must be given. The woman may now and then take a little panado, and her drink ought to be toast and water or thin groat gruel. Spirits, wines, cordial waters, and other things which are given with a view to strengthen the mother and promote the birth, for the most part tend only to increase the fever, inflame the womb, and retard the labor. Besides, they endanger the woman afterwards, as they often occasion violent and mortal hemorrhages, or dispose her to eruptive and other fevers.

When the labor proves tedious and difficult, to prevent inflammations, it will be proper to bleed. An emollient clyster ought likewise frequently to be administered; and the patient should sit over the steams of warm water. The pas-

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sage ought to be gently rubbed with a little soft pomatum or fresh butter, and cloths wrung out of warm water applied over the belly. If nature seems to sink, and the woman is greatly exhausted with fatigue, a draught of generous wine, or some other cordial, may be given, but not otherwise. These directions are sufficient in natural labors; and in all preternatural cases a skilful surgeon or man-midwife ought to be called as soon as possible.

We cannot help taking notice of that ridiculous custom, which still prevails in some parts of the country, of collecting a number of women together upon such occasions. These, instead of being useful, serve only to crowd the house and obstruct the necessary attendants. Besides, they hurt the patient with their noise, and often, by their untimely and impertinent advice, do much mischief.

After delivery, the woman ought to be kept as quiet and easy as possible. Her food should be light and thin, as gruel, panado, &c., and her drink weak and diluting. To this rule, however, there are some exceptions. I have known several hysteric women whose spirits could not be supported in childbed without solid food and generous liquors; to such a glass of wine and a bit of chicken must be allowed.

Sometimes an excessive hemorrhage or flooding happens after delivery. In this case, the patient should be laid with her head low, kept cool, and be in all respects treated as for an excessive flux of the menses. If the flooding proves violent, linen cloths, which have been wrung out of a mixture of equal parts of vinegar and water or red wine, should be applied to the belly, the loins, and the thighs. These must be changed as they grow dry, and may be discontinued as soon as the flooding abates.*

If there be violent pains after delivery, the patient ought to drink plentifully of warm diluting liquors, as tea with a little saffron, or an infusion of camomile flowers, and to take small broths, with caraway seeds or a bit of orange-peel in them. An ounce of the oil of sweet almonds may likewise be frequently taken in a cup of any of the above liquors; and if the patient be restless, a spoonful of the syrup of poppies may now

* In a violent flooding after delivery, I have seen very good effects from the following mixture: Take of pennyroyal water, simple cinnamon water, and syrup of poppies, each two ounces, acid elixir of vitriol a dram; mix, and take two table-spoonfuls every two hours, or oftener if necessary.

and then be mixed with a cup of her drink. If she be hot or feverish, one of the following powders may be taken, in a cup of her usual drink, every five or six hours.*

An inflammation of the womb is a dangerous and not unfrequent disease after delivery. It is known by pains in the lower part of the belly, which are generally increased upon touching; by the tension or tightness of the parts; great weakness; change of countenance; a constant fever, with a weak and hard pulse; a slight delirium or raving; sometimes incessant vomiting; a hiccough; a discharge of reddish, stinking, sharp water from the womb; an inclination to go frequently to stool; a heat and sometimes total suppression of urine.

This must be treated like other inflammatory disorders, by bleeding and plentiful dilution. The drink may be thin gruel or barley water, in a cup of which half a dram of nitre may be dissolved, and taken three or four times a day. Clysters of warm water must be frequently administered, and the belly should be fomented by cloths wrung out of warm water, or by applying bladders filled with warm milk and water to it.

A suppression of the *lochia*, or usual discharges after delivery, and the milk-fever, must be treated nearly in the same manner as an inflammation of the womb. In all these cases, the safest course is plentiful dilution, gentle evacuations, and fomentations of the parts affected. In the milk-fever, the breasts may be embrocated with a little warm linseed oil, or the leaves of red cabbage may be applied to them. The child should be often put to the breast, or it should be drawn by some other person.

Nothing would tend more to prevent the milk-fever than putting the child early to the breast. The custom of not allowing children to suck for the first two or three days is contrary to nature and common sense, and is very hurtful both to the mother and child.

Every mother who has milk in her breasts ought either to suckle her own child, or to have her breasts frequently drawn,

* Take of crabs' claws prepared half an ounce, purified nitre two drams, saffron powdered half a dram; rub them together in a mortar, and divide the whole into eight or nine doses. When the patient is low-spirited or troubled with hysterical complaints, she ought to take frequently twelve or fifteen drops of the tincture of assafœtida in a cup of pennyroyal tea.

at least for the first month. This would prevent many of the diseases which prove fatal to women in childbed.

When an inflammation happens in the breast, attended with redness, hardness, and other symptoms of suppuration, the safest application is a poultice of bread and milk, softened with oil or fresh butter. This may be renewed twice a day, till the tumor be either discussed or brought to suppuration. The use of repellents, in this case, is very dangerous; they often occasion fevers, and sometimes cancers; whereas a suppuration is seldom attended with any danger, and has often the most salutary effects.

When the nipples are fretted or chapped, they may be anointed with a mixture of oil and beeswax, or a little gum Arabic may be sprinkled on them. I have seen Hungary water applied to the nipples have a very good effect. Should the complaint prove obstinate, a cooling purge may be given, which generally removes it.

The miliary fever is a disease very incident to women in childbed; but as it has been treated of already, we shall take no further notice of it here. The celebrated Hoffman observes that this fever of childbed women might generally be prevented, if they, during their pregnancy, were regular in their diet, used moderate exercise, took now and then a gentle laxative of manna, rhubarb, or cream of tartar; not forgetting to bleed in the first months, and avoid all sharp air. When the labor is coming on, it is not to be hastened with forcing medicines, which inflame the blood and humors or put them into unnatural commotions. Care should be taken, after the birth, that the natural excretions proceed regularly; and if the pulse be quick, a little nitrous powder should be given, &c.

We shall conclude our observations on childbed women by recommending it to them, above all things, to beware of cold. Poor women, whose circumstances oblige them to quit their bed too soon, often contract diseases from cold, of which they never recover. It is pity the poor are not better taken care of in this situation.

But the better sort of women run the greatest hazard from too much heat. They are generally kept in a sort of bagnio for the first eight or ten days, and then dressed out to see company. The danger of this conduct must be obvious to every one.

The superstitious custom of obliging women to keep the house till they go to church is likewise a very common cause

of catching cold. All churches are damp, and most of them cold; consequently they are the very worst places to which a woman can go to make her first visit, after having been confined in a warm room for a month.

BARRENNESS.

Barrenness may be very properly reckoned among the diseases of females, as few married women who have not children enjoy a good state of health. It may proceed from various causes; but we shall only take notice of three, viz., high living, relaxation, and grief.

It is very certain that high living vitiates the humors and prevents fecundity. We seldom find a barren woman among the laboring poor, while nothing is more common among the rich and affluent. The inhabitants of every country are prolific in proportion to their poverty, and it would be an easy matter to adduce many instances of women who, by being reduced to live entirely upon milk and a vegetable diet, have conceived and brought forth children, though they never had any before. Would the rich use the same sort of food and exercise as the better sort of peasants, they would seldom have cause to envy their poor vassals and dependents the blessing of a numerous and healthy offspring, while they pine in sorrow for the want of even a single heir to their extensive dominions.

Affluence begets indolence, which not only vitiates the humors, but induces a general relaxation of the solids; a state highly unfavorable to procreation. To remove this we would recommend the following course: First, sufficient exercise in the open air; secondly, a diet consisting chiefly of milk and vegetables;* thirdly, the use of astringent medicines, as alum, dragon's blood, elixir of vitriol, the Peruvian bark, &c.; and, lastly, the cold bath.

Whatever obstructs the menstrual flux may be considered as a cause of barrenness. Hence it is often the consequence

* Dr. Cheyne avers that want of children is oftener the fault of the male than of the female, and strongly recommends a milk and vegetable diet to the former as well as the latter; adding, that his friend Dr. Taylor, whom he calls the milk-doctor of Croydon, had brought sundry opulent families in his neighborhood, who had continued some years after marriage without progeny, to have several fine children, by keeping both parents for a considerable time to a milk and vegetable diet.

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of grief, sudden fear, anxiety, or any of the depressing passions. When barrenness is suspected to proceed from affections of the mind, the person ought to be kept as easy and cheerful as possible; all disagreeable objects are to be avoided, and every method taken to amuse and entertain the fancy.

CHAPTER XLIX.

DISEASES OF CHILDREN.

Miserable indeed is the lot of man in the state of infancy. He comes into the world more helpless than any other animal, and stands much longer in need of the protection and care of his parents. But, alas! this care is not always bestowed upon him, and when it is he often suffers as much from improper management as he would have done from neglect. Hence the officious care of parents, nurses, and midwives, becomes one of the most fruitful sources of the disorders of infants.*

It must be obvious to every attentive observer that the first diseases of infants arise chiefly from their bowels. Nor is this in the least to be wondered at, as they are in a manner poisoned with indigestible drugs and improper diet as soon as they come into the world. Every thing that the stomach cannot digest may be considered as a poison; and unless it can be thrown up or voided by stool, it must occasion sickness, gripes, spasmodic affections of the bowels, or what the good women call inward fits, and at last convulsions and death.

* We shall only here adduce one instance of the officious care of midwives, viz., the common practice of torturing infants by squeezing their breasts, to draw off the milk, as they call it. Though a small quantity of moisture is generally found in the breasts of infants, yet, as they are certainly not intended to give suck, this ought never to be drawn off. I have seen this cruel operation bring on hardness, inflammation, and suppuration of the breasts; but never knew any ill consequences from its being omitted. When the breasts are hard, the only application that we would recommend is a soft poultice, or a little of the diachylon plaster, spread thin upon a bit of soft leather, about the size of half a crown, and applied over each nipple. These may be suffered to continue till the hardness be gone off.

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