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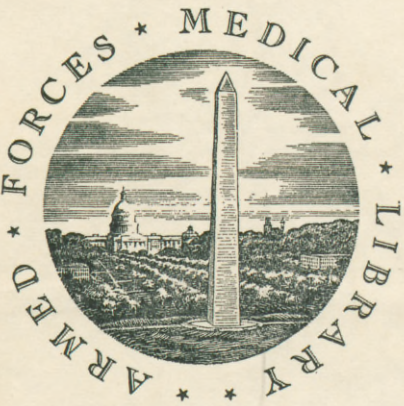

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LETTERS

TO

MARRIED WOMEN.

[Price 3s. 6d. bound.]

LETTERS

TO

MARRIED WOMEN.

The FOURTH EDITION,

Revised, and considerably enlarged.

By HUGH SMITH, M.D.

LONDON.

Printed for the AUTHOR;

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MDCCLXXXV.

AR 15 May 52

ADVERTISEMENT.

IT would be ungrateful not to acknowledge the Candour with which the Public have been pleaſed to receive this little Volume, although it contains ſome Doctrines repugnant to the preſent Opinions: The honorary Degree which a reſpectable Univerſity were pleaſed to confer upon the Author as a Token of their Approbation, demands likewiſe his Acknowledgment, and emboldens the Doctor to hope that his Obſervations are not entirely erroneous.

With a View, then, to promote the Happineſs and Comfort of his Fellow-Creatures, and to preſerve helpleſs Infants from their preſent almoſt certain Deſtruction, Dr. SMITH earneſtly recommends the Peruſal of theſe Letters to ſuch Perſons as are likely to have a young Family; to thoſe whoſe Duty may require their Attendance in a ſick Chamber; and likewiſe to Invalids.

The Maxims inſiſted on throughout are agreeable to the Laws of Nature; and the

52/367

Author trusts that he has rendered them evident to common Sense: They are the Result of an assiduous Attention to the Duties of his Profession; and it may with Truth be added, that they have the further Sanction of successful Experience.

It is only necessary to observe, that the Treatise, according to a Promise, made some Years ago in the Family Physician, is dedicated to the Ladies, under the Title of Letters to Married Women: And as a familiar Style is aimed at, it is presumed that the Digressions will not only be thought allowable, but even a Relief to the Subject itself, naturally dry and unentertaining.

If the Opinion with respect to those Marks which are incident to Children should be supposed chimerical, yet the Design, it is hoped, will prove a sufficient Apology. Perhaps it may induce some others to pursue the Enquiry, and thereby fully illustrate the Fact; in which Case the Author will give up his Opinion, as freely as he now delivers it to the Public.

INTRODUCTION.

IN conſidering my intended ſubjects, the familiar ſtyle of letter-writing appeared the moſt eligible; and particularly, when I reflected upon the abſurdity of uſing terms of art, in an addreſs to the ladies. The three firſt letters will not, I hope, be eſteemed foreign to my purpoſe, as they ſeem to me altogether introductory to the deſign. I was induced to add the laſt letter, upon old age, in order to make the ſeries of letters complete; having now, in this collection, taken up man from the firſt period of his exiſtence, and carried him through the various ſtages of life.

It being much to our preſent purpoſe, and intimately connected with the following letters, I ſhall tranſcribe a part of the introduction to the eighth edition of the Family Phyſician, publiſhed about twelve months ago.

"Experience in phyſic is the wiſeſt path to tread; and conſidering what poor crazy conſtitutions too many of the human race unhappily ſuſtain, and the various diſorders which even the moſt robuſt are liable to, no one can be too particular in remarking ſuch innocent remedies as may relieve ſlight indiſpoſitions, and conſequently prevent terrible and fatal diſeaſes.

"Good nurſing is a point which has either been too much neglected, or miſtaken; nevertheleſs it is of the firſt conſequence towards the cure of diſeaſes, and the preſerving of delicate and feeble conſtitutions. It is equally ſo to render advanced age eaſy and comfortable; and to preſerve helpleſs infants. To ſpeculative minds it muſt be matter of aſtoniſhment to obſerve the fatality amongſt children, which the following table of births and infant-burials, collected from the bills of mortality, preſents for their ſerious conſideration.

	Total number of births.	Burials under 5 years of age.	Burials under 2 years of age.
In 1762	15351	10659	8372
1763	15133	11163	8200
1764	16801	9699	7673
1765	16374	9948	8073
1766	16257	10197	8035
1767	15980	9489	7668
1768	16042	10670	8229
1769	16714	10061	8016
1770	17109	10121	7994
1771	17072	9447	7617
	10)162833	10)101454	10)79877
	16283	10145	7987

The average upon the laſt ten years.

" Thus we ſee that almoſt two thirds of the children born in this metropolis and its environs are intirely loſt to ſociety: 16283 are, upon the average, the annual births; 10145 the infant-burials; and, what deſerves particular attention, 7987 are cut off before they are two years old, which is more than three fourths of thoſe children who die under five years of age. How ardently therefore is it to be wiſhed that ſuch a fatality could be prevented! — it may be prevented.

" Is it not affecting, that ſo many beings, juſt entering into life, ſhould be ſo

untimely cut off, to the detriment of ſociety, and the affliction of their weeping mothers? It is, truly, a ſubject of commiſeration, a ſcene which draws a ſilent tear from the eye of humanity, and pierces the wounded boſoms of afflicted parents.—Above three fourths of theſe little innocents fall a ſacrifice under two years old. It is well known, that the thruſh and watery gripes generally terminate their exiſtence in the early months; and, if they ſurvive theſe maladies, the time of teething too frequently brings on a fatal cataſtrophe.

"Could we but conquer the prejudices of the times, and aboliſh unnatural and abſurd practices; could we but reſtore that natural and ſimple method of rearing children, which the all-wiſe Giver of life has ſufficiently pointed out; did we but confine them to that nutriment which He has prepared for their firſt ſtate of exiſtence; and conſult that reaſon which He has beſtowed upon us to conduct them forwards—all would be well. But alas, in-

dolence and luxury forbid the taſk! Nevertheleſs, to the rational few the following remarks are ſubmitted.

" The thruſh and watery gripes are, in the author's opinion, artificial diſeaſes, and both of them totally occaſioned by improper food; ſuch as all kinds of pap, whether made from flour, bread, or biſcuit: they all cauſe too much fermentation in an infant's ſtomach, and irritate their tender bowels beyond what Nature can ſupport. This appears to him to be the evident cauſe of the before-mentioned complaints.

" When infants are paſt this period, the danger in cutting their teeth is juſtly to be feared. This difficulty proceeds altogether from a weakneſs of conſtitution, ariſing from the ſame firſt miſmanagement in point of diet: and here a train of dreadful ſymptoms preſent themſelves; the head, the ſtomach, the bowels, are all at times terribly affected; a general waſting

of the body frequently enſues, and unconquerable fevers prevail, which generally terminate in convulſions and death.

" To prevent all theſe unhappy conſequences, let us but for a moment reflect that every mother is deſigned by Nature to foſter her own child. If the breaſt is not to be obtained, cows milk is in general to be preferred to any kind of food that can be invented, becauſe it is nearly ſimilar to that which Nature intended."

I ſincerely wiſh the hints thrown out in the following letters may be attended to, as the ſucceſs of rearing children, and the preſerving infirm and aged conſtitutions, greatly depends upon good nurſing; much more indeed than it does upon the application of medicines. For although, by the medical art, many violent and dangerous diſeaſes may oftentimes be prevented from proving fatal; yet, even when the doctor has taken his leave, the good nurſe muſt ſtill be watchful " to reſtore again the in-

"valid to a healthy and vigorous conſti-
"tution."

I was apprehenſive that many objections would be ſtarted both againſt my opinions and maxims; which indeed was a leading motive for concealing my name in the firſt edition; but as I hope I have ſpoken with candour, and as I mean to perſuade rather than to find fault, it is to be wiſhed that the younger part of the female ſex at leaſt, whom it more nearly concerns, will not receive this little preſent with ſuch unconquerable prejudices as would probably have been experienced from their grand-dames. If, by addreſſing their underſtanding, I ſhould be happy enough to convince their judgment of the propriety of the following obſervations, I truſt they may prove in ſome meaſure beneficial both to themſelves and their future daughters, in the exalted characters of wives and mothers.

There is a certain reſpect due to our anceſtors and their cuſtoms; and for my own part I would never embrace new maxims or

opinions, but upon full conviction of their claiming preference to old ones. Still it ſhould be remembered, the mind was never deſigned for a ſtate of ſlavery; therefore, when once our reaſon is truly convinced of former errors, let the ſanction for ſuch miſtakes be never ſo redoubtable, there is a glorious freedom inherent in human nature that prompts a generous mind to revoke erroneous opinions, and adopt thoſe ſyſtems, which, upon mature deliberation, ſhall appear more rational. And whenever the contrary diſpoſition is diſcovered, it altogether ſhews a want of candour, and points out an obſtinacy, not only culpable with reſpect to our private characters, but deſerving of cenſure as it regards ſociety; for ſuch a temper tends to prohibit every kind of diſcovery that may either improve our own knowledge, or benefit our fellow-creatures.

All our knowledge with reſpect to infants muſt be obtained from obſervation alone, as no one ever pretended to remember thoſe

ſenſations and wants which he himſelf experienced in the earlieſt part of childhood; therefore a careful attendance is required in the nurſery. When infants are properly managed, there is but ſeldom an occaſion for the help of medicine: and ſhould it be neceſſary to call in aſſiſtance of this kind, as they are totally incapable of relating their diſtreſs, it requires an accurate obſervation, together with a circumſtantial account from the nurſes who attend upon them, to enable a medical practitioner to form a right judgment of their diſeaſes.

CONTENTS.

LETTER I.

Of Marks——the imaginary consequences of frights and longings.—A candid enquiry into the merits of this doctrine.

LETTER II.

Of Marks—shewing that such blemishes may happen independent of the mother's imagination.

LETTER III.

Of Miscarriages.

LETTER IV.

Mother's Milk—the natural and best food for infants.

LETTER V.

Arguments in favour of suckling—as well for the mother's sake, as the child's—and the evils to be apprehended in delivering children to the care of foster-nurses.

LETTER VI.

The management of infants from the birth—with directions for putting them to the breast.

LETTER VII.

A natural and easy method of suckling children—This duty proved to be a pleasure rather than a fatigue.

LETTER VIII.

The proper method of weaning children.

LETTER IX.

The safest method of bringing children up by hand.

LETTER X.

A general management of children, from the time of weaning, till they are about two years old—with observations upon the cutting of teeth.

LETTER XI.

A general management of children, from two years old till they leave the nursery.

LETTER XII.

The neceſſity of cultivating the diſpoſitions of children, to render them amiable and virtuous.

LETTER XIII.

Of milk—Its properties examined—the different kinds of milk compared with each other—and their particular virtues explained.

LETTER XIV.

The ſick chamber—with directions alſo for invalids.

LETTER XV.

Old age—by virtue rendered truly honourable. The ſteps by which we mounted into life, ſhewn to be the eaſieſt and beſt paths to deſcend into the grave.

ERRATA.

P. 48, l. 4, read *offspring*.
88, l. 15, dele *upon*.
90, l. 17, for *those* read *they*.
160, l. 11, read *children*.

LETTER I.

OF MARKS.

LETTER I.

Of Marks——the imaginary consequences of frights and longings. A candid enquiry into the merits of this doctrine.

PREJUDICES which have been imbibed in our early days, received from those we esteem and reverence, and supported by the authority of past ages, must needs make impressions upon the most candid and ingenuous minds; particularly when almost every day produces strange and wonderful stories to corroborate the supposed fact.

The various blemishes frequently discovered upon children at the birth, have been generally considered as the effect of a fright,

or a diſappointment of the mothers longings; and indeed this opinion has ſo far prevailed, that it has been, for a long time paſt, looked upon as inconteſtable. Should any one therefore preſumptuouſly dare to deny this amazing peculiarity in pregnant women, and the conſequent effect upon the embryo, he muſt expect nothing leſs than the general cenſures of the female world. Beſides, the many poſitive aſſertions upon this head, from the moſt ſenſible perſons of undoubted veracity, will naturally lead a prudent man to ſpeak with caution againſt the doctrine. Nevertheleſs it ſurely cannot be improper to make a candid enquiry into ſo wonderful a phænomenon.

It is a ſubject by far the moſt intereſting to the ladies: it comes indeed particularly under their cognizance; for the dreaded evil affects the fair ſex much more eſſentially than it does ours. With my female friends therefore I beg leave to diſcuſs this important point.

It is by every one allowed to the honour of this nation, and let particular commendation be given to the daughters of Great-Britain themſelves, that in the education of young women, letters, and the polite improvements, are much more attended to in this age than formerly; accompliſhments which not only render their manners more engaging, but qualify them likewiſe for the happy domeſtic life; and contribute much to adorn theſe amiable and ſweetly-endearing companions of the ſocial hour. How eſſentially neceſſary is ſuch a friend to make life comfortable and happy!

What a luſtre does every good and accompliſhed woman add to the matrimonial ſtate!—She muſt by every reaſonable man be conſidered not only as the partner of his bed, but of his very ſoul.

I can at this time readily call to mind many ſuch exalted characters, to whom in a moſt particular manner I now addreſs

myſelf:—women, whoſe enlarged minds are capable of a much greater depth of reaſoning than theſe ſpeculations will afford; and in whoſe company I have oftentimes enjoyed the happineſs of friendly converſation—with whom, upon different occaſions, I have, in part, entered into the ſubject of this, and the following letters. It is indeed at the requeſt of ſeveral of theſe my worthy female friends that I have been induced to collect my thoughts, in order to deliver them to the public.

Ignorance, my fair readers, is the parent of credulity and ſuperſtition. Knowledge is the conqueror that triumphs over ſuch terrible foes. How much is the underſtanding enlightened and improved by the uſe of letters? When therefore we conſider that the art of printing was not diſcovered until the fifteenth century, and it was a long time after that before it became univerſal in Europe, we ſhall not greatly wonder at the bigotry and rudeneſs of manners

in our anceſtors; and we ſhall ceaſe to reflect upon thoſe credulous times.

To the ſcore of ignorance we are to place the many and hideous ſtories which have been formerly related of apparitions, goblins, and witches, that have at times infeſted different parts of Europe; and even in England have claimed the attention of civil and eccleſiaſtical power: inſtances of which are to be found in our hiſtory.

At this period I believe there are but few who give credit to ſuch romances. The Spectator and his cotemporaries pretty well cleared the country of witches. As to ghoſts, the laſt that made its appearance was the notorious Fanny of Cock-lane, and this arch ſpirit was effectually laid, as it is called, in a court of juſtice; where the gentlemen of the law carefully collected her aſhes, and, like alchemiſts, turned them into gold, ſo that there is no fear of any more ſpirits riſing from her urn.

We are now, my intelligent fair, fully convinced of the ridiculous fallacy of ſuch bugbears, and at this time there is ſcarcely a female but can enjoy, without one dreadful apprehenſion, a cool and ſilent walk by moon-light. A pleaſure their mothers could hardly be perſuaded to partake of; for not longer than half a century ago, if a dauntleſs virgin had thus preſumptuouſly ventured, the affrighted parents would have been apprehenſive for their daughter, leſt ſhe ſhould, ſome time or another, be puniſhed for ſuch impious audacity.

Thus we ſee prodigies and wonders daily vaniſhing, in proportion as literary knowledge, and the general improvement of the underſtanding, are cultivated.

To ſome future ſeaſon perhaps we muſt poſtpone the elucidation of marks, the ſuppoſed conſequences of frights and longings: Yet, if this matter ſhould be a ſubject of diſpute with the ladies for the preſent, I doubt not that a little time and candid ob-

ſervation will commit the very idea of ſuch romantic opinions, together with that of frights, and every other ſuperſtitious error, to eternal oblivion.

A fright is generally believed to have the ſame unlucky effect upon pregnant women, as a diſappointment of their wiſhes will produce. Hence they are perpetually racked between hope and fear, to the torment of themſelves, and every body about them; and are ſometimes ſo extravagant with regard to a wiſh or longing, as not to be ſatisfied but at an immenſe expence: for we have heard that theſe ſtrange cravings are not altogether confined to the palate, they ſometimes extend themſelves to equipage, jewels, dreſs, baubles, &c. As a proof that ſuch chimerical notions even at this time prevail, the reader is deſired to attend to the following relation.—

Since the firſt edition of this work went to the preſs, the author happened to dine, in company with a pregnant lady totally

free from ſuch prejudice, at the houſe of an intimate female friend, who has an heart truly good and ſympathetic. Her teeming viſiter took notice of a toy; it was a pigeon-houſe made of Staffordſhire ware, and in a baby-houſe would appear a proper ornament: Yet the forebodings of this good matron, leſt her friend ſhould have entertained a longing for it, operated ſo ſtrongly, that ſhe kindly ordered it to be put into her viſiter's carriage. The pregnant lady ſtrongly objected to it indeed, but to no purpoſe; inſomuch that ſhe was obliged to take the pigeon-houſe home.

But not to dwell upon ſuch like particulars, which nevertheleſs have been frequently introduced in ſupport of whimſical deſires, and which are continually magnified in the relation, we ſhall confine our remarks to the general manner in which this magic operates.

As I have univerſally been thought an infidel in matters of this kind, the ladies

have treated me accordingly; nay frequently, when I have begged quarter, it has been cruelly denied; which cautions me at this time to be modeſtly humble and diffident. I ſhall aſſert nothing, but by fair and impartial enquiry endeavour to ſearch out the truth.

In conſequence of my ſuppoſed want of faith in theſe affairs, there is ſcarcely a female I am acquainted with, who does not treaſure up every ſurpriſing ſtory of this kind that ſhe hears; to tell it me with all the advantages that a perſuaſive tongue can give, in order to bring about my converſion.

I verily believe that by the aſſiſtance of theſe my good friends I could furniſh a large folio volume of ſuch hiſtories. It is a ſpacious field for the fancy to rove in. A variety of preternatural marks in living perſons may be produced every day: nor can the exiſtence of theſe extraordinary appearances be denied, for that is inconteſtable, as every one can vouch. The true cauſe of

ſuch wonders therefore is the ſubject of our purſuit.

In the firſt place, I ſhall make bold to declare that I never met with one of theſe blemiſhes, which altogether ſtruck my fancy with reſpect even to the imaginary likeneſs; or which, as to the ſuppoſed cauſe, engaged my rational confidence.

I have been ſhewed a mark that was compared to the rhind of bacon, and told a ſtrange ſtory of the mother's longing for a gammon—I fancied it to be like the tinge of a Malatto, and congratulated the parents that the child was not altogether ſwarthy.

A lady of my acquaintance has oftentimes declared that ſhe is marked with a perfect pig, but I never could obtain the ſight of this rarity, it not being conveniently ſituated for public inſpection. A little while ago I was in company with her mo-

ther, an elderly woman, and quite a ſtout champion, as I found, for marks and blemiſhes, in conſequence of frights and longings. Upon a particular enquiry it appeared that ſhe was unacquainted with the accident until ſome conſiderable time after the birth; and then from the appearance of the mark ſhe very well remembered the occaſion of it—which was this. When ſhe was very near her time, her huſband and ſelf were invited to the houſe of a relation living at ſome diſtance, who, ſhe knew, had ſome very fine ſucking pigs. They both thought the ride would be too much for her; but ſhe recollects her having ſaid that ſhe would go at all events, if ſhe was ſure they would dreſs one of the pigs for dinner. However, the huſband went alone, and returned in the evening with a quarter of a pig that had been dreſſed on purpoſe for their dinner, her relation knowing ſhe was fond of it. But alas! as her evil genius would have it, when ſhe ſat down to ſupper ſhe could eat but very little; and at that time unluckily

rubbed the part with her hand where her daughter is marked, which ſhe is very certain occaſioned the form of a pig. I aſked her how the child could be marked, ſince ſhe had her deſire. No matter for that, anſwered ſhe, though I had the pig, the child to be ſure muſt be marked; becauſe I longed for it nice and hot, with good plumb ſauce and gravy, but was obliged to eat it cold. We all laughed heartily at the concluſion, though, as the reader may judge, from different motives; but the old lady thought ſhe had obtained a complete victory.

I have given this little hiſtory to ſhew the abſurd manner in which theſe things are uſually accounted for. It will be alſo proper in this place to remark the notorious diſſimilarity between ſuch blemiſhes and their ſuppoſed originals. We are to take notice likewiſe of the eaſe with which the fancy is impoſed upon, or impoſes on itſelf in ſuch caſes, even to infatuation; magnifying the moſt trifling conjectures into the ſtrongeſt confirmations. How often do wo-

men rack their minds to find out the origin of these marks? which evidently proceeds from their aversion to be thought capable of producing an offspring with any imperfections, and their servants and nurses, considering it actually as their business, are always ready to help them out upon these occasions.

Fruit, wine, boiled lobsters, fresh salmon, and such like things of a red colour are the most common marks, and there is scarcely a family in the kingdom but some one or more of them can produce instances of this sort.

These strange effects we are told not only happen to the human race, but also, how wonderful to relate!—to brutes. There is a worthy family, whose veracity is not to be doubted, that are firmly persuaded of the following fact; of which they were all spectators. I shall deliver the account, as

nearly as poſſible, in the lady's words, who favoured me with the relation.

Her father's favourite cat happened to produce a kitten, which, to the ſurpriſe of all the family, was marked upon the back with a rat. As the kitten grew, the rat encreaſed likewiſe; till, at the end of ſome months, it dropped off the kitten quite perfect in its form;—and the lady had it in her own hand. I was queſtioned very particularly whether I could any longer doubt the conſequences of longing and frights, ſince it even extended to brutes—for, continued ſhe, what could be the cauſe of this, but the creature being diſappointed of ſome rat ſhe was purſuing?

Thus cloſely preſſed I begged her yet to pardon my want of belief—As to the cauſe, I was ſilent about it; that there was a ſubſtance upon the kitten, which fell off as related, I had no doubt—what then could I doubt?—That their own imaginations deceived them—How was that poſſible? Much

more ſo than they were aware of—where is the rat, madam?—Thrown away long ago—that is unlucky, for had I ſeen it, probably it might have ſtruck me as reſembling an owl, or ſome other thing altogether as extravagant. It was downright obſtinacy in me, for I would not believe any thing—I further ſaid, had it been a rat, I thought ſhe would have wanted courage to touch it—even ſuppoſing it to be dead; and had it been alive, it would certainly have run away and prevented her. This pleaſantry abated ſomewhat of the earneſtneſs of our argument, and a laugh made us very good friends—but I was an incredulous man.

I have heard of a woman ſurpriſed in the ſtreet, when ſhe was very near her time, by a perſon with a withered arm; upon her return home the fright threw her into labor, and ſhe was delivered of a child with a withered arm.—How can we poſſibly believe ſuch an immediate effect as this to be produced?—Is it to be credited that the mo-

ther's terror ſhould inſtantly blaſt the arm of the child, thus rendering it ſimilar to the object of horror?

And if this be rejected, how can we allow the total loſs of a limb from a ſimilar cauſe?—Could it be annihilated? This no one will aſſert. If not, ſuppoſing the effect to take place, and the arm or the leg ſhould be ſeparated from the body, what becomes of it? Such divided part is never to be found upon theſe occaſions. On the contrary, where there is an addition to the form, proceeding alſo, as we are told, from fright; ſuch, for inſtance, as a toe or finger extraordinary, an arm or a leg; in the name of wonder, from what ſource can thoſe exuberances be ſo immediately produced? Is it not aſtoniſhing that ſuch credulous infatuations ſhould thus beguile our reaſon?

Not to trouble my fair readers with any more of theſe relations, which by prejudiced perſons are accounted undeniable, I

ſhall juſt mention a few facts for the conſideration of the candid.

A lady of my particular acquaintance, during the time of her pregnancy, was unfortunately overturned in a coach, by which accident, as ſhe endeavoured to get out, the firſt joint of her ſecond finger was intirely broken off. This was an alarming circumſtance to all her friends, and the dreadful apprehenſions of the child's being born a cripple diſturbed every one; but to the great aſtoniſhment of her acquaintance, ſhe was delivered of a fine and perfect boy.

An eminent practitioner relates a ſtory to this effect, which is equally to be credited, as happening under his own obſervation.

A lady of quality being in convulſions, the family ſent for the doctor in great haſte. He found her upon the bed extremely ill indeed. When her ladyſhip came a little to herſelf, ſhe cried out, The black cat! the

black cat!—her well-known particular aver-ſion to this domeſtic animal ſeemed to point out the cauſe of the diſaſter, of which till now they were entirely ignorant, and the ſervants diligently ſearched for the object; when in a tub, placed to receive the rain water, near her ladyſhip's dreſſing-room window, poor puſs was diſcovered.

This ſight ſo terribly affected the lady, that her fears were ever uppermoſt, and ſhe was miſerable until the time of her delivery. Neither could her friends pacify her, nor the arguments of ſo able a man bring her to reaſon. Notwithſtanding all they could ſay, ſhe was fully perſuaded her child's face would be like this black cat's. At length Lucina ſmiled propitious on its birth, and her ladyſhip's apprehenſions vaniſhed upon her being brought to bed of a lovely boy without either mark or blemiſh.

Juſt about the ſame time it happened that the ſame gentleman delivered another per-ſon of a boy alſo. The child had a ſmall

darkiſh ſpot upon the forehead. He was curious enough to interrogate the mother about it, and ſhe moſt ingenuouſly declared that ſhe was neither ſenſible of any fright or longing during the whole time of her breeding.

Had this blemiſh happened to the child of the noble parent, the doctor truly obſerves, the black cat would undoubtedly have occaſioned a remarkable anecdote in the hiſtory of her ladyſhip's houſe—for by all her family and friends it would have been looked upon as an inconteſtable proof of theſe prodigies. And give me leave to add, with much more ſeeming plauſibility too than the generality of theſe ſtories can boaſt; becauſe the lady had declared her apprehenſions at the time of the ſuppoſed injury.

I ſhall here add another inſtance of an apprehenſion altogether as fruitleſs as that of the noble lady. It was made known to me in conſequence of reading the above to

a particular friend, who immediately replied that he was under great anxiety for his wife, upon account of her being terrified at the ſight of a perſon who had a very unhappy blemiſh on her face. The wife of this gentleman, by chance going to St. Paul's church, was placed in a ſtall exactly oppoſite to the unfortunate object, which affected her ſo much that her devotion was entirely loſt; and ſhe talked of this poor woman continually after ſhe left the church.

In a few weeks this lady went again to St. Paul's, and was unluckily placed oppoſite the ſame perſon, which ſo diſtreſſed her that ſhe dared not to venture there any more. Surely this is as ſtriking an inſtance as we can ſuppoſe. I told my friend I was glad he acquainted me of it before his wife was brought to bed, and that I ſhould pay great attention to the conſequence. But at the ſame time deſired he would endeavour to make both himſelf and wife very eaſy, aſſuring him, on the obſervation of myſelf and

others, how little room there was to be under any dismal apprehension on this account. To finish the story, his wife was soon after delivered of a fine and perfect child. Since which this lady has declared her apprehensions so terrified her, she dared not to look at the child, till she collected from the conversation of her attendants that the boy's face was free from blemish. What a cruel suspense and painful sufferance must this have been to a mother!

Not long ago I was in the chamber of a lady newly delivered; her mother being present took me to the window, and in great distress acquainted me the child had a large mark upon the right side of its face, that she was terrified at the thoughts of breaking it to her daughter, and begged me to acquaint her of it. Accordingly, after congratulating the good lady in the straw, upon her own health and a fine baby, in the course of conversation, I jocosely told her that we were at a loss to account for a pretty spot upon the child's face, and must desire her

to inform us of the occaſion of it. After a very minute recollection, ſhe frankly confeſſed ſhe did not remember any one thing that ſhe longed for during her pregnancy, neither could ſhe any how account for the accident.

A variety of other circumſtances might be enumerated to diſcredit, though many ſtories are related to confirm this wonderful affair. I ſhall not, however, introduce further particulars, though divers have happened within my notice, but conclude this letter with remarking, that in every inſtance before related, where the misfortune of a blemiſh was apprehended, it did not happen; and in the other caſes, where marks appeared, they were entirely unexpected, and the cauſe of them totally unknown to the mothers; which, I may venture to ſay, has always been the caſe. If, therefore, women would wiſh to be credited in theſe ſtories of frights and longings, let them declare, before they are delivered, like the two ladies mentioned in this letter, that

they have marked the child, and make known the cauſe of it. Nothing leſs can prove this fact, and till then even the poſſibility of it may very reaſonably be doubted—for ſurely we may conclude that ſo remarkable an effect of ſympathy can never take place without the immediate and moſt certain knowledge of the mother.

LETTER II.

OF MARKS.

LETTER II.

Of Marks—ſhewing that ſuch blemiſhes may happen independent of the mother's imagination.

AS to longings, I doubt not but every perſon muſt have been ſenſible of ſuch inclinations. I can anſwer for myſelf, that when indiſpoſed, and my ſtomach rather weak, I have many times ſuffered, not a little, in being diſappointed of a thing that ſeemed particularly to ſtrike my fancy; ſurely I may be allowed to ſay that the prejudices of female education are likely to encourage ſuch inclinations to a much greater degree in pregnant women, whoſe appetites are uſually weak and fanciful; and, as it is the caſe in every paſſion when too extravagantly indulged, I take it for granted ladies may be ſometimes very much hurt by ſuch a diſappointment, independently of ſuperſtitious, tormenting apprehenſions.

I would wiſh to arm every female breaſt with the reſolution neceſſary for her own

happineſs. Yet I do not deny but upon a thouſand occaſions the ladies ſuffer, unavoidably as it were, from fear; and materially ſo in the preſent inſtance.

Women, from the delicacy of their frame, and the particular mode of education in polite countries, are without doubt much more under the dominion of fear than men; who are continually ſpurred on by cuſtom and vigour to exert their courage. This renders a variety of objects, although terrible to the fair ſex, ſo familiar to ours, that contempt alone is oftentimes a ſecurity againſt many ſuch horrible intruders.

We confeſs then that women are exceedingly ſubject to fear. It is alſo granted that, in things they long for, they may be painfully diſappointed. It is not denied but that there are oftentimes very extraordinary appearances at the birth, which the fancy likens to a variety of things—but it does not therefore follow that we are bound to believe ſuch marks or blemiſhes to be the

effect of fright, or the consequence of a parent's disappointment.

In the first letter we gave several relations on both sides of the question: I shall now beg leave to propose a few queries, which if allowed, in my opinion, seem, in part, to account for these extraordinary appearances; and what cannot be illustrated upon a rational enquiry, why may we not suppose to proceed from hidden, accidental causes in the operations of nature? Since excrescences upon trees, plants, and indeed blemishes on almost every kind of animals, (of which daily experience will convince a common observer) seem strongly to authorise such a conjecture; I say, why may we not suppose this to be the true reason, without the assistance of a wonder-working imagination?

Will not an inflammation upon the eye frequently produce an universal redness over that part which otherwise appears beautifully white?

What is the cauſe of this ſurpriſing alteration?

Muſt not there ever have been a fluid circulating in thoſe tender veſſels?—And muſt not that fluid be neceſſarily limpid?

Are not thoſe veſſels therefore, unleſs injured, too ſmall to admit the ſanguinary fluid in its compact and red ſtate?

And does it not evidently appear that they muſt be conſiderably diſtended, before the red blood can be admitted, which denotes this inflammation?

Save where the virgin bluſh brings the blood into the cheek, or the roſy-coloured nymph rivals our courtly beauties;—does not the whiteneſs of the ſkin in almoſt every part of the body plainly ſhew that its veſſels equally deny the admiſſion of this red fluid?

We are told by curious enquirers, that for ſeveral months after conception, the

embryo receives its ſupport from a limpid fluid, and that the form itſelf is nearly limpid, or colourleſs.

If ſo, are not the veſſels of an unborn child, as it arrives nearer to the birth, gradually enlarged, ſo as in the proper parts to give admiſſion to this red ſanguinary fluid?

May not therefore ſome accidental preſſure upon a pregnant woman—the violence of a ſudden jolt—or the ſhock received by a falſe ſtep or a fall, with a variety of other caſualties, convey ſuch an injury to the tender embryo, as upon ſome part of the ſkin to occaſion a ſimilar effect to that of the eye?

Do we not oftentimes obſerve inflammations in the eye to be in a manner habitual?

Why may we not then ſuppoſe theſe delicate veſſels, when thus diſtended, to be ſo oppreſſed by the particles of the fluid which

rush into them, as never more to be able to recover their natural size?

Hence these parts, and these parts only, giving admission to the red blood—is it not probable that they may assume the various forms, which in various infants are imagined to resemble so many different things?

The cure of the before-mentioned inflammation of the eye frequently depends, not upon bleeding, but upon constringing the vessels, and restoring them to their original state, so that they again only admit their proper limpid fluids; and perhaps, if astringent applications were used at the birth, where a strong pressure could be made upon the particular part, many of these blemishes might in a great measure, if not altogether, be removed.

Such are our conjectures on the cause of those marks which are totally of, or approaching to a red colour. But there are other blemishes which, at first sight, my

readers may take for granted cannot be accounted for by this way of reaſoning: ſuch, for inſtance, as appear of a light and dark brown, of a chocolate and black colour. Nevertheleſs, my fair friends, permit us candidly to proceed.

A blow ſometimes ſtains the ſkin yellow; if the part be much bruiſed, the tinge is deeper, and frequently turns quite black. A curious obſerver muſt have noticed in thoſe perſons, who from violent blows have received ſuch contuſions as are vulgarly called black eyes, that the ſkin, before it returns to its natural colour, aſſumes a great variety of different hues; all proceeding from the ſame firſt cauſe. Is it not then probable that ſome ſuch accident happening to an unborn child may produce a ſimilar effect? This perhaps will be allowed: but then why ſhould ſuch blemiſhes continue in children, ſince they uſually diſappear in the caſe before-mentioned? However, to proceed in the enquiry: Such effects being admitted, their permanency

then is the difficulty to be overcome. Let us consider that, although in mature life the constitution has generally strength sufficient to repel most accidents, not instantly mortal; yet in childhood, and old age, the powers of the body are overcome by very slight injuries. In the meridian of life those parts of the body which are disfigured by accidents most commonly recover themselves; nevertheless many instances are to be produced, even in adults, where the skin continues discoloured. Bruises and other injuries upon the shins, particularly in feeble constitutions, frequently occasion marks that never disappear. The same is likewise observed upon the legs of those who are accustomed to sit too near a fire, in which case we say they have burnt their shins; and old sores generally leave such marks. I have seen many of these lasting blemishes. My readers probably recollect the fact, and also that such injured parts assume a variety of colours; black, red, brown, motley, &c. much resembling

thoſe which are ſuppoſed to proceed from the force of imagination.

Since therefore we find ſuch like appearances are ſometimes permanent in the different periods of life, what can be ſaid to diſprove their continuance in infants, when ſuppoſed to happen either before or at the time of delivery? for ſurely we may conclude, the more delicate the form is, it will prove the more ſuſceptible of injuries, and thoſe injuries will laſt the longer; the tender veſſels in ſuch caſes not being ſo able to recover themſelves. And as we often find it to be ſo in the feebleneſs of age, and in a variety of other inſtances,—why may we not in the tender embryo alſo ſuppoſe theſe blemiſhes ſometimes to remain, and be durable?

But if you think the above reaſoning not ſufficiently plauſible, let us conſider the difference of complexion in different perſons of this country—but principally the dif-

ferent colours of Europeans and Africans—and ſince we find appearances ſo diametrically oppoſite in the ſkins of different perſons—why may not the ſame contraſt in ſome meaſure take place in the ſkin of one and the ſame perſon through a kind of error in nature from her intended ſcope?

Nay, do not thoſe blemiſhes called freckles, and more eſpecially moles, which frequently make their firſt appearance in advanced life, and are often covered with hairs; I ſay, do not theſe, with the common excreſcences of warts, &c. ſhew us how eaſily moſt of the different colours and appearances may be produced at any age? And though the cauſe of theſe is full as little known as the matter under preſent conſideration, was the effect ever deemed miraculous?

Now is it to be wondered at, if theſe ſportings of nature ſhould bear a reſemblance to ſome or other of the vaſt variety of objects in the animal or vegetable creation?

Or in fact, if they bear no ſuch real reſemblance, cannot the imagination readily ſuppoſe they do; in like manner as, when looking upon the clouds, we eaſily diſcern men, horſes, trees, foreſts, flocks of ſheep, armies, and indeed every thing which the moſt fruitful invention can form?

Some further rational conjectures might be added, but they would probably in this place be conſidered as too technical for the generality of my readers: I ſhall therefore wave them at preſent, for I think there has been already enough ſaid upon this ſubject to check at leaſt, if not entirely to ſubdue, theſe reigning infatuations.

Now if the doctrine of marks, in conſequence of frights and longings, ſhould prove to be nothing more than prejudice, ladies will avoid the continual diſtreſs which in theſe circumſtances they labour under—for ſorry I am to ſay it, but at preſent it ſeems as faſhionable to cultivate ſuch diſpoſitions

in young married women, as to recommend matrimony itſelf.

On the other hand, ſuppoſing all that has been advanced ſhould prove to be chimerical; the removing of the apprehenſion, by which I mean the foreboding fears of the mother, will be to remove the greateſt part of the evil—and ſurely it is time enough at the birth to diſcern an imperfection. This indeed is a point which the ſtrongeſt advocates for the force of imagination muſt not only allow, but likewiſe approve of its tendency; ſince fortitude is the only preventative, according to their favourite ſyſtem, againſt the miſerable conſequences of frights, and diſappointed longings: for if ſuch a degree of courage can be obtained as will prevent fear, and ſuch a degree of reſolution maintained as will prevent the mind being hurt, upon any caſual diſappointment of the inclination, the evil itſelf is at once remedied; becauſe the imagination will never painfully dwell either upon objects of diſguſt, or inclination; and conſequently

blemiſhes can never happen from ſuch cauſes.

I truſt that my attentive and intelligent readers will not be diſpleaſed with the diſcuſſion of this very intereſting ſubject.

LETTER III.

OF MISCARRIAGES.

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WE are now, my delicate fair ones, entering upon a ſubject which requires ſome circumſpection, to divide the province of the phyſician from the advice of a friend.

There are, undoubtedly, conſtitutional errors, which oftentimes prevent women from becoming joyful mothers; and they may be hindered alſo by accidental circumſtances. Both theſe conſiderations, however, belong to the phyſician. In a word, therefore, theſe directions do not extend to ſuch remote cauſes; my counſels at preſent being deſigned to aſſiſt you in your own ſphere.

The deſire of children is evidently predominant in almoſt every female diſpoſition: it muſt be certainly owing to the wiſe ordination of Providence that their education is

ſo admirably calculated to encourage this fondneſs. How engaging are the childiſh amuſements of a daughter!—Let us picture an innocent little girl fondly careſſing a waxen image, dreſſing and undreſſing it with all the pomp and importance of a tender mother. What a delightful employment!—how amiable does the child herſelf appear!—and ſo endearing is this female province, that it is juſtly remarked to grow up with the ſex into life.

I have with inexpreſſible pleaſure ſeen many young ladies, women grown, happily amuſing themſelves at their younger ſiſter's baby-houſe, and often diſcovered a crimſon bluſh, that genuine mark of female modeſty, ariſing from their being ſomewhat confuſed in ſuffering themſelves to be thus unexpectedly ſurpriſed.

There are indeed ſome perſons who have declared an averſion to children. I have painfully ſuffered from the enumera-

tion of the difficulties, and inconveniences, which they deſcribe parents to labour under who have the care of a little family.—Selfiſh and unſocial conſiderations!

God has univerſally manifeſted that the whole human race are dependent upon one another, and thoſe perſons who think and act thus narrowly, can neither be accounted good characters in themſelves, nor worthy members with reſpect to ſociety. But alas! they are ſtrangers to the feelings of parental fondneſs.

Certain I am, ye amiable wives, that if it be your good fortune to become happy mothers—your children, thoſe dear pledges of love, if prudently educated, prove not only an engaging comfort to yourſelves, but a great and laſting ſecurity for the affections of your huſbands. Truſt me there is a time when the charms of beauty muſt ceaſe, and the paſſions of youth bend to the majeſty of wiſdom—'tis then good-nature and

good-ſenſe, with that eſſential ingredient a chearful diſpoſition, will in a great meaſure ſecure your conqueſt; and charming offſprings will aſſuredly contribute to unite parents in the laſting bonds of friendſhip.

How deſirable therefore are children! Even poverty itſelf does not prevent the ſanguine wiſh for them. Let us then endeavour to promote their ſafe and happy increaſe.

The difference of conſtitution in women is an important affair; there are ſome who upon every trifling occaſion are ſubject to miſcarriages—others again, who in ſpite of the moſt indirect and powerful means are often compelled to bear the token of unwarrantable amours—and there are inſtances even of married women, who, not ſuppoſing themſelves to be breeding, have been treated in the moſt likely manner to bring about an abortion—but all in vain. A remarkable ſtory of this kind occurs to

my memory, which I relate from my own knowledge.

An honeſt labouring man and his wife lived together many years without having children, and they were both beyond the meridian of life, when the poor woman was ſuppoſed to be afflicted with a dropſy. From time to time ſhe adviſed with ſeveral eminent phyſicians, who, from her appearance and the account ſhe gave, treated her as dropſical; adminiſtering the moſt powerful remedies againſt that diſorder.

At length ſhe grew ſo very big that all hopes of a cure were given over, and the operation of tapping was recommended. The huſband's circumſtances being narrow, and the expence of this illneſs putting it out of his power to employ a ſurgeon, the poor woman was adviſed to go into the hoſpital; this, however, ſhe refuſed.

A week or two after this, the huſband called, with a moſt joyful countenance, to

inform me his wife was brought to bed, and that both the mother and child were likely to do well. I was at that time very young, but my reflections upon the oddity of the event determined me to be always wary in the examination of dropſical female patients.

Thus we ſee in this woman, and in a variety of other caſes, where impious efforts have been uſed to promote a miſcarriage, that Nature, in ſpite of great violence, ſometimes will not be interrupted.

Let us then aim at aſſiſting her in this great work, where the conſtitution appears not able to go through with it; and point out the moſt rational means to prevent abortion.

Our firſt letter, over and above the enquiry concerning marks, longings, and frights, greatly tends to this material end. Women of a delicate form, and too great ſenſibility, are the moſt liable to miſ-

carry. Such alſo are the moſt likely to imbibe, and to be affected by, the prejudices we there wiſhed to caution them againſt. The power of fear is undoubtedly ſovereign over moſt perſons, and this, as it frequently occaſions miſcarriages, is truly to be dreaded. If therefore the prejudices were diſcountenanced, the unhappy fear itſelf would aſſuredly ceaſe.

And further, there is nothing tends more to render life happy, either to men or women, than to conquer, as much as poſſible, the paſſion of fear. This is the monſter which in ſome degree ſubdues us all; and too frequently makes mankind miſerable. There is no calamity but would eaſily become ſupportable, could we diveſt ourſelves of fear; and daily experience proves women to be moſt ſubject to its tortures. How many trifling inſects, that a man continually ſpurns from him, ruffle the breaſt of females, and throw them into the greateſt agonies!

The evil therefore is ſeated in the imagination, for it is the dreadful apprehenſion of their own mind that torments them; which, by a firm and ſteady reſolution, may generally be overcome. Fortitude is an ineſtimable jewel.

However difficult the taſk appears, the earlieſt and ſtrongeſt prejudices may commonly be conquered. I am ſenſible that ſometimes it will require great pains, and never can be done but by the ſtrength of reaſon. Would you, my too ſuſceptible fair, follow my advice on this ſubject, a thouſand accidents might be avoided that hourly happen to you upon this, and many other occaſions.

Reaſon was beſtowed upon us both for the preſervation of our health and the promotion of our happineſs. The abuſe of it as neceſſarily deſtroys the one as the other.

How do we continually reflect upon ourſelves for inconveniencies, mental as well as

corporeal, that arise from inconsiderateness and folly? Believe me, ladies, miscarriages are frequently brought about by imprudence. When a wife has the pleasing prospect of becoming a mother, it is no longer a time to be revelling in midnight assemblies. Such a conduct not only deprives her of natural rest, but also endangers her health, and thereby oftentimes promotes this dreaded evil.

In this and every other point I beg leave to caution you against falling into wide extremes. Some ladies I have seen madly running up and down, and jumbling all the town over in the most jolting hackney-coach that could be procured; and, although at the same time they complain of being shaken to pieces, yet this they say is to prevent the accident.—Others never step out of doors, nay, nor so much as go up and down a pair of stairs, for several months: this also is to avoid the danger.

Again let me warn you of both extremes. Be this your guide — whatever exercise you are capable of taking without fatigue, indulge—but no more. Never, in this point, regard the example of others. Because your friend can do this and that, it is no reason you should; and if the attempt gives pain, it should certainly be avoided.

I need not caution the present age against the pernicious custom of lacing too tightly; for a lass of fifteen, in the dress of our times, would in the last age have been supposed to be just at down-lying.

I do not mean to condemn, but to praise the ladies for giving themselves room in the waist; nevertheless extremes you know are not advised. There is a certain medium in every part of life, which is the *je-ne-sçay-quoi* that constitutes the agreeable.

It is as uncommon now to see a young girl crooked, as it formerly was to see one

perfectly ſtraight. I believe no one denies that their ſhapes were greatly injured by the ſtiffneſs of their ſtays, and by being laced ſo exceedingly cloſe. This pernicious cuſtom was frequently the cauſe of a bad ſtate of health, and threw many young women into conſumptions. We now rarely ſee ladies fainting in public places; but when they did not allow themſelves room to breathe, it happened every day.* This prudent alteration therefore, ſo ſerviceable to maidens, is ſtill more neceſſary for married women.

There is another caution at this time to be obſerved. I have frequently beheld, with pain, divers ladies too apt to be lifting and playing with heavy children: there are certain ſympathetic emotions, altogether natural and laudable, which prompt them to it; and far be it from my thoughts to deprive them of ſo tender and generous a

* It is to be hoped the ladies will not again lace themſelves up, to diſplay fine ſhapes; the Author, however, wiſhes to warn them againſt ſo pernicious a faſhion.

gratification: nevertheleſs, to ſee a delicate little form, very near her time, ſtop a bouncing boy, and catch him in her arms, is really an alarming ſight: many miſcarriages happen from ſuch inconſiderateneſs; and, if our conjectures are not wrong, many blemiſhes alſo by theſe means are probably occaſioned.

But there is a practice indiſcriminately uſed even to this day, worſe than all the reſt; and that is bleeding. Whether a woman be robuſt or weakly, if ſhe is pregnant, ſhe muſt be bled. Has ſhe any pains?—No matter. Is ſhe in health?—Yes. But ſhe muſt loſe blood—Why? Becauſe ſhe is with child. Her mother always did it, and her grandmother, aye, and her great great grandmother too, time out of mind; and therefore can the propriety of it be doubted?—Theſe are the general arguments uſed by women in favour of bleeding, when they are in perfect health; but if any ſlight indiſpoſition happens, be it ever ſo foreign

to their particular ſituations, and which perhaps at another time would paſs unnoticed, dreadful conſequences are apprehended if they are not bled: nay, indeed, thoſe little temporary inconveniencies, which generally and unavoidably attend advanced pregnancy, in their miſtaken opinions, call aloud for bleeding.

In our two former letters we took notice of the difficulty that attends rooting out fixed and prevailing prejudices; and I am apprehenſive that this is as deeply ſeated in the minds of women as thoſe of which we there treated. However, let us aſk the aſſiſtance of reaſon alſo in this particular, and ſearch a little into the merits of the cuſtom.

Is not the infant ſupported by the mother?

When there are two to be ſupported, is not more nouriſhment required than for one of them only?

Is this then a time, without a real neceſſity, to ſport with the blood of a weakly and delicate woman? No, ſurely.

Let me therefore beg of you, my ingenuous friends, to conſider this matter in a rational light. I have given a plain and eaſy clue to purſue the enquiry, and the ſubject will not permit me to enter more fully into it with my fair readers, without aſſuming the character of the phyſician, and without advancing thoſe things which may, in this collection of letters, be conſidered as an affront to delicacy.

To your own thoughts then I commit it; and will conclude this letter with ſaying, that though I do not deny but there are caſes which require bleeding—yet I caution you againſt doing it at random, and, indeed, without very good advice—at the ſame time I firmly believe ſuch inſtances rarely happen to thoſe who are not of a robuſt conſtitution, and am fully perſuaded that many women are daily injured by this wrong practice.

LETTER IV.

OF MOTHERS MILK.

LETTER IV.

Mothers milk — the natural and beſt food for infants.

I HAVE endeavoured to ſet forth the ridiculouſneſs of women terrifying themſelves, and every body about them, during their pregnancy with evils that, moſt probably, are altogether imaginary. I would wiſh my female readers to conſider this ſubject in a more extenſive view, and to aim at greater fortitude, than the ſex can generally boaſt, in the common occurrences of life; when the tenderneſs of men is not ſo much engaged, and when the ladies cannot reaſonably expect ſuch kind allowances as are made at this particular time. Think me not ſevere; a faithful monitor muſt ſpeak with freedom; the man who is blind to this foible, muſt be inſenſible to your charms, and unworthy of your confidence. Your happineſs is at ſtake, much more ſo than a ſuperficial obſerver may imagine. Female vivacity

ſoftens the rugged paths of life, and, believe me, ſelf-love operates powerfully even upon the moſt generous minds. The woman who indulges gloomy ideas; who is continually brooding over melancholy; who, in her hours of domeſtic retirement, is perpetually rendering herſelf miſerable, and her moſt intimate acquaintance, and dearest relatives, unhappy—ſuch a miſtaken ſhe muſt only expect the cold eye of pity. However powerful her perſonal attractions, ſhe will ultimately baniſh her huſband and her friends. It will be found her greateſt miſfortune, and at a time too when it is irretrievable, to have once had the merit to gain, *perhaps*, a valuable heart, when ſhe has not diſcretion enough to keep it.—The importance of the ſubject will, I hope, apologize for this digreſſion.

We have alſo earneſtly laboured to conquer the prejudices concerning marks in conſequence of frights and longings; and have expoſed the fabulous hiſtories of thoſe wonders. We have likewiſe ſhewn how

the underſtanding may be deceived by the forms of fancy, and have no leſs earneſtly endeavoured to explode the miſtaken cuſtom of bleeding indiſcriminately, during pregnancy – pointing out upon rational principles the abſurdity of all. A taſk equally arduous in every part, a thouſand prejudices being imbibed againſt the whole.

Another ſubject at this time preſents itſelf to view. I mean that of women ſuckling their own children; againſt which the preſent obſtinately received opinions are ſtill more unaccountable than the former, as nothing but a ſtrange perverſion of human nature could firſt deprive children of their mothers milk. Give me leave therefore to obſerve, that milk is the natural ſupport which the great Author of our being has provided for our infant ſtate; and I am heartily ſorry the preſent manner of bringing up children puts me, in ſome meaſure,

under the neceſſity of proving milk to be the beſt food that can be given them.

Milk is a nouriſhment produced from the various kinds of food taken in by the mother. Her ſtomach breaks and digeſts the aliment, which, after various operations of nature, becomes ſo far animalized as to be a kind of white blood; from whence animal bodies at all times receive their conſtant ſupport and recruit. This therefore being admitted—until an infant's powers are ſufficiently ſtrengthened to perform ſo great a buſineſs as that of digeſtion, the mother, by the all-wiſe appointment of Providence, from her own breaſt ſupplies it with the means of life. Hence no other nouriſhment appears ſo proper for a new-born child.

For the further information and ſatiſfaction of my female readers, and to convince them that milk is the moſt proper nouriſhment for tender infants, I think it will not be improper to give a conciſe ac-

count of the manner in which grown persons receive their conſtant recruit and ſupport from their daily food.

Whether it be animal or vegetable diet, or a mixture of both, taken into the ſtomach; the quality of the food is ſo far altered by the digeſtive faculties, that a milky nutriment is produced from it; and as the aliment paſſes through the bowels, this milk is taken up by a great number of fine veſſels, which, from their deſtined office, are called the milky veſſels; and through them it is conveyed into the blood for our ſupport: and, as before obſerved, Nature has ſo admirably contrived the animal fabric, that mothers are likewiſe enabled to ſupport their young from this conſtant ſupply, which at the ſame time alſo affords to themſelves their own proper nouriſhment.

This is the grand ſcheme of nutriment: for when theſe particles of our food which afford us ſuſtenance, are thus taken up by

the milky veſſels; the groſſer parts are, by the ſame wonderful conſtruction of the bowels, rejected and evacuated, in a manner well known to every one.

Whoever therefore gives this argument a rational conſideration will, I truſt, be led to acknowledge milk to be not only the natural, but the beſt and moſt ſtrengthening nouriſhment that infants can poſſibly receive; becauſe their digeſtive faculties are, at this time, incapable of producing a good and proper milky nutriment from any kind of food which can be given to them.

The Author of Nature has univerſally committed the ſupport of infants, and the early part of children's education, to women; if it were not thus ordained, he would undoubtedly have furniſhed men alſo with milk for the nouriſhment of their young; and experience convinces us that women are much better qualified both by Nature and cuſtom for this important concern.

This ſyſtem of nurſing therefore is peculiarly addreſſed to the fair ſex, who are moſt intereſted in it, and who will moſt ſenſibly feel the happy or miſerable effects of the manner in which they diſcharge this firſt great truſt which is repoſed in them. Here indeed a mother will aſſuredly reap the happy fruits of fortitude, and thoſe likewiſe of a lively, chearful, and obliging diſpoſition. This ſubject will be treated at large in the twelfth letter; nevertheleſs, give me leave to obſerve in this place, that ſuch as the mother is, generally ſpeaking, ſuch will be the firſt, and moſt probably the moſt durable impreſſions received by the child. It therefore naturally follows, that infants, whoſe minds are early accuſtomed to agreeable objects, and whoſe expanding ideas are gratified with pleaſing ſenſations, unabated by ſlaviſh fears; ſuch, and ſuch only, as they riſe into life, will poſſeſs that generous gratitude, which prompts them to conſider it as a firſt great duty to contribute to the happineſs of their parents.

I am exceedingly offended, whenever I obſerve a child, grown to man or woman's eſtate, who ſhews, upon any occaſion, a want of reſpect or duty to its parents; and more particularly ſo, if ſuch ſlight or contempt be exerciſed towards a good mother. Unnatural monſter! to be wanting in reſpect to her who bore him in her womb; who cheriſhed and ſupported him with her milk; and for many years after his birth gave up her own pleaſures and recreations intirely for his ſake; and who had no cares but for his welfare. I would have a mark ſet upon the forehead of ſuch a barbarous ſavage, and he ſhould be hunted from the ſociety of men.

Thoſe mothers who by a fooliſh indulgence ſpoil their children's tempers and diſpoſitions, are undoubtedly culpable; but the example of a violent, paſſionate, yet negligent and inſenſible father, is equally or more to be dreaded. A mother has this plea, that ſhe endeavours at leaſt at the time to make her child happy; and it may

be ſaid in excuſe for her conduct, that ſhe is to be pitied in not knowing better: but there is no excuſe either to God or man that can be urged to mitigate the vice and folly of ſuch a father; the iniquity reſteth with himſelf alone, for the benevolent Author of our being is not to be arraigned upon this or any other occaſion.

How provident is Nature in all her works! How wonderfully indulgent to man, and other helpleſs animals in their firſt ſtate of exiſtence, by thus enabling the mother to feed her young with nouriſhment drawn from her own body, until ſuch time as the offſpring has obtained ſtrength ſufficient to provide for itſelf! This gracious bounty is abuſed only by man, the moſt intelligent of earthly beings; whoſe miſuſe of reaſon leads him aſtray, whilſt humble inſtinct directs all other parts of the creation aright.

If we look around us, we ſhall find every animal that gives ſuck carefully foſtering her young; and other enjoyments are no

more thought of, until they are capable of providing for themſelves. An example by which mankind might profit much; but the ſtrong impulſe of paſſion in this, and many other inſtances, ſubdues our reaſon. Did we conſider the benefit of our children more, and the indulgence of our ſelfiſh inclinations leſs, the race of man would be more healthy, ſtrong and vigorous, than we can at preſent boaſt. But alas! ſuch is the depravity of human nature, that it would be in vain to enlarge upon this topic of complaint; it is therefore our preſent buſineſs to prevent, as much as poſſible, the future growth of theſe evils.

Let us, my friends, as you are all intereſted in the enquiry, compare the ſucceſs of mankind with that of other animals in rearing their young. A little obſervation will convince us that greater numbers of the human race are loſt in their infancy than of any other ſpecies; for near one half the deaths, within our bills of mortality, happen to children under five

years of age. And further, compare the opulent with the ruſtic, the ſucceſs is ſtill exceedingly different. How many children of the great fall victims to prevailing cuſtoms, the effects of riches? How many of the poor are ſaved by wanting theſe luxuries?

Again, compare the ſucceſs of ſuch as ſuckle their own offspring with that of thoſe who commit them to the care of nurſes, or bring them up by hand; and we ſhall there likewiſe find an amazing difference: but more of this hereafter.

From theſe conſiderations, it is evident that Nature is always preferable to art, whence the brute creation ſucceed better than the human in preſerving their own ſpecies. And the peaſant, whom neceſſity compels to follow Nature, is, in this reſpect, happier than his lord. Thoſe mothers alſo, who, in ſpite of cuſtom, pride, or indolence, will take their little babies to their breaſt, muſt have more comfort and ſucceſs, than

thoſe who cruelly conſign them to the care of foſter nurſes; thereby denying them that food, which is not only the moſt proper, but is ordained likewiſe for their infant ſtate.

Let me then intreat thoſe who are deſirous of rearing their children, not to rob them of their natural breaſt; would they wiſh them to be healthy and beautiful, let ſuch mothers give ſuck: for even wet-nurſes, we ſhall find, are very little to be depended upon.

LETTER V.

ARGUMENTS IN FAVOUR OF SUCKLING.

LETTER V.

Arguments in favour of ſuckling—as well for the mother's ſake, as the child's—and the evils to be apprehended in delivering children to the care of foſter nurſes.

HEALTH and beauty are deſirable, and the latter in particular, to women. They muſt in this caſe be united, as it is impoſſible for a woman to be truly beautiful who wants health. Diſeaſe blights the roſy bloom upon the cheek, turns the delicate whiteneſs of the ſkin into a ſallow hue, and deſtroys the enchanting luſtre of the eye. How inſufficient is it for a lovely maid to make a conqueſt, if ſhe cannot keep it as a wife!

It is not at preſent my province to enlarge upon the accompliſhments of the mind. How neceſſary they are to ſecure the affections of a huſband, every prudent woman knows. And ſhe muſt be equally ſenſible that the elegance of her perſon is

alſo to be regarded; an advantage which thoſe who are in a bad ſtate of health have ſcarcely ſpirits to attend to: beſides, illneſs too often renders the ſweeteſt diſpoſitions croſs and peeviſh.

Thoſe who are happy enough to have children, run the greateſt riſque, not only of loſing them, but of deſtroying their own health and beauty, by repelling their milk immediately after delivery. It never can be done without producing a fever. Oftentimes tumours, and cancers in the breaſt, owe their origin to this pernicious cuſtom; aſthmatical complaints, and lingering diſeaſes are frequently occaſioned by it; and too commonly, the immediate death of the mother follows from ſuch ill management.

Conſider, my fair pupils, for your own health's ſake, and for the ſake of your future happineſs, how neceſſary it is to preſerve ſuch dear pledges of mutual love. By theſe

powerful ties, many a man, in ſpite of impetuous paſſions, is compelled to continue the prudent, kind, indulgent, tender huſband. Did you but thoroughly know the ſecret impulſes of the human heart, you would not riſk the loſs of your children, by unnaturally denying them the means of life.

Let not the miſtaken huſband inſinuate that you will be leſs charming in his ſight, by doing your duty to your little ones; many—many inſtances have I known of weakly and delicate women, who, at my particular requeſt, have ſuckled their children, and thereby obtained a much better ſtate of health; nay, they have been more pleaſing in their perſons, after thus becoming happy mothers, and their huſbands have, with pleaſure, acknowledged their improved charms.

There may be ſome caſes in which it is not prudent for a mother to give ſuck, but

theſe inſtances very rarely happen; and there may be ſome women, who, although they are ever ſo deſirous, cannot ſuckle; this however is but ſeldom to be urged. I ſincerely ſympathiſe with thoſe unfortunate ladies who are thus deprived of a happineſs, only known to thoſe who enjoy it. What ſhall we ſay under theſe neceſſitous circumſtances? Shall we adviſe ſuch mothers to employ a wet-nurſe; or to bring their children up under their own management, according to proper rules which ſhall be laid down in a following letter? They are both, in my opinion, wretched neceſſities. Yet, was an infant of my own thus unhappily ſituated, without heſitation I would prefer the latter; for much is to be apprehended from a child's ſucking a ſtrange woman: nothing leſs than abſolute neceſſity would make me comply with it.

Too often diſeaſes, and thoſe of the worſt kind, are imbibed from the breaſt. It is a

ſhocking truth, but vicious inconſtancy is become ſo univerſal, even amongſt the lower rank of people, that many women offer themſelves and are daily employed as wet-nurſes, who are labouring under dreadful and infectious diſeaſes. Yet, ſuppoſing you can arrive at a ſatisfactory aſſurance in this point, there is a certain cleanſing quality in the milk of a woman immediately after child-bearing, exceedingly neceſſary for the new-born babe, in order to prepare its ſtomach and bowels for future food—this you very rarely can obtain from a wet-nurſe.

There is yet a further evil to be dreaded; as it is through neceſſity alone that a woman will deſert her own infant, and take another to her breaſt, ſhe may be induced, by the advantage ſhe gains, to conceal her being again with child, and continue to ſuckle the infant till it pines away, and dies for want of proper nouriſhment. Thouſands have been ſacrificed by theſe means.

Should they however eſcape, in either caſe they are, too generally, miſerable beings: for, in conſequence of the firſt, diſeaſes of the glands, known by the vulgar name of the king's evil, and other terrible complaints, ſucceed; and in the latter, the the rickets, watry gripes, and many other maladies, proceeding from a weakly and relaxed habit of body, moſt commonly enſue.

On the other hand, diſeaſe and death are the uſual conſequences of the preſent erroneous method of bringing children up by hand. Scarcely one in four of theſe little innocents live to get over the cutting of their teeth; and the vitiated blood of thoſe that eſcape, occaſioned by improper nouriſhment, generally renders them infirm, or ſhort-lived. Almoſt every complaint to which children are ſubject, appears to me to proceed originally from an improper management of them; for the young of all other animals are full of health and vigour.

And moreover, independently of these misfortunes, the future happiness of the parent herself is greatly interested in this maternal concern, as it generally falls out that those children who are neglected by their mothers during their infant years, forget all duty and affection towards them, when such mothers are in the decline of life; and this contempt from a child is nothing less than plunging a dagger into the breast of its parent; and besides the cruel pangs which she must unavoidably experience from this want of duty, daily observation convinces us that widows frequently suffer not a little, even in the common conveniencies of life, by the means of those very children, who if properly educated would have probably become their support and comfort.

Such are the melancholy prospects attending the present unnatural practice of wet, and dry nursing; from which a curse is oftentimes entailed upon a generation, of which parents ought to esteem themselves

the authors. How terrible ſoever theſe things appear, I eſteem it my duty to acquaint mothers in particular, what a riſk they run in thus hazarding the health and lives of their children, together with their own preſent and future happineſs; and ſincerely hope I may imprint the ſame objections upon them, that daily experience in my profeſſion preſents to me, againſt theſe pernicious cuſtoms.

O! that I could prevail upon my fair countrywomen to become ſtill more lovely in the ſight of men! Believe it not, when it is inſinuated, that your boſoms are leſs charming, for having a dear little cherub at your breaſt. I ſpeak from the feelings of a man, and of one too who has an univerſal and generous love for the virtuous part of your ſex. Truſt me, there is no huſband could withſtand the fond ſolicitations of an endearing wife, would ſhe be earneſt in her deſire of bringing up her own children. Reſt aſſured, when he beholds the object of his ſoul cheriſhing and ſup-

porting in her arms the propitious reward of wedlock, and fondly traces his own lineaments in the darling boy, it recalls a thouſand delicate ſenſations to a generous mind. Perhaps he drops a ſympathetic tear in recollecting the painful throes of the mother, which ſhe chearfully bore to make him ſuch an ineſtimable preſent. His love, tenderneſs, and gratitude, being thus engaged—with what raptures muſt he behold her, ſtill carefully intent upon the preſervation of his own image?

How ardent ſoever ſuch an one's affections might be before matrimony, a ſcene like this will more firmly rivet the pleaſing fetters of love:—for though a beautiful virgin muſt ever kindle emotions in a man of ſenſibility; a chaſte and tender wife, with a little one at her breaſt, is certainly, to her huſband, the moſt exquiſitely enchanting object upon earth:—and ſurely, ladies, had faſhion but eſtabliſhed this laudable cuſtom amongſt you, it would prove ſo truly amiable, as not only to excite the emulation of

your maiden friends to worthy conquests, but also raise their ambition to shine in characters thus dignified. How greatly then would you contribute to the felicity of your own families, and of mankind in general!

LETTER VI.

THE MANAGEMENT OF INFANTS FROM THE BIRTH.

LETTER VI.

The management of infants from the birth — with directions for putting them to the breast.

HAPPY, thrice happy woman, now become a joyful mother, nurturing her young! Say, tell me, you who know the rapturous delight, how complete is the bliss of enfolding in your longing arms the dear dear fruits of all your pains? — pains now no more remembered. Long may you preserve the darling, and be doubly blest in its future beauty, health, and virtue!

I am not unmindful, my charming friends, of the prejudices necessary to be conquered, before so material a benefit to mankind, as that which I am to picture out in this letter, can be generally obtained. In my last, the misfortunes attending the neglect of this duty were fully explained, and

as I have frequently ſucceeded amongſt the private circle of my friends, by addreſſing their underſtanding, I truſt to the candour of the more ingenuous ſex, for my ſucceſs in public. My endeavour therefore throughout ſhall be to convince you that I have reaſon and truth on my ſide. Happy then ſhall I think myſelf, and amply rewarded for my trouble, if I am fortunate enough to meet with your approbation; as your obſervance of the rules laid down in this little manual muſt neceſſarily follow. Much depends upon your maternal care in the firſt ſtage of life; it is a pleaſing duty, to which you are honourably called upon, both by Nature and the cuſtom of all nations.

I am truly ſenſible that, according to the preſent miſtaken manner of ſuckling and rearing children, the buſineſs is a fatigue which frightens many at the firſt attempt; it is a method altogether culpable and unnatural. To this letter particularly belongs the firſt management of them. In my next I ſhall point out the ſubſequent errors,

and lay down ſome general rules, that will not only prove beneficial to the child, but make the taſk of ſuckling eaſy and delightful to the mother: even the polite and gay may chearfully undertake this, at preſent, laborious employment, without greatly interfering with a ſocial life—for the gloomy ideas of a nurſery will vaniſh. The paths of Nature are eaſy and delightful. Come then, my fair, and let us follow her, ſtep by ſtep.

We have before obſerved that a child brings its immediate nouriſhment into the world with its birth. Man is born in ſorrow. The fatigue and pain of delivery, both to the mother and the child, require reſt; and generally, where no improper means are uſed, they both directly fall into a ſweet refreſhing ſleep; during which time the milky veſſels of the breaſt are dilated. Thus, with prudent management, in a ſhort time a ſmall flow of milk will be obtained. The child, replete with nouriſhment at its birth, awakes equally refreſhed with the

mother, and by eagerly ſucking the nipple encourages its more plentiful ſupply.

Sometimes there may be a little inconvenience with the firſt child; but this is rendered ſtill greater by keeping it away, perhaps two or three days, from the mother, and ſuffering her attendants to draw her breaſts, which generally occaſions ſore nipples. The gentle, eaſy, and frequent ſuction of an infant, will not only prevent this inconvenience, but gradually invite the milk, thereby relieving the mother from a troubleſome burthen: the nipple alſo, by this means, will be drawn out, ſo that the child may ſuck without further difficulty. This is the leſſon Nature teaches, and wiſe are thoſe who obſerve her precepts.

As to an infant's cloathing, the lighter it is, and the more unconfined, the better; very little covering is neceſſary, and the future deformities of ſhape, &c. not to mention the deplorable loſs of health, ſometimes proceed from the dreſs being

too heavy and confined, at its firſt entrance into life.

I am entirely againſt an infant's receiving any nouriſhment until it can be put to the breaſt; and much more ſo againſt cramming it with what nurſes call pap. The ſtomach is not yet fit for any other food than what Nature has prepared. Art cannot produce a diet with ſuch an affinity to animal blood, as to render it proper for the tender bowels of a new-born child.

The cries of an infant are generally occaſioned by the uneaſineſs it ſuffers, either from its dreſs, or in conſequence of thus cramming it. The complaints of children in theſe early days, as I before obſerved, and likewiſe the difficulty in cutting of teeth, which I ſhall hereafter ſpeak of, proceed almoſt entirely from this wrong practice. Watery gripes, offenſive ſtools, and moſt diſorders in their bowels, are altogether occaſioned by improper food.

Cuſtom has rendered this ridiculous practice ſo univerſal, that the good women continually complain it is impoſſible for a child to remain without food till the milk comes. Let any mother make a fair and unprejudiced trial, and experience will convince her of the truth of our maxim.

How are other animals ſupported? Nature, in no one part of the creation, is ſo imperfect, as to be indebted to the wiſdom of man to rectify her works. And ſuppoſe a caſe, in which the milk does not flow ſo ſoon as in general it is expected, let the child, under ſuch circumſtances, be put to the breaſt again and again; a very little nouriſhment will at preſent ſuffice, and that will moſt commonly be obtained from the nipple; if it is not, a little warm milk and water, with a ſmall quantity of Liſbon ſugar, is the only nouriſhment, in my opinion, that is proper to be given: this advice I have cauſed to be ſtrictly followed, and have happily experienced the good effects of it in an infant of my own; who

ſcarcely received any ſupport from the breaſt till after the third day from the birth. Follow, my dear ladies, theſe rules, and where there are an hundred accidents that now happen to mothers, in conſequence of milk fevers; and to children, in conſequence of being denied the breaſt, you will rarely find one. I am convinced of the truth of my aſſertion by experience, and therefore am the more bold in recommending it to you, and to the public.

LETTER VII.

A NATURAL AND EASY METHOD OF SUCKLING CHILDREN.

LETTER VII.

A natural and easy method of suckling children —This duty proved to be a pleasure rather than a fatigue.

NOW then, my nearly interested friends, let us observe those parts of the creation where instinct only can direct, and for once learn a lesson from the tender brute. Behold those animals which are familiar to us, how successful they are in bringing up their young! Animals that give milk to three, four, five, six, and sometimes more of their offspring at a birth. How well and happy are the dams! What unremitting care do they take of their nurslings! They never desert them until time has given to their bodies strength sufficient to provide for themselves. Provident Nature!—and shall mankind alone distrust thy goodness? Let us learn and be wise. Never more suffer it to pass for an argument, that a woman who is capable of bearing a child has not strength to suckle it, when the little crea-

tures that ſurround us can rear a whole family at once.

O that I could convince you of the breaſt alone being a ſufficient ſupport for the moſt robuſt of children! Conſider Nature well in all her works! Let ignorance and prejudice no longer prevail! Believe this ſolemn truth, almoſt every woman is capable of ſupporting her babe; and great will prove the advantages, both to herſelf and her infant. When it is confined altogether to the breaſt, it gains ſtrength every day, and defies diſeaſe. The mother, under theſe circumſtances, would not again conceive ſo quickly, and miſcarriages would thereby be, in a great meaſure, prevented; unleſs hurried on by frequent bleedings, and other miſtaken practices.

If, for the ſake of your families, you value your own lives, attend to this indiſputable fact. You yourſelves know how many women are ruined in their health by not ſuckling their children; and what

numbers are continually ſacrificed by unſkilful methods of treatment, at the time of their delivery. You may—you ſhould ſupport your young; the taſk is eaſy and delightful, and the thriving child rewards your pains. It is not laborious. I would not wiſh to ſee you ſlaves. The tender delicacy of your frame forbids the very thought. The method is plain and eaſy—only follow Nature.

Sleep is eſſentially neceſſary to life, and that the ſtomach ſhould ſometimes be at reſt, is as eſſentially neceſſary to health; both theſe things the mother and child equally require. Thus the ſlaviſh part of the buſineſs is ſet aſide; for it is an abſurd and erroneous cuſtom, after ſtuffing it continually in the day, to keep a child at the breaſt all night. This counter-acts the operations of Nature, not only by depriving it of its reſt, but alſo, from a conſtant fullneſs, the powers of the infant-body are prevented from exerting themſelves in a proper

manner upon the aliment received. Hence the ſtomach and bowels are enfeebled, and thereby rendered incapable of producing ſuch wholeſome nouriſhment as a child would otherwiſe obtain from its food: to which grand purpoſe, ſound ſleep and abſtinence are equally conducive.

On the other hand, the mother, being continually diſturbed during the night, is alſo prevented from aſſimilating that good and perfect milk, which would otherwiſe be produced from the food of the day. Hence ſhe becomes ill, grows tired of her taſk, and the crude milk proves noxious to the weakened bowels of the infant. Thus diſappointment and death frequently ſucceed.

I know it will be urged by ſome that it is impoſſible to keep children quiet and at reſt during the night, and that they cry for food. Let them be managed from the birth agreeably to the directions here given, and then I believe few perſons will complain of

their being troubleſome. One reaſon why children do not ſleep well by night is, that they are indulged too much in the cradle by day, when they ſhould have exerciſe. Another ſtill greater reaſon, I am inclined to think, proceeds from pain, occaſioned by improper food, in the firſt paſſages; for I will venture to affirm that almoſt every child's bowels, from the preſent wrong management, are in a ſtate of diſeaſe, which too frequently grows up with it into life; and thus in infancy the lurking cauſe of a bad conſtitution is oftentimes eſtabliſhed.

When their little ſtomachs, irritated by too large a quantity, and the bad quality of food, become ſomewhat empty; a pain, probably like what we call the heart-burn, and acidities at the ſtomach, awakens them from their diſturbed ſlumbers; and theſe little creatures can then only diſcover their uneaſineſs by crying. Hence nurſes, partly for their own quiet, and partly through a

miſtaken notion that children cry only for nouriſhment, cram them until they are quite gorged. Such infants eagerly devour whatever is given them, becauſe the reception of food takes off that too great ſenſibility of the ſtomach which cauſed the pain. A ſimilar effect to this, grown perſons, troubled with the complaints I have now mentioned, muſt every day experience upon taking nouriſhment; for it always affords a preſent relief.

Four or five times in the twenty-four hours are ſufficient for a child to receive the breaſt, and let the following rules be nearly obſerved. About ſix or ſeven in the morning, after which the child may be allowed an hour or two's ſleep;—again, an hour after the mother has breakfaſted—and a third time, if ſhe pleaſes, before dinner—a fourth time at five or ſix o'clock in the evening, being two or three hours after dinner—and laſtly, between ten and eleven, juſt before ſhe goes to reſt.

Now, by thoſe mothers who have ſervants to take off the laborious part of the management of children, this ſurely cannot be deemed a fatigue; that the taſk itſelf is a pleaſure, the fondneſs of nurſes towards children at the breaſt fully proves; and that it is an indiſpenſible duty, the feelings of human nature evidently proclaim.

In the early months ſleep may be indulged during the day, but exerciſe ſhould alſo at proper intervals be given to children. As they grow ſtronger, ſleep ſhould be leſs encouraged, and exerciſe encreaſed.

There are ſeveral points of management that I have no fault to find with, and, amongſt others, think it needleſs to dwell upon the neceſſity of keeping children dry and clean: It is ſo evident, that few nurſes are culpable in theſe particulars. But as to rocking children, the cuſtom is altogether abſurd. He was an ingenious man who invented a mouſe-trap, though none but a fool firſt thought of a cradle; it was

certainly invented to ſave the attendants trouble, for which, by the bye, they ſuffer more in return: I never permitted a cradle to diſgrace my nurſery. Infants, if well, ſleep without this lullaby-labour, and ſuch forced doſings generally render them peeviſh and watchful in the night; which is the moſt proper time both for them and their nurſes to enjoy their reſt.

At the end of ſix or ſeven months, when the four firſt teeth ought to appear, children ſhould be kept awake, and exerciſed as much as poſſible; by which time, if managed properly, they will generally gain ſtrength enough to ſhoot theſe teeth, and the others will in due courſe be cut with eaſe.

Thus you will avoid an evil that ſweeps away great numbers, of which, however, I ſhall ſpeak more fully in another letter; for it is intirely owing to the weakneſs of their bodies that children cut their teeth with ſo

much difficulty, and that it is attended with fever, convulſions, and death.

This weakneſs of body is but little underſtood; for if a child be bloated with fat, which too generally happens when it is improperly fed, the parents and their friends call it a fine child, and admire how it thrives. When, alas! that very fat is the diſeaſe which renders its conſtitution thus feeble; for if the butcher did not kill lambs and calves when they become immoderately fat, they likewiſe would die as frequently as children. Which death may be juſtly attributed to the prepoſterous method, ſo generally in uſe, of giving them too much crude unſalutary nouriſhment; and not managing them in other reſpects as Nature requires, to ſtrengthen the body from the food received.

After what has been advanced concerning the early part of infant-management, give me leave to obſerve that the argu-

ments enforced upon this important ſubject are ſubmitted to the conſideration of thoſe mothers, who are deſirous of preferring a rational ſyſtem to bigoted maxims and opinions. I would wiſh them to be attended to, and I truſt that they will merit their approbation. I do not expect the foregoing rules to be invariably adopted from the birth. I know very well, and it is obvious to thoſe who have been attentive to children, that infants require ſome more, and others leſs attendance, eſpecially during the firſt month or two; and a certain time is neceſſary, even under the moſt prudent management, to accuſtom them to our wiſhed-for habits. There is a wide difference between knowing what is right and doing it; and *oftentimes* although we may be deſirous of ſtrictly following the moſt prudent maxims, difficulties will unexpectedly ariſe in the firſt attempts. Let me therefore deſire you to aim at the above regulations, which by perſeverance will

ſoon become practicable; and then, determine for yourſelves, how greatly they will contribute to your own eaſe and comfort, as well as to the advantage of your children.

LETTER VIII.

THE PROPER METHOD OF WEANING CHILDREN.

LETTER VIII.

The proper method of weaning children.

IN my laſt letter I condemned the preſent erroneous method of ſuckling and feeding children, and recommended a plain and eaſy way of rearing them to ſix or ſeven months old, upon a rational plan, pointed out by Nature in many different parts of the creation; and which moſt probably was ſtrictly followed by mankind in the early ages of the world, before luxury, pride, and indolence crept into ſociety. Antient hiſtory never could have boaſted of ſo many ſtrong and valiant men, had not mothers, in their infancy, given ſtrength and vigour to their conſtitutions; and the cauſe of the preſent puſillanimous, feeble, weakly, and diſeaſed race of mortals, may in ſome meaſure be aſcribed to the want of this earlieſt maternal care.

Let us talk with the plain and ſimple huſbandman, who has a nurſery of trees

under his direction; he will tell us it is not ſufficient for the ſtocks to be good of their kind, for unleſs they be ſecured from rude winds, and properly cultivated, ſo that they may receive nouriſhment, they will never thrive.

It is literally the ſame in animal life; there are unfortunate mothers who daily and woefully experience the truth of this argument. How many women are bleſt with fine children, not a blemiſh, nor the mark of a diſeaſe, about them at their birth; and yet before many months are paſt, for want of prudent care and proper nouriſhment, do they not waſte away and die? I need not ſay more, the tears of many of my gentle readers, at the unhappy recollection, will ſufficiently teſtify the fact. May ſuch tears prove a warning for their future conduct, and, truſt me, my honoured matrons, your ſorrow will be turned into joy—a joy of the tendereſt nature, generous and truly laudable!

Let not man in the vanity of his heart triumph in a ſuperiority over the fair ſex! for to them alone it belongs to lay the foundation, not of what he is, but what he ſhould be—healthy, ſtrong, and vigorous. You, ladies, form an hero in the cradle, and courage is received from the breaſt. Gratitude in return demands a protection to you from man. With yourſelves therefore it remains to render him capable of that protection. Thus Nature, my fair ones, ordained your importance in the creation.

But to return to the huſbandman: he will again tell us, that when his trees have received their infant ſtrength, and their roots begin to ſhoot, it is neceſſary to tranſplant them from the nurſery to a more extenſive ſoil, in order to arrive at their natural perfection. So you, my friends, having brought the child through its infant ſtate, by the tender nouriſhment of the breaſt, muſt at the time of weaning (which in my opinion is beſt poſtponed until it be near a twelvemonth old) tranſplant your

little nurſery likewiſe to a more extenſive ſoil: that is, you muſt afford it more copious nouriſhment, in order to bring it to maturer life.

Yet, as great ſkill and caution are required on the part of the huſbandman, in this buſineſs of tranſplanting, ſo great judgment and care muſt be ſhewn by you, in this your province of weaning children; for cuſtom has ſo far deviated from Nature, as to render the greateſt circumſpection neceſſary to point out the happy medium.

A further care therefore at this time demands our attention. Man, according to the preſent mode, particularly in England, is greatly ſupported by animal food. A ſudden tranſition from one extreme to another is always dangerous, and every material alteration, to avoid inconveniencies, ſhould be brought about ſtep by ſtep. If Nature ever intended us to deſtroy the animals around us for prey, ſurely we may conclude, this food never could be deſigned

for our uſe until ſuch time as we had teeth to eat it.

Many ill conſequences ariſe from perſons devouring their meals too eagerly; and if the ſtomachs of men are oppreſſed, by not ſufficiently chewing their meat, certainly the weak and tender ſtomachs of children, who have not as yet teeth ſufficient to break it, muſt be ſtill leſs fit to receive it altogether whole.

Animal food then at this time of life is abſolutely forbidden, from reaſon and reflection; but as it is in ſome meaſure neceſſary to prepare them for their future method of living, broths and jellies may be now given ſparingly, and as they encreaſe in ſtrength and age, more plentifully. Hereby the animal juices are received, which contain the only nouriſhment in fleſh, without any labour to the ſtomach; and let it be remembered that the juices of full-grown animals are to be preferred to the younger and fat-

tened kind; but more of this in its proper place.

Let children at this time be fed once or twice a day with about a quarter of a pint of broth, and a little bread mixed in it. When you give a ſtiff jelly, a large tea cup full is ſufficient; but I would recommend as much warm water, or milk with it, and likewiſe a little bread. The breaſt ſhould not be allowed them now ſo often as when they were wholly confined to that nouriſhment; in ſhort, every meal that you thus introduce, ſhould ſupply one of the ſtated times of ſuckling. Thus are they gradually and inſenſibly weaned from the breaſt, and accuſtomed to animal food, without any pining on their parts, or much trouble to the mother.

Having ſhewn the proper manner of putting a child to the breaſt, and likewiſe the moſt prudent method of taking it away; we ſhall in the next letter point out the

ſafeſt rules for bringing children up by hand; but another obſervation or two will not be improper in this place.

The gravy which runs out of meat upon cutting it when brought to table is exceedingly wholeſome, being nothing more than the pure juices of fleſh. A few ſpoonfuls of this beef or mutton gravy, mixed with an equal quantity of warm water, and a little ſalt, make very good broth. I mention this, becauſe parents generally imagine it to be unwholeſome for children; and oftentimes when I have recommended it, ſome good old lady has ſtoutly oppoſed me, alledging that it fills a child with humours; whereas, on the contrary, this is the only part of fleſh that produces good nouriſhment.

Here let me proteſt againſt the cuſtom of not ſuffering children to eat ſalt, for fear of the ſcurvy; not making a diſtinction between ſalted meats, and ſalt eaten with meat. In this point alſo ſtrong prejudices are frequently to be combated with; for

many a time have I been told by perſons of reverent years, that children were not ſuffered to eat ſalt in former days; adding, perhaps with a ſignificant ſhrug, that the preſent age think themſelves much wiſer than their forefathers.

"Animal food which has been any con-
"ſiderable time in ſalt becomes hard, and
"requires more force to break and digeſt it,
"proper for nouriſhment, than weak ſto-
"machs are capable of exerting; conſe-
"quently ſalted beef, pork, and ſuch like
"things, are improper for children."

Nevertheleſs, ſalt in itſelf is ſo far from producing the ſcurvy, that it is now generally ſuppoſed to be its greateſt antidote; otherwiſe, why do ſo many thouſands yearly flock to bathe, and drink ſea water? There is, further, a certain ſtimulating quality in ſalt, that greatly promotes digeſtion; and whatſoever aſſiſts that office, muſt of courſe rather contribute to purify the blood than to render it foul; which is the ſuppoſed

cauſe of the preſent frequently imagined, but oftentimes only a faſhionable diſeaſe—called the ſcurvy.

I have been repeatedly thanked for the following information. A table ſpoonful or two of ſalt put into a quart of ſpring water is a moſt excellent waſh to cleanſe the ſkin, eſpecially if the face be well rubbed with a coarſe cloth ſome little time after it has been waſhed with the ſalt and water. By this means the pores of the ſkin will be kept open, and no obſtructed perſpiration will remain, which is the cauſe of carbuncles and thoſe red pimples which are generally miſtaken for the ſcurvy. It is this ſtimulating and cleanſing quality of ſalt that makes the ſea water ſo uſeful to thoſe who are troubled with eruptions; therefore by the above proportion, the water is rendered ſtill more efficacious, and will clear the face and neck of heats and pimples which frequently diſturb the ladies.

I cannot bear the modern proſtitution of the words *female delicacy*; the duties of a mother are by ſome thought to be indelicate, and the appellation is now given only to diſeaſe and ſickneſs; for a woman muſt become a walking ghoſt to be ſtiled *truly delicate*. I frequently lament that the idea is not more ſtrictly confined to mental accompliſhments; nevertheleſs, I wiſh my fair friends to beſtow every rational and laudable attention to render their perſons neat, elegant, and engaging. I cannot conclude this letter better than by obſerving, that although beauty ſtands like a cypher when alone, every additional qualification increaſes its merits ten-fold; and the leſs ſenſible of it the poſſeſſor herſelf appears to be, the more it will always be regarded by the admiring world.

LETTER IX.

THE SAFEST METHOD OF BRINGING CHILDREN UP BY HAND.

LETTER IX.

The safest method of bringing children up by hand.

WE have hitherto, my fair philosophers, been carefully observant of, and obedient to, the laws of Nature. Her paths are infinitely various. Every step we take affords new and engaging prospects. We have traced man from the first period of his existence, and have followed reason and instinct, to give him strength and vigour in the earliest part of life. So fair a dawning promises a robust and healthy constitution; nevertheless necessity obliges us to proceed to a further speculation.

Let it therefore be the business of this letter to enquire how nearly art can supply the place of Nature. Let us endeavour to point out a method to those unfortunate mothers, who are, through necessity, deprived of the happy enjoyment of suckling their own children. It may not prove un-

worthy the attention of thoſe who, by choice, commit them to the care of others. I propoſe to carry my obſervations in this letter, as far as my inſtructions have been given to the valuable and truly praiſe-worthy matrons, whoſe duty to their family over-balances every other conſideration. By and by, when the ſuckling is about to be weaned, and the dry-nurſed child brought equally forward, the rules of diet will be the ſame for both; on which account I went no farther in my laſt than the proper period for introducing broths, jellies, &c. All other conſiderations will be brought under general directions.

Mother's milk we have ſhewn to be the natural and moſt proper ſupport for tender infants; it is a digeſted fluid, already animalized, and therefore fitteſt for the nouriſhment of children. This remark alſo ſhews that the infant body is, by nature, deſigned to receive only a liquid nouriſhment; a hint particularly neceſſary to be attended to at this time, as it altogether

obviates the general objections againſt confining children to milk, in preference to thicker victuals, of which I ſhall ſpeak more fully before I conclude this letter.

We have taken notice how tender the ſtomachs and bowels of infants are, and have thence inferred, that almoſt every complaint they are afflicted with proceeds from the improper quality of their food; and the too large quantity given them alſo encreaſes the diſeaſe. We took notice that the digeſtive powers of a new-born child are incapable of producing a kind nutriment even from bread, and therefore exclaimed againſt feeding them with what is called pap. But ſuppoſe it to be otherwiſe. What a poor pittance of ſupport does ſuch a mother allow to her child, who gives it only bread and water!

I have ſeen many fatal inſtances of ſuch ſtrange management. We ourſelves ſhould think it hard indeed, and nothing but dire

neceſſity could compel us to live thus ſparingly; beſides, how would our fleſh waſte and our ſtrength decay? If ſo, ſurely it cannot be proper for an infant, whoſe bones have not as yet ſtrength ſufficient to ſupport its frame. How is it poſſible for a child to thrive under ſuch treatment?—Perhaps ſome will allow a little milk to be mixed with its food, but very ſparingly; becauſe they imagine it ſtuffs the ſtomach, and fills a child full of phlegm. Idle and ridiculous are theſe, and all other arguments that can be urged againſt this natural and ſalubrious diet.

Milk is here ſpoken of in general terms, becauſe I intend in a ſubſequent letter to examine the ſeveral properties of different milks, and to remark the purpoſe to which each kind ſeems beſt adapted. Cows milk being moſtly uſed, and in my opinion the propereſt, in general, to anſwer our preſent deſign, I would therefore be underſtood to recommend that, if no other kind is particularly mentioned.

I know very well that many perſons, and perhaps ſome gentlemen in the practice of phyſic, will differ from me in opinion, when I prefer cows milk to every other kind of nouriſhment, in the early months, where it is neceſſary to bring a child up by hand. Let me beg of them only to make the experiment, as I ſpeak from experience, and if they have reaſon to cenſure me afterwards, we ſhall meet upon equal terms; till then, at leaſt, I ſhall hope for candour from every one.

It has frequently been ſuggeſted to me, that cows milk is too rich, abounding alſo with too much cream, and that being of a fat oily nature, will relax more than ſtrengthen. But, however, this fault is not much to be apprehended from the milk uſed in and about London. Suppoſing it to be the caſe in the country, which I am far from allowing, you may let it ſtand till the cream riſes to the top, and uſe the ſkimmed milk; or by boiling deprive it of the greateſt part of this oily quality, which collects itſelf upon the

ſurface, and may then be readily taken off; or it may be diluted with water.

Theſe doubts being removed, the milk of cows appears, I think, to be the propereſt ſubſtitute we can make for that of the breaſt; and will anſwer beſt, after the firſt month or two, without boiling, unleſs it purges the child; in which caſe boiling it will generally prevent the inconvenience, proceeding in all likelihood from its oily particles. I have no objection to a ſmall quantity of Liſbon ſugar being mixed with it, particularly if the child be coſtive; and indeed this may frequently be of uſe, to prevent its too great tendency to become acid, from whence diſorders of the bowels ſometimes ariſe.†

† Let it be remembered, that through this ſyſtem of nurſing children are ſuppoſed to be free from diſeaſe, and that I am to be conſidered not as the phyſician, but as the friend; when they are ill, it is the buſineſs of thoſe perſons who have the care of them to direct a proper food; and upon many occaſions milk may be ſo managed as to prove greatly inſtrumental, even as a well-adapted nouriſhment, to their recovery. In too laxative a habit of body,

One remark I ſhall beg leave to make, which comes in here with propriety. We have taken notice in a former letter of the cleanſing quality of mother's milk, upon its firſt coming into the breaſt. Now, where children are debarred from receiving it, a ſubſtitute of ſome gentle purgative is highly proper, to give ſuch a ſtimulus to the bowels as Nature has provided by the mother's means. What I have experienced to be the beſt calculated for anſwering this purpoſe, is ſomething of the following kind.

Suppoſe we ſay, *ſyrup of violets and oil of almonds, of each one ounce, with four or five*

for inſtance, rice and cinnamon may be added; but then care ſhould be taken that the rice be well boiled in water before it is mixed with the milk. In the watery gripes I frequently direct the following diet for infants: Boil a table ſpoonful of ground rice, with a little cinnamon, in half a pint of water, till the water is nearly conſumed; then add a pint of milk, and let the whole gently ſimmer for five minutes; ſtrain it through a lawn ſieve, and make it palatable with a little ſugar. This food correſponds well, in ſuch complaints, with the curative intention.

grains of rhubarb. This compoſition being ſhaken, will pretty well unite. A tea ſpoonful may be given as often as you find it neceſſary.

In caſe the milk be thrown up in a curdled ſtate, a ſmall quantity of ſalt will generally prevent it; a circumſtance I would wiſh to have attended to, as many children are ſubject to this complaint, and it is a method I have ſeldom known to fail, unleſs they are greatly over-fed. Whenever a child throws up the milk, it is to be conſidered as a complaint, and particularly ſo if it appears curdled; becauſe it has then paſſed through the firſt change it undergoes in the ſtomach, and conſequently diſcovers that the ſtomach itſelf is too feeble to execute its further office; in this caſe ſometimes the ſtomach abounds with too great an acidity, but more frequently it is loaded and oppreſſed by the quantity which has been given to the infant. Milk always curdles in the ſtomach, and it is only a vulgar error to ſuppoſe the contrary; for by this

means it becomes a ſubſtantial aliment, and affords a proper nouriſhment to children and other animals; whereas, if it continued in a fluid ſtate, it would contribute but little to their ſupport.

What we have next to obſerve, is the quantity of milk proper to be given to a new-born child, in the twenty-four hours. What think you, my dear ladies, of a Wincheſter pint being a ſufficient quantity for the day and night? Methinks I hear an exclamation—O barbarous man! Under a pretence of correcting us, he intends to ſtarve the little helpleſs creatures. Was there ever ſuch a cruelty heard of before? Allow a child only a pint of milk in a day! Why, it would eat two quarts of pap, and ſtill cry for more. Yet, after all ſurpriſe, an infant in the month will receive from one pint of milk more real and good nouriſhment, than from ten quarts of pap, as it is called; indeed I might ſay more nouriſhment than from any other kind of ſupport. For, notwithſtanding the

juices which afford ſuſtenance are all liquid, it is neceſſary they ſhould contain the eſſence of ſubſtantial food: and although a man who is accuſtomed to daily labour would ſoon be emaciated by living continually upon broths; yet milk alone would ſupport his ſtrength and ſpirits; becauſe it curdles in the ſtomach, and thereby becomes a more ſolid and nutritious aliment. And further, let me again remind you, that not only the human ſpecies, but likewiſe all other animals, receive their continual nouriſhment from a milky juice which is prepared in their own bodies from the aliment received, as was before explained in the fourth letter.

There are, as we have mentioned, very great errors in the quantities as well as the qualities of infants food. It was before obſerved, that children's ſtomachs ſhould not be always crammed. To this it is in a great meaſure owing that they are ſo continually puking. A circumſtance looked upon by ſome to be natural and wholeſome,

who prepoſterouſly encourage this diſpoſition by frequent vomits. But ſurely, Nature never intended more nouriſhment to be received, than is neceſſary for our ſupport. Does any perſon in a good ſtate of health, after a moderate and proper meal, ever find an inclination to throw it up again? Are the young offſpring of other animals conſtantly puking? How therefore can it be ſuppoſed natural for children to do ſo? A little reflection would ſoon convince ſuch ſuperficial obſervers of their error, for you will rarely find a child throw up its food when properly nurſed.

If one pint of milk, therefore, in the firſt week or two, be too little, it is an error on the right ſide, for it appears to be enough to ſupport the child, and much worſe conſequences are to be apprehended from giving it too much. We muſt, every one of us, have often experienced how neceſſary it is to be hungry, in order to reliſh our food; and that to be continually in-

dulging palls the appetite. Certainly then, it muſt be equally neceſſary that the infant ſtomach ſhould ſometimes know the ſenſe of hunger.

Would not three or four pints of milk in the twenty-four hours ſupport a grown perſon? If ſo, undoubtedly one third part is amply ſufficient to nouriſh a new-born child. But I would not be underſtood to cavil ſcrupulouſly for a ſpoonful or two; I only mean to aſſiſt the candid enquirer in this moſt eſſential part of the management of children, who are denied the breaſt.

We come next to aſcertain the proper quantity to be given for a meal. A quarter of a pint is fully ſufficient to be taken at a time, and let the hours of feeding, as well as every other particular, be regulated according to the rules laid down in the ſeventh letter. In ten days, or a fortnight, you may encreaſe the daily allowance a quarter of a pint—and at the end of a month you may allow a pint and a half in the twenty-

four hours—another half-pint may be gradually permitted by the time it is three months old, and this quantity, if the child is voracious, may be ſtill encreaſed to three pints in the day; which, I am perſuaded, if the milk be good, will prove ſufficient: and this allowance will, I hope, cancel the ſeverity of every matron's cenſure.

Having now given you my thoughts upon this part of infant management, there is but one rational objection that ſtrikes me againſt the propriety of ſo plain and ſimple a method of bringing children up by hand. Their natural food is allowed to be milk—but it may be urged, that the human milk, in conſequence of the mother's diet, is more ſtrengthening than that of cows, aſſes, or any other ſpecies of brutes. Granted—but then again this argument equally proves that cows milk partakes more of a vegetable nature than the milk of women; and, during the early months, all that the advo-

cates for the present custom would contend for, is—what? pap, panado, &c. which are of the vegetable kind; and therefore their arguments require no farther answer. Was it proposed to add some proper broths to cows milk, after the first four or five weeks, where there is no circumstance particularly to forbid it, the design would appear reasonable, in supplying the supposed deficiency of the animal property; and it is a point I would readily join in, nay it is what I mean to recommend towards the end of the third month. I frequently order milk and broth to be mixed together, and think it proper food. But let every such meal, however, as before advised, supply the place of the usual milk. In whatever way you manage children, be careful not to feed them overmuch.

There is yet a circumstance of great moment to be attended to, and, if rightly comprehended by my fair pupils, will convince them that the allowance for the earlier months is amply sufficient. It

is the manner in which infants ought to be fed.

Surely it is wrong to put a large boat full of pap into their little mouths, suffering them to swallow the whole of it in the space of a minute; and then perhaps, from their cries, to ply them with a second, which is no sooner down than thrown up again.

We have mentioned the ill consequences of grown persons devouring their victuals too eagerly; and experience must often have convinced every one, that a much less quantity than we generally take, if eaten leisurely, and well chewed, will suffice for a meal; and also that, after such meals, we seem more comfortable, and are inclined to pursue either business or pleasure with far greater ease to ourselves. On the contrary, from a too hasty and hearty meal, the stomach will be distended overmuch, which is always productive of indolence, and a tendency to sleep. The same must

certainly hold good with reſpect to infants.

Beſides, to obtain milk from the breaſt, Nature wiſely obliges them to earn their nouriſhment by the labour of drawing it. The ſtream being exceedingly ſmall upon the milk's firſt coming into the breaſt, it requires a long time to procure a quarter of a pint; and the very exerciſe fatigues them before they have received too much. This, in my opinion, fully proves that quantity to be ſufficient for a meal.

There is nothing therefore wanting, I hope, to complete our ſyſtem, but a contrivance to ſupply the place of the nipple, that the child may ſtill labour to obtain its ſupport; which alone will greatly prevent the error in quantity. I have ſeen ſome inventions of this kind, by means of parchment or leather ſewed to the pointed end of an horn, which is no bad thought, and capable of great improvement. The Hollanders, when they travel, have a ſmall

pewter veſſel, ſomewhat in the form of a cone, which is filled with milk, and a piece of ſponge covered with a linnen cloth is tied over the ſmaller end. This ſerves the children very well as an artificial nipple: for it is obſerved that a Dutch woman ſeldom or never gives ſuck to her child before ſtrangers.

We have plainly demonſtrated that infant nouriſhment, particularly in the early months, is deſigned by Nature to be altogether liquid — againſt ſuch contrivances, therefore, I cannot ſee an objection.

Would you, my fair friends, undertake this purſuit, from the happy fertility of female imagination, I am certain a little experience would point out to you a ready and convenient method to anſwer every purpoſe; and I am thoroughly ſatisfied the happy conſequences would amply reward your pains — by preſerving many dear little innocents, that daily fall a ſacrifice to repletion or over-feeding.

P. S. Since this book made its firſt appearance, I have contrived a milk-pot for my own nurſery upon the above principles; it appears to my family, and to many of my patients, preferable to thoſe now in uſe, and may probably be ſtill further improved. For the ſatisfaction of my readers I ſhall give a deſcription of it. This pot is ſomewhat in form like an urn; it contains a little more than a quarter of a pint; its handle, and neck or ſpout, are not unlike thoſe of a coffee-pot, except that the neck of this ariſes from the very bottom of the pot, and is very ſmall; in ſhort, it is upon the ſame principle as thoſe gravy-pots which ſeparate the gravy from the oily fat. The end of the ſpout is a little raiſed, and forms a roundiſh knob, ſomewhat in appearance like a ſmall heart; this is perforated by three or four ſmall holes: a piece of fine rag is tied looſely over it, which ſerves the child to play with inſtead of the nipple, and through which, by the infant's ſucking, the milk is conſtantly ſtrained. The child is equally ſa-

tisfied as it would be with the breaſt; it never wets him in the leaſt; he is obliged to labour for every drop he receives in the ſame manner as when at the breaſt; and, greatly in recommendation of this contrivance, the nurſes confeſs it is more convenient than a boat, and that it ſaves a great deal of trouble in the feeding of an infant; which is the greateſt ſecurity to parents, that their ſervants will uſe it, when they themſelves are not preſent.

The model of this milk-pot is left with Mr. Morriſon, at the Three Kings, in Cheapſide, for the benefit of the public. The milk-pots are now alſo made in the Queen's-ware, in order that the poor may be accommodated; any perſon, therefore, at a very trifling expence, may be convinced of their utility by making the experiment.

LETTER X.

A GENERAL MANAGEMENT OF CHILDREN, FROM THE TIME OF WEANING, TILL THEY ARE ABOUT TWO YEARS OLD.

LETTER X.

A general management of children, from the time of weaning, till they are about two years old — with obſervations upon the cutting of teeth.

I AM juſt now returned from a nurſery, where, with ſincere pleaſure, I beheld a happy mother with a pretty little puppet at her breaſt, which ſhe had the ſatisfaction of ſaving in its earlieſt days, by her amiable affection and tenderneſs. An infant born under melancholy circumſtances, when the mother herſelf was afflicted with a terrible quincy in her throat, and had been confined to a ſick chamber five or ſix weeks before her delivery. No one expected the life of the child, and the mother's was equally doubtful. Nothing but the greateſt care on her part could have ſaved the infant; and had it been committed to any other perſon, the diſeaſed ſtate of its bowels at the birth would, probably, very ſoon have put a period to its exiſtence.

Judge, ye conſiderate fair, indulge with me the pleaſing reflections of this good woman! Behold her, fondling at the breaſt a ſmiling boy, to whom ſhe not only gave a being, but generouſly preferred his welfare, and dared, even contrary to the advice of her friends, to ſuckle him, thereby endangering her own, to preſerve the life of her child. May gratitude and duty expand within his breaſt, and prompt him virtuouſly to reward this truly maternal affection! May he, in future years, become the pleaſure and ſupport of her declining life!

This amiable mother has three other little ones, that for health and beauty ſtand almoſt unrivalled. All nurtured under her own wing — ſupported by her breaſt. What an encouragement is this to follow Nature! Her heart was never torn by the bitter reflection of not having done her duty to her family. Example glorious! worthy of praiſe — worthy of imitation.

But to return to our preſent point: the ſuckling being weaned, and the dry-nurſed child brought equally forward; we ſhall now join our different nurſeries together, and endeavour to make them thrive under one general direction.

I muſt, however, beg leave to mention, that as I before adviſed to have the child kept to the breaſt till it is near twelve months old, and have alſo pointed out the prudent manner of introducing broths and jellies, preparative to weaning it intirely; ſo this letter is deſigned to recommend a proper management of infants from the period of one to two years of age.

The beſt method likewiſe having been laid down for bringing children up by hand upon thoſe principles that approach neareſt to Nature, which ſurely renders them unexceptionable; and having indulged them with broths and jellies earlier than the ſucking child; I ſhall ſuppoſe theſe alſo gradually brought on to the

twelfth month, and thence proceed with both together.

I moſt earneſtly recommend that they be ſtrictly confined to the following diet, and not fed oftener than three, or four times at moſt, in the twenty-four hours. The quantity for each meal may now with propriety be conſiderably encreaſed; it will be longer therefore of conſequence before the ſtomach becomes empty.

Thus for inſtance, let their breakfaſt, at ſix or ſeven in the morning, be half a pint of new milk with about two ounces of bread in it—the ſecond meal ſhould be half a pint of good broth with the ſame quantity of bread; let this be given about ten or eleven in the morning—the third meal, about two or three in the afternoon, ſhould be broth in like manner—and their ſupper, about ſix in the evening, new milk and bread, the ſame as for breakfaſt. When you ſubſtitute jellies, or gravies, for broth, let them be always

plain and ſimple; and a leſs quantity will prove ſufficient. †

If children are thirſty between their meals, a little barley-water and milk may be given them; but I would not too frequently encourage this cuſtom.

From hence, the general intention appears throughout, to decreaſe the quantity of milk, as you introduce other ſubſtantial and proper nouriſhment — though I would always allow children a pint of milk each day.

Biſcuits, ſweet-meats, ſugar-plumbs, &c. all which tend to ſpoil the appetite, are highly improper; and ought to be looked

† Under the article *ſalop* in the Family Phyſician, p. 26, you will find proper directions to prepare an excellent ſtrengthening food, by mixing ſalop with milk, which makes it of the conſiſtence of a cuſtard. This preparation of milk is highly proper for children, invalids, and aged perſons; and it is withal a very agreeable and palateable nouriſhment.

upon as one of the pernicious effects of luxury. Where is there a child, unaccuſtomed to ſuch indulgence, that would not be equally pleaſed with a cruſt of bread? It is not my buſineſs here to enter ſo philoſophically into the doctrine of nouriſhment, as to contend with thoſe who ſuppoſe it altogether to proceed from the ſaccharine qualities of food. But allowing them the utmoſt force of their arguments, I anſwer, that Nature will always prove the beſt chymiſt, to ſeparate theſe ſugar-like particles from the aliment we take in. So much for the preſent with regard to the regulation of their diet.

As to other particulars: Little or no ſleep ſhould now be permitted in the day. Air and exerciſe are greatly to be recommended. Let them riſe as early as you pleaſe; and the ſooner they are put to bed, when the evening begins to ſhut in, the better. Their cloathing ſhould now, and indeed always, be light and eaſy. By no means ſuffer children to be confined in very

warm rooms, but accuſtom them by degrees to thoſe variations of the ſeaſons, which they will be compelled to ſtruggle with in future life.

It is a great misfortune for children to be brought up too tenderly. Should Providence hereafter deſign them to contend with difficulties, how little capable will they be of conquering them? The child thus nurtured moſt commonly grows up too delicate and feeble to encounter hardſhips. Should neceſſity, or chance, hereafter lead him to ſeek his fortune on the raging ſeas, or to bear his part in the hardy ſervice of his country by land; how pitiful will ſuch a man appear! How unequal to the neceſſary toils of ſieges, ſtorms, and tempeſts!—But, however, this great error, to the credit of good mothers be it confeſſed, is of late years much corrected.

I beg leave, my fair friends, to ſay ſomething concerning their being put upon their feet. With reſpect to the time, the ſtrength

of the child muſt determine that period. Of this be aſſured, that all children will ſhew an inclination to walk, as ſoon as their bones have acquired a firmneſs ſufficient to ſupport the body. I am fearful many heavy children are injured by exciting their feeble efforts to walk too ſoon. Doubtleſs it is a convenience and eaſe to nurſes to ſet them upon their feet, as they do not then require exerciſe in the arms; and conſequently are not ſo great a trouble, and fatigue, to thoſe who have the care of them. But it is a fault entirely to be condemned, and what I particularly caution you againſt, becauſe, whoever you may have to attend upon your children, they will certainly encourage them to walk, for reaſons above mentioned.

Therefore throw aſide your leading-ſtrings, and your back-ſtrings, and every other crafty invention which tends to put children forwarder than Nature deſigned. Our young plants are to be cultivated without art. The induſtrious gardener, it

is true, can boaſt of his exotics, and early fruits, by forcing their growth. Yet ſay, ye ſons of Epicurus, are your grapes or pines thus raiſed equal to the produce of their natural climate? And notwithſtanding the merit of your gardener, who is thus capable of gratifying this high zeſt of luxurious extravagance; even in this your boaſted pride, a ſimple clown would be wiſe enough to expoſe your folly, by the honeſt preference which he would give to Nature. Such as the fruits are, watery and inſipid; ſuch alſo are the plants thus forced, weakly and tender; ſuſceptible of the ſlighteſt injuries, and expoſed to continual dangers: Such likewiſe are the poor feeble infants, forced upon their legs before Nature has deſigned them; while others, managed without art, like fruitful vines defy the inclement ſeaſons, and triumph in their natural ſtrength and vigour.

I do not mean, from what has been ſaid upon this ſubject, to prevent them, when they really ſhew an inclination to walk, but

to admoniſh you againſt being too precipitate. It is in my opinion a good method to ſuffer the little creatures firſt to crawl upon a carpet, or any other convenient place; permitting them to tumble about as much as they pleaſe. By this means an exerciſe will be given to the body and limbs, without their continuing in one poſition long enough to hazard a diſtortion, from too great a weight of body. Thus let them, by degrees, learn to walk upright, which their own inclinations, in imitation of thoſe about them, will prompt them to, full as ſoon as Nature deſigned.

I ſhall now beg leave to offer a few hints with reſpect to the teeth. A circumſtance this materially to be attended to, as woeful experience daily convinces us.

Children are teazed with cutting of teeth from four or five months, till they are two years old, and upwards; nay, ſome are ſo backward as not to have their compleat number till they are turned of three years

old. I ſhall not enter into the diſtinction of teeth, but ſpeak of them in general, ſo as to give a competent idea of the precautions I mean to recommend.

It is alſo very uncertain with reſpect to the exact time of their ſhooting any of their teeth, but this alſo, I believe, chiefly depends upon the ſtrength of the conſtitution; and if the rules laid down in the preceding letters be properly obſerved, you will generally find children cut all their teeth by the time they are about two years old: You will, likewiſe, rarely meet with an inſtance of their being cut with difficulty. It has been already taken notice of, that the reaſon of their being backward in their teeth, and ſo many children loſt on this account, is entirely owing to a weakneſs of body, which is a fact that ſcarcely any one will deny.

Yet, where the conſtitution is not ſtrong enough of itſelf, as a great aſſiſtance may

be obtained by lancing of the gums, let not a falſe tenderneſs prevent fond mothers from allowing ſuch relief to their little babes, in the excruciating tortures they ſuffer by the cutting of teeth. The operation is not to be deemed pain; for, if you put any thing with a ſharp edge into their mouths, they will ſave you the trouble of doing it, by preſſing hard againſt the inſtrument, and cutting the gum themſelves.

When the teeth are diſcernible to the ſight or touch, there is very little ſenſe of feeling in the gum; their tortures proceed from the ſenſibility of a fine membrane which invelopes the tooth. If that membrane is ſufficiently divided, although the gum ſhould again unite, there will be no more trouble; for teeth thus lanced will gradually advance without future pain. Never, therefore, I ſay, let a prejudice like this hinder you from relieving ſuch poor little helpleſs creatures.

There are many perſons who, about the age of twenty, have two, and ſometimes four, additional teeth, at the furthermoſt part of the jaws; and, from the time of life in which they appear, they are called the teeth of wiſdom. Let me deſire ſuch wiſe ones, ſenſible of the pain upon this occaſion, to reflect how inſupportable it muſt be to many infants, who, perhaps, are cutting the whole of their teeth almoſt at once; at a time too, when their tender frames are but little capable of bearing pain. Many grown perſons are obliged to have ſuch teeth lanced; let them declare how much relief they found from this ſimple, but uſeful operation.

Candid reaſoning, from experience, is the ſureſt way to conquer prejudices; and thoſe who give themſelves leave to think upon the point with candour, will, I doubt not, allow the force of this argument.

It may not be unſeaſonable, in this place, to give a caution, which thoſe who lance

teeth would do well to obſerve; as careleſsneſs or ignorance in the operation frequently fruſtrates the intended benefit. Let me adviſe you not to depend upon old women, or nurſes, who undertake to do it with crooked ſixpences, and ſuch like ineffectual means.

We took notice a little above, that the pain ariſes, not from the gum, but from the ſenſibility of a fine membrane which envelopes the teeth. It is not therefore ſufficient to make a longitudinal inciſion into the gum, that being too commonly done without dividing this membrane; in which caſe, inſtead of good, it does hurt. After cutting through the gum, the inſtrument ſhould be drawn round the tooth, and the perſon ſhould be ſatisfied that it grates in every part againſt the tooth, which will effectually divide this too ſenſible membrane. Where the gum is exceedingly tough, a tranſverſe inciſion ought likewiſe to be made, and with theſe precautions the operation will aſſuredly ſucceed. Parents can-

not be too careful in this particular, for I have often obſerved ill conſequences from the careleſsneſs before mentioned.

In my obſervations upon children that are loſt between the age of five months and three years, I have found they are generally carried off either by ſudden convulſions, or what is called a tooth-fever, or a waſting of the body; in the two laſt caſes the ſcene likewiſe is commonly cloſed with convulſive fits.

The original cauſe of theſe diſaſters having been frequently taken notice of to proceed from the wrong management of children, it appears equally evident to me, that the immediate cauſe of theſe fits almoſt always ariſes from want of ſtrength in the conſtitution to cut the teeth. It is true the bowels ſometimes are greatly affected, which indeed generally attends a waſting of the body; but then the immediate cauſe of ſuch complaints at this

time is moſt commonly the teeth. For if children are capable of enduring the improper aliments before mentioned in their moſt tender ſtate, during the firſt four or five months; ſurely, without ſome more active principle, the vital powers would not afterwards be by them alone ſubdued.

This makes me particularly ſolicitous to recommend lancing of the gums before it is too late to aſſiſt chilren; being firmly perſuaded that many might be ſaved, who daily fall a ſacrifice to thoſe complaints for want of it.

Amongſt many other inſtances that I could relate, to ſhew the neceſſity of admitting this operation before the ſtrength of the child be decayed, and its body waſted, I ſhall conclude this letter with a remarkable caſe of this ſort.

A poor woman in the neighbourhood, ſome time ſince, brought her child to me;

he was apparently a ſtout fine boy, and then about nine months old. She deſired my advice for an eruption the child had all over his body, which ſhe called ſcurvy; but I found it nothing more than ſome pimples proceeding from the improper quality of its food; and in fact, notwithſtanding the chubby appearance of the boy (which in reality was nothing more than bloated fat) he was actually of a very weakly frame, as appears by the ſequel — and I think it neceſſary, as a further confirmation of my aſſertion, to inform you that his father was at this time between ſixty and ſeventy, his mother not leſs than four or five and thirty years of age.

Near or quite ſix months afterwards, the ſame woman came to beg the favour of me to look at her child again, who, ſhe ſaid, was dying. I ſaw an infant worn away to a mere ſkeleton, and upon inquiry found it to be the ſame chubby fat boy I had ſeen before. He lay panting for breath, and had

taken little or no nourifhment for twenty-four hours. Upon examining the little patient, there was not a tooth appeared. The caufe of the difeafe therefore was immediately evident to me; but I told her it was too late to be of fervice, for I found the child could not recover.

However, to fatisfy the mother, I advifed lancing the gums. To the aftonifhment of every one about the child, fixteen large teeth were cut out; but the gums being very much hardened, for want of this operation, it was with no fmall difficulty now performed. The immediate relief which the child received, furprifed them all ftill more. From a convulfive ftate that he before lay in, he inftantly recovered, took notice of every body in the room, and during the time I ftaid, eagerly devoured a confiderable quantity of nourifhment.

The grateful parent thanked me a thoufand times, and reflected upon herfelf for delaying to apply to me before. But alas!

I foreſaw it was only a temporary relief, his ſtrength being utterly exhauſted. I left her without giving the leaſt hopes of his recovery, and the next morning the child died. A reflection upon this caſe, I take for granted, is entirely needleſs. It is evident, had the teeth been cut in due time, this fatal accident would not have happened.

It is, indeed, a topic of ſerious concern; but as it comes under the claſs of diſeaſes to which infants are ſubject, it cannot be enlarged upon in this little volume. Some opinions, and medical obſervations, are thrown out in the introduction to theſe letters, which, if carefully attended to, may aſſiſt the intelligent parent in her endeavours to preſerve the lives of ſuch little innocents. A table of births and infant burials is alſo inſerted, which proves the melancholy truths I am aiming to eſtabliſh.

LETTER XI.

A GENERAL MANAGEMENT OF CHILDREN.

LETTER XI.

A general management of children, from two years old, till they leave the nurſery.

THE cultivation of the mind I have intentionally reſerved for the ſubject of my next letter; for which reaſon I ſhall now finiſh my obſervations upon nurſing, and endeavour to point out the ſafeſt and moſt prudent method of introducing children into the family way of living.

At length, after ſurmounting the difficulties and inconveniences attending the cutting of their teeth, we have now ſet them upon their legs; to the no ſmall joy of the mother, and the relief of thoſe ſervants whoſe buſineſs it is to wait upon them.

We have hitherto permitted bread, milk, and the juices only of fleſh; and before we advance any further, I beg leave to make the following remarks, by which my intelligent readers may profit.

The food of man, in all its various ſhapes, however tortured and diſguiſed, is ſtill confined to animal and vegetable productions.

Of vegetables, bread is the moſt valuable preparation, as the experience of ages proves. That made from wheat flour is ſtill the moſt ſtrengthening, and ever to be preferred by thoſe who have the means of obtaining it.

The milk of cows, although it may be ſuppoſed not to partake ſo much of a ſtrengthening nature as the human milk, thoſe creatures feeding altogether upon vegetables, is, nevertheleſs, to be conſidered as a food partly animal, and partly vegetable, prepared alſo under an all-wiſe direction.

Gravies, jellies, and broths, we know, are animal juices; either ſpontaneouſly flowing from fleſh, upon cutting it, after

it is dreſſed; or obtained by a maceration of it in water.

From theſe reflections, therefore, it appears, that in the regimen already permitted, the moſt valuable ſupplies of life are granted, and in a manner the beſt adapted to infant conſtitutions; requiring but little exertion of the digeſtive faculties, and gradually introducing that nutriment, which, as the body becomes ſtronger, it muſt prepare for itſelf from the groſſer aliments.

The intention of what has been ſaid is to encourage, as much as poſſible, the continuation of this diet a little longer; and, indeed, ſome of the fineſt children I ever ſaw have been chiefly confined to a food like this, for the firſt five or ſix years. But although I ſtrongly recommend it, and am conſcious that children, unacquainted with the indulgence of variety, would be perfectly ſatisfied without animal food; yet I am perſuaded that the culpable fondneſs of

moſt parents will initiate them, too early, into the luxuries of a plentiful table.

It is true, we made an obſervation that Nature never intended fleſh for our food until we had teeth to eat it. But it by no means follows, as ſoon as we have our teeth, that with an unbounded freedom we are to devour animal food. Remember likewiſe, ye too indulgent parents, it has been before obſerved, that every alteration in our manner of living ſhould be brought about ſtep by ſtep, haſty tranſitions being always dangerous: and let this teach us to be cautious in our manner of admitting fleſh into the meals of children.

After what has been advanced, and after having given you my opinion that it is yet time enough to ſuffer children to eat fleſh, I now leave this very important point to the diſcretion of parents: however, permit me to recommend, that when fleſh is firſt introduced into their food, at whatever time it may be, this part of their

diet ſhould be allowed them but ſparingly; and a regard alſo ſhould be paid to its quality.

The fleſh of barn-door fowls, beef, mutton, and full-grown animals in general, is the beſt. Crammed poultry, calves, and houſe-fed lambs, kept up to fatten, are improper, becauſe their juices yield by far leſs nouriſhment.

Hence, beef tea, and mutton broth are preferable to thoſe made from lamb or veal. The fleſh alſo of ſuch young fattened animals does not paſs off weak ſtomachs ſo eaſily as the other.

High-ſeaſoned gravies, and ſoups, made diſhes, and ſalted meats, are ever to be avoided; though ſalt with their meats may be allowed, for the reaſons before given.

Although it is not meant to confine them at this age ſo ſtrictly to bread, I am by no means for permitting too free a uſe of ve-

getables; being convinced that ſome complaints of the bowels, in children more advanced in life, proceed from this error, and particularly worms: ſince, if the eggs of theſe inſects are not taken in, together with theſe productions of the garden, on which they harbour and feed; yet this food, at leaſt, affords a conſiderable quantity of ſlime, which ſtagnating in the bowels, ſerves as an habitation for theſe pernicious little animals. This is my reaſon for allowing a little wine, now and then, to be given to children, and I am perſuaded that I have ſeen its good effect. Care ſhould be taken in the choice of vegetables; thoſe of the mealy kind, that approach the neareſt to bread, are to be preferred, ſuch as potatoes, rice, &c. Turnips are alſo good. Lettices, and ſome few others, may, in moderation, be given to them, which your own prudence muſt point out.

The kitchen preparations of milk, ſuch as cuſtards, blamange, white-pots, &c. are

exceedingly proper; and in this kind of food a greater variation may be indulged with leſs harm, being, for the moſt part, equally good and innocent. Salop mixed with milk, as mentioned in the laſt letter, may be granted as often as you pleaſe; and let it be remembered that it is the beſt way of giving that nutritious vegetable to children and invalids.* Eggs are good, and if the yolks be beaten up with warm milk, without boiling, they afford the beſt nouriſhment; yet, however they are dreſſed, never ſuffer children to eat them if the yolks be hard. Puddings in general are likewiſe good, but the moſt ſimple are beſt. Tarts and fruit-pies may be allowed in moderation.

Shell-fiſh, and indeed moſt other kinds, may, now and then, be given; but the firmeſt are to be preferred. Theſe are the moſt prudent directions that occur to my memory; but, after all, thoſe are wiſeſt

* See Family Phyſician, p. 26.

who do not pamper young children with too great a variety.

I ſhall not trouble you with the curative part of diſeaſes incident to children, that being altogether the concern of the phyſician; though it would give me a real pleaſure to ſee ſuch complaints treated of, in a maſterly manner, by ſome accurate obſerver of Nature. This preſent ſyſtem of nurſing is intended only to manage children ſo as to prevent illneſs; and it has coſt me no ſmall pains to ſeparate thet wo provinces, which I hope is effected to the ſatisfaction of my readers.

As to rhubarb, Gaſcoign's powder, magneſia, &c. every mother's obſervations in ſome meaſure direct a proper uſe of them;* but when diſorders do not give way to ſuch ſimple methods, there is no time to be loſt. I beg leave therefore to caution parents,

* Thoſe parents who are at a loſs upon theſe points may conſult the Family Phyſician—for Rhubarb, ſee p. 25.—Gaſcoign's Powder, p. 15.—Magneſia, p. 19.

who can obtain the advice of an experienced practitioner, not to depend upon their own judgments ſo far, as to ſuffer a continuance of complaints until they exceed the power of relief. Delays are always dangerous, with reſpect to diſeaſe, even in grown perſons; but they are much more ſo in children, becauſe they have not equal ſtrength, and conſequently ſooner ſink under bodily infirmities.

LETTER XII.

THE NECESSITY OF CULTIVATING THE DISPOSITIONS OF CHILDREN, TO RENDER THEM AMIABLE AND VIRTUOUS.

LETTER XII.

The neceſſity of cultivating the diſpoſitions of children, to render them amiable and virtuous.

CONFESS, ye worthy parents who know the height of earthly bliſs, what temptations in life could prevail upon you, after two or three years of age, to part from the dear dear offsprings of your mutual loves? Ye tender mothers, ſpeak! I generouſly applaud an affection thus fondly riveted in the female breaſt, and anſwer for you, ladies, that nothing upon earth could prove equivalent to ſuch a loſs. Ten thouſand ſoft enchantments bind them to your very ſouls.

This is the time in which their little fond endearments begin to operate, their every action is wonderfully engaging, and their pretty liſping tongues are one univerſal harmony. How exquiſite is the delight to view their expanding minds—now catching

ſound, that quickly riſes into ſenſe, beaming a happy proſpect of future underſtanding! Here the volume of man begins—even at this time the fertile genius glows. How tranſporting is their ſweet ſenſibility!

O! powerful Nature, how unſpeakably ſtrong are thy ties! What heart, unleſs ſtrangely perverted, can reſiſt thy impulſe? Hence ariſes the unſpeakable difference of a laudable and virtuous paſſion, compared with an unchaſte and vicious life. My God! that men ſhould waſte their health and fortunes in the ſtews with harlots, rioting in obſcene and brutal pleaſures, where the rational being is ſunk even below pity!

Such conduct in the cooler hours of thought, if ever they reflect, muſt cauſe nothing but anguiſh and remorſe; on the contrary, by cultivating a chaſte and honourable love, ſuch wretched libertines might become the joyful parents of little ſmiling families. What an alternative is

this! Be dumb, ye lawleſs rovers; it is an enjoyment beyond your comprehenſion, for virtuous minds alone can reliſh it.

What numbers of debauchees, in different climes and ages, worn out by guilty intemperance, mournfully lament their curſed fate, in not being bleſt with an heir to ſucceed to their half-ruined fortunes? Conſiderate Providence! thus to diſappoint them — for what but impurity and diſeaſe could they give birth to? Happy, thrice happy decree of Nature, that virtue alone can claim a ſmiling and a healthful progeny!

This is a theme worthy of an abler pen. How often has pratling innocence diſarmed the rugged fierceneſs of a brutiſh nature, and melted down the rage of paſſion into more than female ſoftneſs? How often, I ſay, by theſe means, is the man of wrath inſenſibly diſſolved into tenderneſs and

love? I muſt tear myſelf away from the digreſſion; ſhould I indulge my zealous inclination, a volume of panegyric would fall ſhort of the ſubject.

The human mind in its infant opening has been juſtly compared to a blank ſheet of paper, ſuſceptible of every impreſſion. Whence, it may be ſuppoſed, children receive their prejudices and inclinations from the diſpoſitions of thoſe perſons to whoſe care they are entruſted, in like manner as theſe letters convey the ſentiments of the author.

That any children are born with vicious inclinations, I would not willingly believe. When I hear parents exclaiming againſt the bad diſpoſitions of their own children, I cannot help oftentimes ſecretly condemning the parents themſelves for introducing ſuch vices into their habits. Inſtinct, even in brutes, produces a tenderneſs for their young — a harmleſs ſociety amongſt their neighbours — a paſſive fear towards their

enemies — and violence ſeldom is diſcovered but againſt thoſe animals which Nature has appointed for their ſupport. Can we then imagine that a worſe than brutiſh fierceneſs ſhould be naturally diſcernible in our infant ſtate? — that ſpite, malice, anger, and revenge, ſuch diabolical paſſions, ſhould tyrannize before we are capable of ſelf-defence? The very ſuppoſition ſeems to me an arraignment of Providence in the nobleſt part of the creation, and appears to be inconſiſtent with the juſtice of a benevolent Deity.

It therefore behoves every mother to be watchful of her own conduct, and perfectly ſatisfied of the diſpoſitions of ſuch ſervants as ſhe entruſts with the care of her children at this ſuſceptible time of life; when even the more affectionately theſe perſons treat them, the worſe conſequences are to be apprehended, if their own tempers are not good: for as children are gratefully fond of thoſe who uſe them kindly, they are by far the more likely to

imbibe the bad qualities of an indulgent attendant; and, on the contrary, to profit by good examples.

Objects that attract the eyes are the first delighting. The pleasures from hearing are the next. From sight and sound ideas take their gradual rise. Hence, a partial fondness is formed by children towards those whose province it is to attend upon them: and for this reason they are more fond of their nurses, who are constantly pratling to them, than of parents neglectful of their infancy.

The want of duty and affection in children towards their parents, so much to be censured, and so generally complained of, often proceeds from this early mismanagement. The indifference also of too many parents towards their children frequently owes its origin to depriving themselves of the enjoyments of their little ones at this engaging season of life. Even to an uninterested person, the expanding of an infant

mind is a delightful entertainment; but to good parents, the pleasure and attachment must certainly prove exceedingly more agreeable and lasting. We must indeed pity those whom necessity deprives of this happy solace, but utterly condemn such whose inclinations drive their little nurslings from them. Unnatural and mistaken persons, who, if they are punished with undutiful children, suffer only in consequence of their own neglect!

Would you, my tender and considerate matrons, wish to see your children truly amiable? Be then ever careful of yourselves. Endeavour also as much as possible to prevent violent excess of passion in your husbands. This is a laudable task, and much more in the power of women than they generally imagine. Trust me, my fair ones, truly prudent and good wives, by bending a little to the rugged, head-strong, and boisterous dispositions of some husbands, may for the most part

civilize them; and by their endearing and ſoothing manners, in ſpite of early vicious habits, compel them to a behaviour of tenderneſs and love. Thus, by the example of an engaging deportment on your part, you will ſoften their tempers, ſo as to render them good huſbands, good fathers, good maſters, and valuable members of ſociety.

While, on the other hand, vindictive and peeviſh women not only forfeit this female importance, but too frequently eſtrange their huſbands affections from them: and need I ſay that this want of harmony and ſincere friendſhip, between man and wife, is a dangerous pattern for their children?

From the ſtrong force of example, it becomes in a manner natural to the children of ſuch perſons to give an unbridled looſe to every impulſe; nay, their emulation is ſoon engaged to become equally tyrannical with their parents. On the contrary,

where no ſuch precedents are before their eyes; where impaſſioned and youthful love keeps pace with ſentimental friendſhip; where the polite and well-bred man ſhews a virtuous inclination towards his wife; and they both join in a proper regard for their children:—how much reaſon have we to expect that their young and tender minds will be impreſſed with virtue? Nay, I dare aver, that from this rectitude of behaviour, ſuch parents will generally be rewarded with good and dutiful children.

With reſpect to the management of children, how ſhall we draw the line betwixt indulgence and ſeverity? Although they are diametrically oppoſite to each other, it is ſcarcely poſſible to be done; nay, it cannot be determined ſo as to admit of abſolute deciſion. Children neceſſarily require a different treatment, even from their natural diſpoſition, as it is uſually called. And a conduct indulgent to ſome, will prove the greateſt ſeverity to others.

Let it therefore be remembered that our plan is to ſubdue the firſt irregular emotions in the bud, ſo as to prevent them from riſing into paſſions.

I would then, at all events, earneſtly recommend temper and forbearance to thoſe who have the government of their infant years. Kind treatment, good words, and a generous encouragement, to moſt diſpoſitions, will prove equal to every thing that you require of them; and if they can be conquered by ſuch laudable and gentle means, you not only carry the firſt points in the moſt eligible manner, but accuſtom them alſo to an obliging behaviour, and excite their emulation to endeavour to pleaſe.

Carefully therefore obſerve every emotion that is praiſe-worthy, and let a reward accompany it; for the encouragement of one virtuous impulſe will have a much happier effect than the correction of an hundred faults.

Such are the impreſſions neceſſary to form a virtuous mind, and they will certainly grow up into their habits. On the contrary, where children's diſpoſitions are untoward; if they be ſubdued by harſh words, threats, and chaſtiſement, how are their tempers ruffled by ſuch treatment?—and what is to be expected, but that they conſider ſeverity and violence as the only means for them to obtain any point over others, whom they may have a future occaſion to contend with? What a wretched foundation of perpetual diſquietude!

Where reproof is neceſſary, mortification is undoubtedly the beſt means of correction, and let an acknowledgment of the fault prove the means of reconciliation.

> "And next to *right* pray condeſcend
> "T'acknowledge doing *wrong*, my friend."

This humbles them in their own opinions; it neceſſarily begets ſhame, and before a

diſpoſition is hardened into vice, ſhame will always produce amendment.

Moreover, in this caſe there is no object for reſentment, that great ſupport of pride, conſequently it initiates them to conſider thoroughly their own conduct, and of courſe to dwell upon the cauſe for which they are thus humbled. What, therefore, can more thoroughly conduce to render children amiable as they grow up, than the accuſtoming of them to a retroſpection of their own behaviour, and to an inward condemnation of their faults, of which their making a conceſſion is ſufficient proof?

Even in the moſt trifling promiſe a parent can make to children, I moſt earneſtly recommend that it be religiouſly adhered to, otherwiſe you teach them a ſhocking leſſon of deceit.

For equivocation and falſity, their mortifications ought to be exceedingly ſevere;

but in every point where you find it neceſſary to correct, be ſure you make them truly ſenſible of their error: at the ſame time, in every miſdemeanour, be thoroughly ſatisfied that it proceeds from a culpable emotion before you reprove it; for it ſometimes falls out, that wrong actions may proceed from laudable intentions.

How often in life does it happen, that exceptions are taken againſt a friend, who is at that very time actually meditating the angry perſon's advantage; and yet, perhaps, appearances ſo blind him that he thinks of nothing but revenge, until an eclairciſſement takes place, when he as paſſionately reproaches himſelf for his ingratitude? The caſe is ſtill harder with children; for, when they are puniſhed wrongfully, it is ſeldom that they have it in their power to clear themſelves; and further, they may, probably, ſuppoſe their own good emotions to be the guilty cauſe, and thereby endeavour to ſuppreſs a riſing virtue.

Indulgence over much is liable to produce effects equally bad, as extreme ſeverity; for as the latter inures them to every act of violence, ſo the former encourages the breach of every civil duty that thwarts their ſelfiſh inclinations.

But the greateſt miſconduct of all ariſes from theſe two oppoſite ways of management being united together, in the wideſt extreme; when one moment the little creature's bones are almoſt broken for a fault of which it is ſcarcely ſenſible, and the next moment it is fondly cheriſhed to reconcile it to the miſtaken parent; and in return, not improbably, indulged in exerciſing its rage upon toys, in torturing birds, dogs, cats, and ſuch-like domeſtic animals as infant tyranny can lord it over; and permitted alſo at the window to ſport with the lives of little buzzing inſects, that fall a ſacrifice to wanton cruelty.

The child who is fondly and fooliſhly indulged, promiſes only a melancholy pro-

ſpect; but where, on the other hand, as is too generally ſeen, an occaſional ſeverity inures it to cruelty, the diſpoſition is inevitably ruined. The conſequences of ſuch ſeverity and ſuch indulgence fill the mind with every diſagreeable apprehenſion: and indeed, what can they produce but inordinate deſires, brutiſh rage, and violence?

Thoſe parents who are happy enough to ſubdue their own choler, and thereby ſet their children proper examples, will have very little cauſe for complaint againſt them. On the contrary, ſuch as are perpetually quarrelling with each other, with their children, ſervants, and every body around them, cannot expect much peace and comfort from their riſing families. But if they will take this friendly advice, to correct their own errors only once, for every hundredth time they chaſtiſe others, it will probably bring about ſome amendment in themſelves; and the force of their example muſt ſurely produce the beſt effect upon their houſhold.

We have now conducted children through the different ſtages of helpleſs infancy, and gradually introduced them, though as yet but junior characters, upon the grand theatre of life; where the happy effects of ſuch careful regulations are generally to be diſtinguiſhed. As to literary improvements, they properly come under another juriſdiction, and therefore claim your future conſideration. Nevertheleſs, a condeſcending obligingneſs, a ſweet affability, an unaſſuming ſenſibility, and a modeſt deportment, ever denote the proper education of a female mind. In like manner, prudence, abſtemiouſneſs, and virtuous diſpoſitions in men, moſt frequently proceed from the good impreſſions of childhood. Severe ſtripes, and harſh uſage, add fuel to a turbulent and revengeful ſpirit, and too frequently render a ſullen boy malicious. On the other hand, the indulged and ſpoiled child commonly turns out an abandoned libertine.

Thus, my fair ones, you may eaſily diſcover how much ſociety is intereſted in your motherly conduct, at this early time; "for as the twig is bent, the tree will grow;" and the ſeeds of iniquity, in thoſe diſpoſitions where virtue is not planted, unavoidably, as it were, take root, and ſpring up without much cultivation.

Every notorious vice ſhews an utter contempt for the moral duties of life, and the man whoſe character is infamous, ſeems but little to regard the opinion of others: therefore the good fame and chaſtity of women become his ridicule and ſport. Such men are continually aſſaulting their virtue, and aiming at their ſeduction. Of conſequence, the darling, who has never been curbed in the early impulſes of erroneous inclinations, will prove to be very little capable of ſubduing the tempeſtuous paſſions of youth; which will not only hurry him on to his own ruin, but alſo too generally occaſion the diſgrace, infamy, and deſtruction of many unfortunate young women.

Thus it appears, how greatly the happineſs and proſperity of the fair ſex are affected by the ſenſual miſconduct of ours; inſomuch that, in the preſent inſtance, women as well as men muſt fall degraded.

LETTER XIII.

OF MILK—ITS PROPERTIES EXAMINED.

LETTER XIII.

Of milk—Its properties examined—the different kinds of milk compared with each other—and their particular virtues explained.

MILK has been recommended, in ſeveral letters, as the proper food for infants; and in the fourteenth and fifteenth, it is again ſpoken of, as being equally neceſſary for invalids, and aged perſons. It ſhall therefore be the buſineſs of this letter to examine ſo far into the qualities of milk, and into the milk of different animals, as may enable us to determine what kind of milk is upon different occaſions to be preferred; which will take in every thing, not elſewhere obſerved, upon this ſubject.

Milk was before remarked to be a kind of white blood, prepared by the mother for the ſupport of her young; ſo far we may ſpeak of it in general terms.

In different animals therefore it is reaſonable to ſuppoſe, and fact confirms our ſuppoſition, that the qualities of milk are alſo different; hence, by firſt examining into its general properties, and, from thoſe principles, ſetting forth the peculiar variations in the milk of different animals, we ſhall arrive at the deſired concluſion.

In milk, by ſtepping into the dairy, we may diſcern three principal component parts. After it has remained ſome time in an undiſturbed ſtate, the cream floats upon the ſurface; it is the leaſt in quantity, though moſt nouriſhing, of an oily balſamic ſubſtance, and inflammable in its nature, as the butter which is made from it plainly demonſtrates.

A lady, before whom I once made ſome experiments, aſked me why the cream floated upon the ſurface; for being, continued ſhe, the thickeſt part, ought it not rather to ſink to the bottom? I told her it was the thickeſt part, to be ſure, but at the ſame

time it was alſo the lighteſt; ſpecifically ſo, as oil is lighter than water, and therefore riſes to the top.

The cream being taken off, the remaining milk appears bluiſh, and thinner than before; and when thus robbed of its thick creamy part, it conſequently is not ſo ſmooth to the palate.

On the addition of runnet, or indeed any acid, a ſeparation of the two remaining parts ſoon takes place, and we diſcover the curd. This being the heavieſt, when ſeparated from the whey, falls to the bottom. It is the leaſt valuable part of the milk, glutinous in its nature, and compoſed of the moſt earthy particles, being alſo of an aſtringent quality.

The third and only remaining part, being the whey of the milk, is the largeſt in quantity, of a diluting and cleanſing property.

Let us now by this ſtandard compare the different kinds of milk moſtly in uſe with us, and apply them to the purpoſes for which they ſeem beſt calculated.

The human milk, when drawn from the breaſt, has exactly the ſame bluiſh appearance as cows milk when the cream is taken off. It affords very little cream, and but a ſmall quantity of curd, therefore the whey conſtitutes the chief part; but the more healthy the woman is, and particularly if between the age of twenty and thirty, the more her milk abounds with rich creamy balſam, and the more it alſo contains of the curd or earthy particles; probably from her conſtitution being, at this time, in full vigour, and the digeſtive powers therefore more perfect.

Theſe obſervations will point out the beſt ſubſtitute where the breaſt is denied, and will likewiſe direct thoſe who prefer wet-nurſing in the choice of the propereſt perſon; for there is, in my opinion, an equal

objection againſt the milk of a very young girl, as againſt that of a woman almoſt paſt child-bearing. The cleanſing quality, before taken notice of, in a breaſt of new milk, will alſo, together with reaſon and experience, ſhew the propriety of recommending thoſe women who have not been long delivered.

Aſſes milk is generally allowed to be the neareſt to the human, and according to the above experiments we find it ſo, abounding moſtly with whey, and having little of the cream or curd in it. Hence, after a ſevere fit of illneſs, where the body is much emaciated, and the ſtomach weak, or where the blood is loaded with ſharp acrid humours, the cleanſing quality of aſſes milk deſerves a preference to that of any other animal which is uſed for this purpoſe. In conſumptive caſes, or where there is a ſlow habitual fever, it is juſtly to be preferred, until ſuch time as the conſtitution may have gained a little

ſtrength, when the more nouriſhing ought to ſupply its place.

Mares milk is eſteemed to be much the ſame as aſſes, but this indeed is in very little uſe.

Cows milk comes next under conſideration. This appears to be the richeſt and moſt nouriſhing of any of the brutes milk here mentioned. It abounds with a great deal of cream; for, after ſtanding twelve hours and being ſkimmed, it appears equal to any other milk. It contains alſo a large quantity of curd; and, after all, even the whey is by far more nutritious than any other.

We obſerved that aſſes milk, in the experiments, moſtly reſembles the human. Why then not prefer that to cows milk for the food of children? I do not totally deny the uſe of this milk for that purpoſe; but in our part of the country it is very expenſive, and cannot be obtained

in any large quantity, for which reaſon it would be impracticable to bring it into general uſe.

There is likewiſe another reaſon which inclines me to give a preference to cows milk; for, notwithſtanding the ſimilarity of human milk to that of aſſes, the firſt may well be ſuppoſed moſt ſtrengthening, ſince women uſually feed on animal as well as vegetable diet, while the brutes we ſpeak of are confined intirely to vegetables. Whence, if we ſubſtitute aſſes milk, we ſhall fall ſhort of the nouriſhment Nature deſigned for us; and therefore for a young child, who requires a heartening diet, the milk of cows, in my opinion, is preferable, as the richneſs of it is, in ſome meaſure, adequate to the ſuppoſed difference in the qualities of human milk, and that of other animals.

The milk of ſheep and goats conſiſts moſtly of the curd, or earthy particles: hence, where the blood-veſſels are injured

by acrid humours, and frequent bleedings happen from this cauſe; or where children are ſubject to the rickets, from a weakneſs of the bones, that milk which abounds moſtly with the curd, or cheeſy part, ſeems beſt calculated to anſwer the intention; its earthy, mucilaginous, and aſtringent property having the greateſt tendency to heal ſuch ruptured veſſels, and to give a firmneſs to the bones: but as theſe milks poſſeſs leſs of the cleanſing power, it will, in moſt caſes, particularly in bleedings, be proper to uſe the more attenuating kind firſt.

We have now examined the different milks familiar to us, and from their different properties, pointed out the end each ſort ſeems beſt calculated to anſwer; whence every perſon will quickly be determined which to give the preference to in particular complaints.

When any one firſt begins to eat milk, eſpecially if a free liver, it may probably

purge a little, but ſuch inconveniencies will moſt commonly be removed by accuſtoming the conſtitution to the uſe of it, and boiling the milk will in a great meaſure prevent this effect. I have always remarked that thoſe who, by reaſon of a pampered appetite, complain of milk and vegetables being windy, and not agreeing with them, are the very perſons who moſt require ſuch a diet; for it is the debauched ſtate of the ſtomach and bowels that occaſions their uneaſineſs, which this regimen ſeems the moſt likely to correct.

I have recommended a little ſalt to be mixed with milk before it is given to children, if they are apt to throw it up curdled; and ſhall mention the experiment which induced me to give that advice, ſince it is equally worthy the attention of grown perſons, ſome of whom make this an objection to their eating milk, as I am inclined to believe ſuch

precaution will render it agreeable to moſt conſtitutions.

I put two ounces of milk, warm as it came from the cow, into a tea-cup, with a little common ſalt. I put the ſame quantity, of the like warmth, into another tea-cup, without ſalt. Then dropping a very little diſtilled vinegar into each, a hard curd preſently appeared in that milk which had no ſalt in it, while the other with the ſalt was ſcarcely altered.

I tried the ſame experiment again with a large tea ſpoonful of runnet, and obſerved the milk which had the ſalt in it to continue in its fluid ſtate, while the other grew thick and turbid, and almoſt inſtantly ſeparated into curds and whey. This laſt experiment anſwered the beſt, and is much more to our purpoſe than the former. From theſe hints it ſeems reaſonable to conclude, that ſalt taken with milk might equally prevent the too haſty

curdling of it, where there is a great acidity in the ſtomach; in which caſe, the curdled milk, having too quickly aſſumed a ſolidity, becomes troubleſome; and becauſe it is not as yet deſigned to paſs into the bowels for the office of nouriſhment, a part of this intolerable load is generally diſcharged by vomiting. Moreover, the ſtimulating quality of ſalt will greatly aſſiſt a weak digeſtion, and thereby facilitate the paſſage of the milk from the ſtomach into the bowels; and from experience, in recommending it to children who uſed to throw up their milk in a curdled ſtate, I am convinced of its utility.

In all caſes where infirmities or age require a prudent regimen, I have directed a ſimilar care to that of dieting children. Milk therefore comprehends a very material part of ſuch food, and I am fully perſuaded that if it were more univerſally uſed, the world in general would be greatly benefited. I do not, however, mean to be underſtood that I debar thoſe from a reaſon-

able quantity of animal food, who are capable of digeſting it. But ſuch as are emaciated by illneſs, or have the misfortune to labour under gouty complaints; ſuch alſo as are conſumptively inclined, or thoſe who have crazy, infirm conſtitutions, and are ſubject to an habitual feveriſh diſpoſition, will do right to eat fleſh only once in the day, and, for the reſt of their nouriſhment, to live almoſt, if not altogether, upon milk.

LETTER XIV.

THE SICK CHAMBER.

LETTER XIV.

The ſick chamber—with directions alſo for invalids.

WE are now, my dear ladies, entering into the ſick chamber, in which, as well as in the nurſery, many amiable characters may be drawn. Here, the conjugal affection of a wife is laudably diſplayed—the tender love of a mother fondly exerts itſelf—the gratitude and duty of a daughter are conſpicuous—the good ſiſter alſo endears herſelf to a worthy brother—and female friendſhip wears a thouſand additional charms!

Let us picture a truly tender and good wife, in this exalted character! Let us ſuppoſe that ſhe has her deſerved recompence, by reſtoring to her chaſte and longing arms the diſtinguiſhed choice of her youthful love, ennobled by a generous ſympathy of virtuous inclinations!

Let us imagine this happy man perfectly recovered from a dangerous and painful illness; to which recovery her unwearied attendance proved greatly instrumental: his mind, likewise, impressed with every thought a consciousness of such an obligation can inspire! Behold the husband admiring her transcendent excellency, while the honest tear, perchance, trickling down his cheek, betrays the big emotion of a grateful heart. "She, on her part, with looks of cordial love, awhile in silent rapture glows —then on bended knees adores her Maker" —returns most fervid thanks, for that her prayer of sorrow has been heard, that He has graciously restored the husband and the father! How great must be their reciprocal felicity!

I shall now proceed to those instructions which are necessary for the proper execution of this friendly office. There is a certain impertinence, frequently proceeding from laudable motives, which, nevertheless, is totally culpable: I mean the desire of our

acquaintance to viſit a ſick chamber. It is oftentimes, I acknowledge, the effect of tenderneſs ill-placed, and a real concern imprudently expreſſed. In general, thoſe viſits ſhould not be permitted. I every day experience the ill effects of them. When indeed a patient is upon the recovery, and capable of ſitting up three or four hours at a time, the company of a friend, who knows how far to engage, with propriety, in converſation, is a ſweetly refreſhing ſolace: but locks, bolts, or bars, cannot be too ſtrong to keep prating goſſips, at all times, out of a ſick chamber.

During a fever, it is a load ſufficient for any patient to bear the diſeaſe. Quietude on his part, and ſilence on the part of thoſe about him, ought univerſally to be impoſed. It is not a time for the mind to be engaged either in the purſuit of buſineſs or pleaſure.

This leads me to a conſideration of the utmoſt importance; and as I am not ſpeak-

ing as a phyſician, but as a friend, it comes properly within that province, and I hope it will be ſeriouſly attended to by every reader. If it is now prejudicial for any one to think, even of the common concerns of life, how much more injurious muſt it prove, to have the mind engaged in that great work of ſettling, for ever, our worldly affairs?

Would you, my rational friends, wiſh to be freed from an intolerable burden, never poſtpone this important buſineſs until you are upon a bed of ſickneſs. Not to ſay how incapable the judgment at ſuch a time will often prove, perhaps to the detriment of ſome deſerving friend, or not unlikely to the confuſion of a whole family, the very mention of it from any one about us, or the conſcious neceſſity in ourſelves, muſt exceedingly hurry and depreſs the ſpirits, when tranquillity and ſupport are eſſentially neceſſary. For what can ſuch an idea convey but death?—A laſt will and teſtament is one of the moſt ſolemn

acts of life, and ought never to be poſtponed till the agonizing moments of death.

The chamber, proper for a patient, is of no ſmall moment. There ought to be a free circulation of air, whether it be in the ſummer or winter. I never would have any perſon confined to a room without a chimney; it is equally neceſſary in the warmer ſeaſon for the purpoſe of diſcharging the offenſive vapours of diſeaſe, as it is in cold weather, by means of a little fire, to bring the air to a due temperament, which alſo contributes to remove the like offence.

To you, my female friends, this concern of nurſing belongs. It is an important and oftentimes a fatiguing taſk. I would willingly engage you in it upon principle, and therefore ſhall endeavour to ſhew that man and woman were born for each other's ſupport and comfort. Their reſpective dependence upon each other

is, undoubtedly, the wiſe ordination of Omniſcience.

I cannot ſpeak of this mutual obligation without being mindful of the beautiful paſſage in our immortal Milton's Paradiſe Loſt, book the fourth, where Eve gives Adam an account of herſelf; and I ſhall introduce the deſcription at length, as a quotation from this author can never be deemed impertinent. Let us attend to the mother of mankind!—

To whom thus Eve reply'd. O thou! for whom
And from whom I was form'd; fleſh of thy fleſh;
And without whom am to no end; my guide,
And head! what thou haſt ſaid is juſt and right.
For we to him indeed all praiſes owe,
And daily thanks; I chiefly, who enjoy
So far the happier lot, enjoying thee
Præ-eminent by ſo much odds; while thou
Like conſort to thyſelf can'ſt no where find.
That day I oft remember, when from ſleep
I firſt awak'd, and found myſelf repos'd
Under a ſhade, on flowers; much wond'ring where,
And what I was, whence thither brought, and how.
Not diſtant far from thence, a murmuring ſound
Of waters iſſued from a cave, and ſpread

Into a liquid plain, then ſtood unmov'd,
Pure as th' expanſe of heav'n: I thither went,
With inexperienc'd thought, and laid me down
On the green bank, to look into the clear
Smooth lake, that to me ſeem'd another ſky.
As I bent down to look, juſt oppoſite
A ſhape within the watry gleam appear'd,
Bending to look on me; I ſtarted back,
It ſtarted back; but pleas'd I ſoon return'd;
Pleas'd it return'd as ſoon, with anſwering looks
Of ſympathy, and love: there I had fix'd
Mine eyes till now, and pin'd with vain deſire,
Had not a voice thus warn'd me, "What thou ſee'ſt,
"What there thou ſee'ſt, fair creature, is thyſelf;
"With thee it came and goes: but, follow me,
"And I will bring thee where no ſhadow ſtays
"Thy coming, and thy ſoft embraces; he
"Whoſe image thou art: him thou ſhalt enjoy
"Inſeparably thine, to him ſhalt bear
"Multitudes like thyſelf, and thence be call'd
"Mother of human race." What could I do,
But follow ſtrait, inviſibly thus led,
Till I eſpy'd thee? fair indeed, and tall,
Under a plantan; yet, methought, leſs fair,
Leſs winning ſoft, leſs amiably mild,
Than that ſmooth watry image: back I turn'd;
Thou following cry'dſt aloud, Return, fair Eve,
Whom fly'ſt thou? whom thou fly'ſt, of him thou art,
His fleſh, his bone; to give thee being I lent
Out of my ſide to thee, neareſt my heart,
Subſtantial life, to have thee by my ſide
Henceforth an individual ſolace dear:

Part of my ſoul, I ſeek thee; and thee claim,
My other half!——With that, thy gentle hand
Seiz'd mine; I yielded; and from that time ſee
How beauty is excell'd by manly grace,
And wiſdom, which alone is truly fair.

To illuſtrate my argument of our mutual dependence, I muſt beg leave to indulge myſelf, and hope likewiſe to entertain my reader, with another quotation from the ſame author. Adam, deſirous of retaining the angel Raphael, relates to him what he remembers ſince his own creation, and amongſt other things, that which is to our purpoſe, his firſt meeting and nuptials with Eve. After recounting his dream, wherein he was informed of her creation, he proceeds:—

I wak'd
To find her, or for ever to deplore
Her loſs, and other pleaſures all abjure.
When out of hope, behold her! not far off;
Such as I ſaw her in my dream, adorn'd
With what all earth or heav'n could beſtow
To make her amiable; on ſhe came,
Led by her heav'nly Maker (though unſeen)
And guided by his voice; nor uninform'd
Of nuptial ſanctity, and marriage rites:

Grace was in all her ſteps, heav'n in her eye,
In every geſture dignity, and love!
I over-joy'd could not forbear aloud.---

This turn hath made amends! Thou h ſt fulfill'd
Thy words, Creator bounteous, and benign!
Giver of all things fair! but faireſt this
Of all thy gifts! nor envieſt. I now ſee
Bone of my bone, fleſh of my fleſh, myſelf
Before me: woman is her name; of man
Extracted: for this cauſe he ſhall forego
Father and mother, and to his wife adhere;
And they ſhall be one fleſh, one heart, one ſoul.

She heard me thus; and though divinely brought,
Yet innocence, and virgin modeſty,
Her virtue, and the conſcience of her worth,
That would be woo'd, and not unſought be won;
Not obvious, not obtruſive, but retir'd,
The more deſirable: or, to ſay all,
Nature herſelf (though pure of ſinful thought)
Wrought in her ſo, that ſeeing me, ſhe turn'd;
I follow'd her; ſhe what was honour knew,
And, with obſequious majeſty, approv'd
My pleaded reaſon.----To the nuptial bow'r
I led her, bluſhing like the morn: all heav'n,
And happy conſtellations, on that hour
Shed their ſe'eſteſt influence: the earth
Gave ſign of gratulation, and each hill:
Joyous the birds; freſh gales, and gentle airs
Whiſper'd it to the woods, and from their wings
Flung roſe, flung odors from the ſpicy ſhrubs,

Disporting! till the amorous bird of night
Sung spousal, and bid haste the ev'ning star
On his hill-top, to light the bridal lamp.

Thus I have told thee all my state, and brought
My story to the sum of earthly bliss,
Which I enjoy: and must confess to find
In all things else delight indeed; but such
As, us'd or not, works in the mind no change,
Nor vehement desire; the delicacies
I mean of taste, sight, smell, herbs, fruits, and flow'rs,
Walks, and the melody of birds: but here
Far otherwise! transported I behold,
Transported touch: here passion first I felt,
Commotion strange! in all enjoyments else
Superior and unmov'd: here only weak,
Against the charm of beauty's pow'rful glance.
Or Nature fail'd in me, and left some part
Not proof enough such object to sustain:
Or, from my side subducting, took perhaps
More than enough: at least, on her bestow'd
Too much of ornament: in outward shew,
Elaborate; of inward, less exact.
For well I understand, in the prime end
Of Nature, her th' inferior; in the mind,
And inward faculties; which most excel:
In outward also her resembling less
His image who made both; and less expressing
The character of that dominion giv'n
O'er other creatures. Yet, when I approach
Her loveliness, so absolute she seems,
And in herself complete, so well to know
Her own; that what she wills to do, or say,

Seems wiſeſt, virtuouſeſt, diſcreteſt, beſt:
All higher knowledge in her preſence falls
Degraded; wiſdom in diſcourſe with her
Loſes diſcountenanc'd, and like folly ſhews:
Authority and reaſon on her wait,
As one intended firſt, not after made
Occaſionally: and (to conſummate all)
Greatneſs of mind, and nobleneſs, their ſeat
Build in her loveliest, and create an awe
About her, as a guard angelic plac'd.

How exquiſitely charming are theſe deſcriptions! what valuable portraits of the firſt human pair! The lines elegantly ſtrong! The colourings beautifully rich! Then again the amazingly ſoft and delicate touches of this great maſter of the human feelings, where-ever we caſt our eyes, enchantingly appear!

What can more fully ſhew our mutual dependence!—ſo amiably engaging to each other, our firſt parents, in this poem, are deſcribed, that the labour of either, whereby the other was benefited, muſt prove a real pleaſure. What an example for the encouragement of matrimony!—O that we could more generally diſplay the cha-

racter of Adam! Then you, my fair ones, would ſtrive more ardently, in gentleneſs and love, to imitate this firſt of women.

If man would endeavour to curb unlawful inclinations, cheriſhing and comforting the wife of his boſom; if he would fondly regard her charms and virtues; what emulation muſt ſuch a conduct excite in every female breaſt—to give honour and dignity to her huſband? Let men but begin the reformation, and I will be accountable for the right behaviour of the generality of your ſex.

Nevertheleſs, the culpableneſs of man will not excuſe the folly of woman; and this piece of advice, from a real friend, the ladies will do well to obſerve.

I know my fair pupils will tell me, that although a huſband may have follies and vices, yet, if he is but a ſenſible man, they can overlook them, and chearfully ſubmit to their lord and maſter — but who, ſay they, can be governed by a fool?

When once a woman has drawn her lot, it is not only her duty, but the height of policy, to make the beſt of it. Let her choice prove ever ſo diſagreeable, or ſuppoſing that ſhe was led into ſuch a marriage by the cruel compulſion of her friends, ſtill honour and obedience are required on her part. By giving importance to an huſband, (even thoſe huſbands we are now ſpeaking of, for others will command it) a wiſe merits, and generally obtains, praiſe and adoration, not only from him, but from the whole world.

On the contrary, the miſtaken ſhe, who in company degrades, and, upon every occaſion, tauntingly reproaches her huſband, thus making him, poor man, the contemptible butt to level her triumphant ſhafts at; notwithſtanding ſhe imagines her own wit and ſuperior talents are happily diſplayed, to the entertainment and admiration of her friends; believe me, ladies, by thoſe very friends ſhe muſt ever be condemned; and let her merits, in other

reſpects, be ever ſo great, this culpable part of her behaviour they moſt aſſuredly deſpiſe.

But to return from our preſent wandering, which I intentionally followed as an encouragement to virtue, a conſiſtency of character, and mutual love; being convinced that theſe qualifications will make even a conſtant attendance in a ſick chamber not altogether unpleaſing. Now then let us purſue our further care, where female tenderneſs can aſſwage the ſevereſt bodily pains, and render the greateſt miſfortunes of life, at leaſt, ſupportable.

In every diſorder, phyſic and good nurſing ought to go hand in hand; and I am the more deſirous of giving my opinion with reſpect to *good nurſing*, as I mean to oppoſe it to *poor and bad nurſing*, which has been too much the unlucky and miſtaken practice of the ſick chamber: for under the vague idea of inflammation, and inflammatory diſeaſes, even bread and water have been ſometimes accounted too great

a ſupport for the patient. But, with pleaſure, we now ſee phyſicians act upon more rational principles; and I would wiſh to convince you, ladies, whoſe province it is, of the propriety of ſupporting patients under every diſeaſe.

The ſick chamber is our ſubject; but it is alſo to be underſtood, that the precautions here laid down will prove equally neceſſary, where invalids are permitted to attend to the common affairs of life; for, without a prudent regulation in our method of living, few conſtitutional or long-exiſting ails can be removed, or even rendered in any degree light, and eaſily to be borne; but I am clearly convinced, that it is very poſſible for many infirm perſons to paſs comfortably through a tolerable length of life, and, at laſt, to pay an eaſy debt to nature. *

* It would be ſwelling this letter to a very great bulk, was I to enter into a particular account of the diet proper for invalids. The reader, who is under the neceſſity of obſerving ſuch a prudent reſtraint, is therefore referred to

The obſervations, therefore, upon children and aged perſons are equally applicable to thoſe, who, by ungoverned paſſions and intemperance, have ruined their health; for in either of theſe caſes, where the bodily powers are enervated, and the digeſtion weakened, a proper, light, and nouriſhing diet is as neceſſary to reſtore health, as it is to ſupport the young, and preſerve the aged.

Every diſeaſe is to be conſidered as a deviation from health; and a fever is the means made uſe of by Nature to free the body from ſomething that is noxious. Ought we, therefore, to counter-act her in this her own great work? Ought we not rather cautiouſly and prudently, like a valuable handmaid, to tend upon her movements, and generouſly ſupport her in the

my obſervations upon diet in the Family Phyſician; ſome hints of this kind are there thrown out, which he may probably conſider as not altogether unworthy of his attention.

design ſhe aims at? Surely this appears to every one reaſonable.

However, where there is a fever, or great weakneſs of the body, or where the body itſelf is emaciated, an alteration from the common manner of living is certainly neceſſary. To theſe points, therefore, I ſhall confine my advice, as other conſiderations come under a medical direction.

Few perſons are conſtrained to keep their chambers, who are not troubled with great loſs of ſtrength, or feveriſh complaints; either as the firſt cauſe, or as ſymptoms accompanying other diſeaſes. Suppoſing then theſe circumſtances, the conſtitution being thus reduced, or Nature labouring to throw off a diſeaſe, the body certainly requires a nouriſhment of the moſt ſimple kind; by ſimple I mean eaſy of digeſtion, but let it at the ſame time be comfortable. The ſtomach and bowels muſt, of neceſſity, be equally affected with the other parts of

the body, and conſequently unable to perform their offices upon the common ſupports of life.

Animal food, therefore, is particularly to be forbidden; and I am ſorry to be obliged to blame the fondneſs of parents, and thoſe who aſſiſt in ſick chambers, for too frequently indulging patients thus unwarrantably. Give me leave to obſerve, if fleſh be permitted during the exiſtence of a fever, or when the body, by illneſs, is exceedingly weakened and emaciated, from the incapacity of the digeſtive faculties, the nouriſhment produced muſt be imperfect, crude, offenſive; and conſequently, inſtead of a ſupport, muſt add an additional weight to the diſeaſe.

But, at the ſame time, let it be remembered, that as a ſupport is neceſſary, good broths, wine whey, jellies, panado, a beverage of wine and water, &c. are to be diſcretionally permitted; and indeed the inclination of the ſick perſon will gene-

rally determine the propriety of these things; for where they are hurtful, an universal loathing of them commonly takes place.

These, and such like sippings, being easy of digestion, are not only the properest for a diseased state of the stomach and bowels, but they also supply the body with a necessary nourishment to uphold its strength under the disorder. It is a point at present acknowledged by all good physicians. It is, in my opinion, a circumstance minutely to be dwelt upon; for woeful experience has often convinced me, that the rashness of an obstinate nurse, in one unlucky hour, has counteracted the operations of a well-regulated, and otherwise successful, regimen.

Although I would debar patients from animal food, where there is a feverish complaint, nevertheless I do most earnestly recommend a generous, but discretionary, support of easily digested and comfortable

liquid nourifhment, in every fever. I mean, that barley-water, mint and baum tea, with fuch like drinks, will not fufficiently fupport the ftrength of a patient under any kind of fever, even for a few days, and much lefs for as many weeks. As to the diftinctions of inflammatory, nervous, and putrid, it is not my bufinefs to enter upon them here; but fuppofing the fever to be inflammatory, the patient is, or ought to be, confined to bed, and a breathing fweat encouraged. Will not then an already almoft digefted and innocent liquid nourifhment anfwer the phyfician's aim, at the fame time that it fupports the patient? Experience has convinced me of its utility. I cannot help, therefore, ftrongly recommending it, for I am too apprehenfive that many lives are daily loft for want of this neceffary fupport.

I am labouring to prevent that miftaken care, which is commonly called ftarving a difeafe, and to fet afide the dreadful appre-

henſion that a little innocent nouriſhment, given to a perſon in a fever, is ſtill adding fuel to the fire. By theſe errors the ableſt aſſiſtance is oftentimes baffled, to the coſt of the patient, and, not unlikely, to the diſgrace of a worthy practitioner. Be aſſured, that it is more eligible to endeavour to ſupport, and build up again, a ſhaken, diſeaſed, and tottering frame, than to attempt to pull it down. Never let this be done but by the expreſs command of wiſdom and experience, for it is a ſerious affair at all times to deprive a tenement of its foundation and ſtrength. It is much to be wiſhed, as it ſurely muſt prove a general advantage, that phyſicians would more particularly direct the regimen of diet in ſick chambers.

The punctuality of nurſes, and thoſe who attend upon the ſick, in the adminiſtering of medicines, is of no ſmall import. It is a cruel reflection upon the honeſt part of the profeſſion, that practitioners conſult the number of their fees, or the length of their

bills, more than the health of their patients. Such iniquity is but very ſeldom, I hope, if ever practiſed; and as few perſons employ any but thoſe of whom they entertain a good opinion, let me warn you, as a friend, not to indulge a ſuſpicion which betrays a mean ſoul, and moſt probably will, at ſome time or other, produce fatal conſequences to yourſelves. Great relief, nay, oftentimes, perfect health, is aſſuredly to be obtained by the help of medicine. Great evil, nay, too frequently, certain death, enſues from a jealous contempt, or wanton neglect of this ſalutary aid.

I muſt ſpeak of another miſtake, with regard to the management of linen. A patient cannot be hurt by changing wet, filthy, and offenſive linen, for that which is clean, dry, and comfortable, provided this be done with proper care, not to give cold during the time of ſhifting the cloaths. Linen which is perfectly dry and clean is, at all times, to be preferred to that which has been uſed, for the latter may have abſorbed of-

fenſive vapours, of which the former muſt be intirely free. Againſt this obſervation, I am convinced, there are great prejudices; nevertheleſs thoſe who employ their reaſon but for a moment, will ſee the propriety of the preſent caution.

A free ſucceſſion of air is eſſentially neceſſary, not only to carry off the offenſive vapours of diſeaſe, but alſo to the recovery of the patient; nay, even to the preſervation of thoſe who attend upon the ſick. It is true that a fire is proper in cold weather, for reaſons before given, but at the ſame time the chamber ought to be no more than comfortably warm; for where this degree of heat is exceeded, faint ſweats are likely to exhauſt the patient's ſtrength, whereby he ſinks, perhaps, under a diſeaſe, through which, probably, he might otherwiſe have been ſupported.

Having now cautioned you againſt the moſt material errors which, at preſent, occur to my memory, I will beg leave to

obſerve what poor creatures men in general are, when neceſſity confines them to a ſick chamber! If we reflect upon this ſcene, ought we to complain of the ſpirits of women? I ſcarcely ever find a man, in ſickneſs, ſupport himſelf ſo well as a woman does. Men are, for the moſt part, depreſſed in their ſpirits to the greateſt degree when they are ill. Be it then with gratitude remembered, that in a ſick chamber, the pleaſing vivacity, and, let me add, the true philoſophy, of a kind female friend, prove eſſentially neceſſary. A good nurſe will, in a great meaſure, alleviate our bodily infirmities, by ſupporting our ſpirits in time of ſickneſs.

A man by ſtriking and ſuperior abilities, induſtry, and good fortune, is ſometimes lucky enough to raiſe himſelf, aggrandiſe his family, and bring to his wife conveniencies far beyond her expectations. But what are all theſe things, compared to the comfort, and tender ſupport, which ſhe in return can largely beſtow upon him; at a time too

when the infirmities of nature will not ſuffer ſuch an exalted favourite of fortune to reliſh any one enjoyment of life? Aſk this very darling, when he is ſtretched on the bed of ſickneſs and rendered helpleſs by diſeaſe;—let us fancy him too almoſt expiring under excruciating agonies, and now put the queſtion to him, Which is more eligible, fortune or health? He will aſſuredly anſwer, that one moment's eaſe is more deſirable than all the ſplendid advantages he may have obtained.

In like manner, the truly affectionate and ſympathiſing concern, the delicate deportment, and careful attendance of a good wife, in theſe ſcenes of painful ſufferance, more than over-balance every thing that is in the power of the moſt ſucceſsful huſband to beſtow upon her; and it is a truth which truly generous minds will ever gratefully acknowledge.

A man under theſe circumſtances, with ſome regard to his accuſtomed manner of

living, and the particular diſeaſe, is to be conſidered as a child; and conſequently ought to be ſubmitted to female management. Your care, therefore, will of courſe direct you to ſeek the aſſiſtance of able and experienced phyſicians. May their ſkill conquer the diſeaſe, while you generouſly ſupport his ſtrength and ſpirits; and thereby greatly contribute to reſtore again the invalid to a healthy and vigorous conſtitution!

LETTER XV.

OLD AGE—BY VIRTUE RENDERED TRULY HONOURABLE.

LETTER XV.

Old age—by virtue rendered truly honourable. The ſteps by which we mounted into life, ſhewn to be the eaſieſt and beſt paths to deſcend into the grave.

SPRING, ſummer, and autumn, have their various and engaging charms; and there is ſomething peculiarly pleaſing in each tranſition; but ſtern winter can boaſt of nothing beſides the fruits of the preceding ſeaſons.

The life of man is often, with propriety, compared to the progreſſive year; and the only happineſs that can be expected in old age, muſt ariſe from the reflections of a well-ſpent life; at which time, being likewiſe the winter of our days, every perſon may generally reap the fruits of a paſt virtuous conduct:—For, although the benumbed limbs deny the body their uſual ſupport, and the hoary head trembles on its withered

ſhoulders, there are valuable comforts yet in ſtore for thoſe who, like the induſtrious ant, have been wiſe enough to treaſure them at the proper ſeaſon.

Such a good man or woman, one would hope, has wherewithal to procure the indulgencies their years require, and a ſufficiency to requite the attendance of a faithful ſervant. Join to theſe a further bleſſing that, perchance, kind heaven has beſtowed, a dutiful and good daughter to ſupport their infirmities, and by her affectionate tenderneſs, fully to repay them for the pains of her education, and that parental anxiety, which muſt neceſſarily have been ſuſtained during her youth. Here, I ſay, the wiſdom and tender indulgence of a kind parent is amply rewarded, by the foſtering care of a truly virtuous and affectionate child. Theſe are ineſtimable comforts; and ſuch is the eaſy decline that Providence intended to old age—thus to cloſe life with a not unhappy period.

Let us, my amiable friends, picture a worthy and aged man in his ſecond infant ſtate. Let us with compoſure attend him to the gates of death, there to deliver him up into the boſom of his Creator! Let us indulge a rational ſorrow, but at the ſame time ſupport that calmneſs and ſerenity which denote a religiouſly informed mind. Let us conſider this as a debt which we all muſt aſſuredly pay, and that it puts an everlaſting period to the calamities of life! Whence may be drawn this comfortable concluſion, that if to the uttermoſt of our power we have contributed to the great end for which we were created, our future ſtate of exiſtence muſt be happier than the preſent.

Come then, ye tender and ſympathiſing fair, let us approach the chamber of death! Let us advance to the bed of this good parent, and behold his calm and reſigned countenance! Although we ſhall find it a ſolemn ſcene, yet there is nothing ſo ter-

rible in this ſight as the world generally imagine. But draw the contrary character, that of a wicked man in his laſt moments; and it muſt be ſhocking indeed.

As ripened and mellow fruit drops, untouched, from the tree to its mother earth; ſo the good old man falls peaceably into the grave, and mingles again with the common duſt from which he originally ſprang.

It is the vicious alone that have reaſon to be terrified at the thoughts of death; but we are deſcribing the upright man, not unlikely taking a laſt and affectionate farewell of his lovely and dutiful daughters; exhorting them to the practice of virtue, and recounting the rewards attendant upon it. The eldeſt, perhaps, in her willing arms ſupports the expiring ſire, while the youngeſt adminiſters ſome refreſhing cordial to detain, for a moment, the fleeting ſpirit. Mean while the tranquil parent, peradventure, gently rebukes the falling tear, pro-

phetically foretelling that their laſt moments ſhall be peaceable like his—and bleſſes them with his dying lips.

For ſuch characters, delineated more at large, and which are worthy of our admiration and reverence, I muſt refer my gentle readers, for the female one, to that great maſter of human feelings, Mr. Richardſon, in his hiſtory of Sir Charles Grandiſon. How beautifully is honourable age exemplified in the character of Mrs. Shirley! The account there given of the latter part of her life will aſſuredly delight and inſtruct every one. The death of lady Grandiſon, how inexpreſſibly intereſting! Although her temples were covered with untimely ſnow, yet, in the character of wife, parent, and chriſtian, her exalted virtue had ſhone unrivalled; and when the awful period approached, behold her departure, like the ſetting ſun,—leaving huſband, children, and a world of friends, to mourn the eternal abſence of her chearing rays!

The whole work contains a noble ſyſtem of morality, and is highly to be recommended to all young perſons. Theſe uſeful leſſons will be ſtill more inſtructive, when read in the company of thoſe who are capable of making proper remarks. This being premiſed, virtuous emulation will ever be moſt excited in young minds from characters which appear real, becauſe example always proves ſtronger than precept. Thus entertainment, and improvement, will go hand in hand.

For the other character, I mean that of a good old man, no one has excelled the ingenious and learned Dr. Armſtrong, in his Eſſay upon Health. The whole poem, indeed, is written in a maſterly ſtile, and conveys many uſeful inſtructions, truly worthy of peruſal; but his deſcription of honourable age is inimitable, and although very conciſe, nevertheleſs it contains a volume of panegyric. I ſhall beg that gentleman's leave to tranſcribe it.—

How to live happieſt; how avoid the pains,
The diſappointments, and diſguſts of thoſe
Who would in pleaſure all their hours employ;
The precepts here of a divine old man
I could recite. Tho' old, he ſtill retain'd
His manly ſenſe, and energy of mind.
Virtuous and wiſe he was, but not ſevere;
He ſtill remember'd that he once was young;
His eaſy preſence check'd no decent joy.
Him even the diſſolute admir'd; for he
A graceful looſeneſs when he pleas'd put on,
And laughing could inſtruct. Much had he read,
Much more had ſeen; he ſtudied from the life,
And in th' original perus'd mankind.

Such characters render old age deſirable, lovely, and truly honourable. The odium of peeviſh and moroſe vaniſhes, while our reverence and admiration ſtand alone engaged. Who would not wiſh to be that old man, whoſe calm tranquillity far ſurpaſſes the tranſient and paſſionate enjoyments of youth? Happy children bleſt with ſuch happy parents!

From this deſcription I hope to intereſt the tender paſſions of my fair readers, ſo as to make them chearfully contribute to

the comforts of their aged parents, while they yet live. A dutiful daughter muſt ever make a good wife and tender mother; and to a prudent, diſcerning man, it is certainly one of the greateſt recommendations in the choice of a companion for life.

On the other hand, a cruel and undutiful child is the moſt odious and unnatural monſter upon earth; inſomuch that the Chineſe are ſaid to puniſh ſuch crimes with the greateſt ſeverity. It is recorded in their hiſtory, that if a ſon ſhould be known to kill, or ſo much as to ſtrike his father, not only the criminal, but his whole family, would be rooted out; their dwelling razed to the ground, and its foundation ſown with ſalt; nay, *Le Compte* adds, that the inhabitants of the place where he lived would be put to the ſword; as they conclude there muſt have been a total depravation of manners in that clan, or ſociety of people, who could have bred up among them ſo horrid an offender.

How beautifully has our inimitable Shakeſpeare drawn the two contraſted characters, in his deſcription of Lear and his three daughters; where the two elder appear like Satan's evil angels, while Cordelia, the poor Cordelia, is an exalted example of filial tenderneſs and affection!

To your peculiar province, ye amiable fair, is this laſt great duty conſigned; to inſtruct you, therefore, in the proper execution of it, a few uſeful obſervations may not be unſeaſonably introduced.

In a former letter, we likened infancy to a tender plant; where we taught the beſt method of rearing it, ſo as to make it flouriſh in the garden of the world. The ſummer having produced you, the fair fruit of this goodly tree; and the autumn of your parent-ſtock having ripened your underſtanding; it is but meet that ſuch knowledge ſhould direct you, at this frozen ſeaſon, to cheriſh the decaying root from whence you ſprang.

We have taken notice of the helpleſs ſtate of childhood, before the body has acquired ſtrength ſufficient to prepare its own nouriſhment. We have ſhewn the time when inſtinct and reaſon direct us to provide for ourſelves; and particularly obſerved, that animal food was never deſigned for our uſe until we had teeth given us to eat it.

Let us continue theſe ſpeculations, and regard the natural growth of our bodies, together with the encreaſing ſtrength of our conſtitutions. Behold the child, whom you lately fondled in your arms, now contending with his play-fellows in boyiſh ſports. Again, obſerve him who lately returned from ſchool with his ſatchel in his hand, now panting foremoſt in the chace. And now ſee manhood ſtamped upon the downy cheek. Let us likewiſe remember the equally gradual declenſion. At length the ſturdy ſon ſupports his feeble ſire. For he who, in his youth, was ſwifteſt in the race, is now ſcarcely able to uphold his

tottering limbs. The man of war, whose sturdy arm wielded the blood-thirsting sword of battle, is now bending under the weight of his own body. Behold, his sinews are dried up, and the purple current that bounded in his veins now heavily and scarcely creeps along. In every part alike the powers of this wonderful machine decay. The teeth, designed both for use and ornament, robbed of their beautiful enamel, become unsightly, and drop out of their sockets. The penetrating eye, that searched into the very abyss of thought, is altogether useless, or but dimly discerns the rays of light. Manly fortitude is now no more; and wisdom itself retires from the decayed mansion.—Such is the almost universal condition of old age, properly called our second childhood; and plain are the inferences to be drawn from hence.

If a light and easily digested nourishment was necessary before our bodies had

obtained their proper ſtrength, ſurely a ſiimlar method of living is the moſt proper when they have loſt it; and therefore—the ſteps by which we mounted into life, are the eaſieſt and beſt paths to deſcend into the grave.

The digeſtive powers of age are equally enfeebled with the members of the body; and, undoubtedly, the ſame reaſon that forbad the uſe of fleſh, before we had teeth, points out the neceſſity of gradually declining it as they decay. There are, indeed, ſome few perſons toothleſs who are not far advanced in life; but ſuch conſtitutions are generally feeble, and therefore the precautions are not unapplicable to them.

Theſe arguments being rightly underſtood, there will be little occaſion to enlarge upon this ſubject, as the directions for the management of children, from the time of weaning them, until they may be

entrusted to the care of themselves, comprehend every necessary instruction for the regimen of old age; and those persons act wisely who consider it as a second childhood.

I need not be more particular on this head, as few, I am persuaded, will suppose this period to commence with themselves, before it is necessary for them to conform to these rules.

Age, undoubtedly, requires indulgence, but at the same time indolence creeps on it imperceptibly. Those persons suffer least from pain, who rouze themselves to a state of activity; and there are exercises well adapted even to advanced life: an additional warmth of covering is at this time necessary, yet those act most prudently who do not accustom themselves to very warm cloaths, and very warm rooms, while they are capable of enduring the variations of their natural climate.

Nevertheleſs, one remark muſt not eſcape our obſervation; I mean the happy effect of temperance through life: it not only prevents diſeaſe as we are upon our journey, but enables us to receive the intended benefit, and cordial ſupport, of wine, and other comfortable ſippings, in this time of need. Nature, in a temperate perſon, obtains freſh vigour and ſpirits from ſuch exhilarating juices; but where the conſtitution has been accuſtomed to exceſs, no advantage, in the decline of life, can be derived from their uſe.

I have now fulfilled my preſent deſign; and through every letter have aimed at conveying my obſervations in a rational and amuſing manner; calculated, I hope, to pleaſe, at the ſame time that I wiſh to inſtruct. It is a topic which in different parts of it has been handled by very able men; and yet has generally I believe been eſteemed a dry ſubject, particularly by the ladies, to whom it eſſentially belongs.

This diſlike ſeems, probably, to have ariſen from the ſtile not being ſufficiently void of terms of art; for the taſte, as well as judgment, muſt be pleaſed, when we mean to encounter prejudices, and to correct long eſtabliſhed errors.

It will give me a particular ſatisfaction, if I have ſo far ſucceeded in my undertaking, as that the preſent collection of letters may deſerve a place in the ladies library; and perhaps this little volume may ſometimes prove the companion of the nurſery and ſick chamber, or even afford an hour's amuſement in a carriage.

It is intended, my fair, to render your characters truly amiable; and I truſt will be received as a preſent from a ſincere friend to the ſex. Where tenderneſs, good nature, ſenſe, and virtue, are beautifully blended in a female form, our admiration and love are equally engaged; and where this proves to be the caſe, every man is,

ſurely, deſirous of contributing to the ſervice of perfections ſo irreſiſtibly engaging—ſuch, at leaſt, is the reſolution of,

LADIES,

Your devoted

Humble ſervant,

March 20, 1774.

HUGH SMITH.

F I N I S.

Nathan.
18, Percy Road
Romford

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