

A guide to mothers and nurses, in the treatment and management of infants and young children, with recommendations for the prevention and cure of many of their complaints and diseases / [Henry Jenner].

Contributors

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A GUIDE
TO
MOTHERS AND NURSES,
IN THE
TREATMENT AND MANAGEMENT
OF
Infants and Young Children.

By **HENRY JENNER, M. D.**
F. L. S. &c.

"Moniti meliori sequamur."

LONDON:

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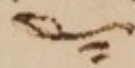
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Ms. Southes
to Defect^{ed} regard of her Uncle
(the Author)
16th Sep^r 1829


A GUIDE
TO
MOTHERS AND NURSES.

The poor and labouring class of people receive gratuitous medical and surgical advice by applying to the Author, on Sunday and Wednesday mornings.

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TREATMENT AND MANAGEMENT

OF

INFANTS AND YOUNG CHILDREN

WITH

RECOMMENDATIONS

OF THE

BRITISH MEDICAL ASSOCIATION

AND OF THE

ROYAL SOCIETY OF MEDICINE

BY HENRY JENNER, M.D.

F.R.S.

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ON the birth of an infant, nature has ordained that the mother shall become the affectionate guardian of her little helpless offspring, and, as in the human œconomy she is gifted with the superior faculty of reason to that of instinct, on which alone other animals are dependant, it is expected that she will exert that faculty to the utmost of her power for the protection and welfare of her child; but, as she is then, and for some time afterwards, too weak and incapable

of giving the necessary attention to her newly delivered charge, the aid of attendants, and the guidance of others, generally become requisite in rendering her assistance, and taking upon them some of the required care and management of the new born child; yet, from a want of experience in the treatment, from neglecting timely attention to the prevention of indisposition, or resorting to well directed medical advice, having judicious remedies administered when complaints, or actual disease, is afflicting them, innumerable lives are lost, and to which may be chiefly attributed the cause of most of the deaths which occur to infants and young children. Such a melancholy reflection has induced my publishing this small treatise, with a confident expectation that, if the observations which are herein made, and the recommendations which, from long experience, I have been enabled to lay

down, are well and properly attended to, I shall not, in vain, have endeavoured to alleviate the sufferings, and to save the lives, of many thousands of these little innocents of the human race, and, under Providence, become the means of giving blooming health to a large portion of our rising offspring, and of extending comfort and happiness to many anxious and affectionate parents.

One of the most important objects for our consideration will be the diet, or means of sustenance, for infants; and the Almighty has, in his goodness, provided from their birth a constant supply of the best nutriment in the milk of the mother, for which no other substitute than other milk can, with any propriety be employed—neither can it with much expectation be supposed that the health, or even the life, of the child will be otherwise preserved.

The impressive calls of nature and humanity demand our greatest attention and observance, and one of high importance should be fulfilled by the mother suckling her own offspring; she will thereby shew her affectionate attachment to her child, which she will not otherwise ever so strongly feel for it. But it occasionally happens, from various causes, that the mother is not provided with a sufficient supply of milk, or by some peculiar chemical change in it from indisposition, or unhealthy state of her constitution, in consequence of some particular kind of regimen, or from the effects of some kinds of medicine, that it is rendered unwholesome, and disagrees with the stomach of the child, in such cases the child should be suckled by another woman who is in good health, when, as far as relates to diet only, a substitute will be obtained equally as good as the milk of the mo-

ther: but if this desirable substitute cannot be obtained, as the circumstances, or the conveniency of the parents frequently will not allow of, such a resource, then, may easily be procured in the place of the milk of the mother, that of the most cleanly and highly valuable animal to mankind—the cow.

We find the milk of various kinds of animals to be of a different chemical composition, possessing different properties, and being in a greater or less degree nutritious, and some possessing, as we are told, medicinal efficacy, as many of the most eminent and experienced physicians are at this time highly extolling and recommending the milk of the ass to persons of delicate and debilitated constitutions, and of consumptive habits.

The milk of the cow does not possess any peculiar medicinal virtues, but it is

richer, better flavoured, and more nutritious than that of most other animals, and, when properly managed, perfectly agrees with the stomachs of the most tender infants.

The qualities of the milk are not always the same: it is weaker and less nutritious at the beginning than towards the end of the milking, and is richer during the times of autumn and winter, when the cow gives but little in quantity, than it is in the spring and summer—this circumstance should be borne in mind when it is used for the diet of young children; and, I would wish strongly to recommend, that the frequent objection of adding a proportion of water or gruel* for lowering it,

* Put three ounces of oatmeal grits, which have been washed, into four ounces of water, and boil slowly until the water is reduced half; then strain

on account of its superior degree of richness to human milk, should be given up, and the great propriety and consequence of doing so being established and adopted, about a third part of either should be mixed with the cow's milk generally, or a greater or a less proportion be used according to the quality or richness of the milk, otherwise, from the stomach being required to exert greater powers than usual, and a greater quantity of the gastric juice to be secreted for digestion, the children become weak, grow sick, bring it up again, or it otherwise disagrees.

The milk employed should be fresh milked from the cow twice or thrice a

through a sieve to separate the undissolved part of the grits from the gruel. The gruel should not be kept longer than forty-eight hours, as it becomes accessant after that period.

stirred a day during the summer, and once or twice daily in the winter, and be skimmed, so as to prevent the cream rising or separating from it. Milk when first skimmed, and then given to children, although it will be thereby rendered not so rich, yet it will be deprived of its best and most nutritious part, and if it should not, in consequence of the cream being taken from it, disagree with the stomach, the change occasioned in its general composition might become injurious, as well as less nutritious, than new or unskimmed milk with the addition of a proportion of water or gruel. The milk, when thus mixed, should at all times be given warm—the water or gruel being added to it when hot, or when previously mixed, made warm on the fire. When given to the children, the degree of heat should be that of milk when it is first taken from the cow, and this degree is about 98, according to the scale of

ge 12, line second, for "skimmed" read "stirred."



'*Fahrenheit's Thermometer*,' which it should not exceed, as its being either much warmer or colder may be injurious, as nature always provides it at about that standard.

In towns and cities it is generally needless to think of lowering the new milk intended for the diet of young children, as the sellers of it take care, that any addition of water for lowering the milk by the mother or nurse shall be quite unnecessary.

There is a rather larger proportion of saccharine matter, or sugar, in the composition of human milk than in that of the cow; therefore, the addition of a very small quantity of sugar might be advisable—but the quantity added should not much exceed the eighth part of an ounce to a pint of milk, otherwise, being rendered sweeter than nature prescribes

it, acidity might be created—the stomach will be weakened and disordered—and it would be much better that it should be entirely omitted.

A most absurd idea exists, and which is too generally acted upon, that diluted milk, or even milk alone, is not sufficient for the food of young children, and that the addition of bread, biscuit, or flour, with a quantity of sugar, is absolutely necessary, and will improve and render it more wholesome and nutritious, and the unconscious infants certainly find this improper mixture more palatable, and swallow it more eagerly than milk alone, this induces them to overload the stomach, and will be sure to disagree with them, often causing bilious affections, griping pains in the stomach and bowels, acidity and flatulency, and is also often times the cause of rickets, and checking their natural

growth, creating permanent deformity, as also predisposing the constitution to scrofula, and thus becomes their general bane. Some solidity in diet may be absolutely requisite for nutrition, and even the richest broths and soups might not long answer for that purpose; but the gastric juice, which is secreted in the stomach, gives to part of the milk a proper solidity, as may be observed by the curdled state of it with the whey separated when occasionally puked up by the child: besides, bread, or any other vegetable food, gives much less nutrition in proportion to milk, and digests with much greater difficulty. No young child can be healthy, even with the aid of medicine, that has much bread or sugar introduced into its food; and, when it is so prepared, many to prevent, or in attempting to cure, the hurtful consequences that might have been produced, are in the habit of mixing with such diet.

carraway seeds, or making some other carminative addition, whilst others will make a still further addition of gin, or give wine, or what may be otherwise heating or stimulating. The following cases will shew the sad consequences to be expected from such a plan of treating children, and the increased pernicious tendency of such ineffectual efforts for giving them relief, or counteracting the baneful consequences resulting from it:—

A mother, by the recommendation and sad advice of her friends, as the best way of preserving and rearing her child, had it fed in the improper manner above mentioned, and before it had reached the age of eighteen weeks, allowed its having several bottles of wine, and two of gin. As it might have been expected (although, most likely, assisted in the consumption by the nurses) it was always

suffering and ill, and had, occasionally, medical attendance, but at length became so much disordered that I was also requested to attend. I had only to perceive the destructive effects of such an improper diet and wrong treatment. To allay its misery, the little sufferer was too far exhausted for any remaining hope of success by the change of sustenance, or for any medical remedies that could be employed, giving more than a little temporary relief, as in a day or two after it fell a victim to such injudicious management.

In another case, a lady, with twin children, was in too delicate and weak a situation to enable her suckling both of them, therefore one of them was (as is generally termed) dry nursed, and every proper care and attention paid to its management, except in the mistaken manner of preparing the food, which

was chiefly a pap of milk and water, with bread and sugar, the result of which, as might also be expected, was soon apparent: the child became weakly, disordered, and emaciated. The mother, anxious for its recovery and health, was advised to take it to the breast, and, as the other child was healthy, to exchange their situations; the consequence was, that the child, which was previously weakly, ill, and emaciated, soon perfectly recovered, whilst the other, being deprived of nature's diet, and supplied with the improper substitute of the before described pap, soon began to sicken, became in its turn ill, and shortly afterwards died.

I could give many other equally strong cases to shew the impropriety and unwholesomeness of such kind of food for rearing infants, if it were necessary, but the two cases stated ought to be suffi-

ciently impressive to guide parents and nurses in their treatment and management in feeding them. I will, however, adduce two other cases in proof of the beneficial and salubrious efficacy of diluted milk (or milk alone, when only a very small quantity could be given) for the sustenance or diet of young children, and that it is far superior to any other kinds of food that can be prepared for them:—

Another lady, with twin daughters, was so ill that she could not suckle either of them: they were born very small, weakly, and unhealthy, and could take very little sustenance, and were, therefore, fed frequently with small quantities of warm milk; but, from the stubbornness of the nurse, sugar and bread was soon found to be introduced into their food, in consequence of which, and as they appeared daily to be growing more

sickly and emaciated, they were taken to two healthy women in the country to be suckled and nursed, who were particularly desired that the children should be fed by sucking only: both of them, although before in the state described, immediately began to thrive and recover, and are now grown up and enjoying good health. I had frequently found it necessary to give these children a soothing cordial medicine, with magnesia, which was become requisite some time after their removal, from the impossibility there had been in preventing their having, occasionally, a pap given to them, much sweetened with sugar, by these stubborn, opiniated nurses, under whose care and management they had been placed.

The next case I have to notice is that of a lady of high respectabilily, with a large family of children, who always

took upon herself the praiseworthy superintendence of her nursery, and attending closely to the proper management of her young family by the nurses and servants. Upon my recommendation, she never suffered any of her children during their infancy to be fed with any thing but milk, diluted with water, or such as was genuine and unmixed at such times as she supposed it was not too rich alone when milked from the cow, which was kept purposely for the use of the nursery. They all became fine healthy children, and were reared with less indisposition afflicting them than usually occurs during childhood: but this lady was partial to giving them a particular soothing cordial medicine, which I occasionally prescribe for children when predisposed to indisposition, or appear unwell during infancy, as she fancied they grew faster and were more healthy by having it administered, and immediately from their

birth, she was in the habit of giving it to them once or twice a day, and whenever she supposed they were fretful or uneasy. Her children, for the first twelve months, were never allowed any other kind of food but the milk, either genuine or diluted, as mentioned before, without any addition of the least quantity of bread, biscuit, flour, or sugar, and after that age an addition only of a little baked flour or biscuit.

Infants and young children are frequently disposed to, and afflicted with, acidity, flatulency, and indigestion, with painful affections of the stomach and bowels even though the greatest apparent attention is paid to them, and the cause not perhaps immediately attributable to the want of proper food and nourishment. I would therefore advise, if children do not thrive and appear disposed to indisposition, that to establish and preserve

their health, and to remove such predisposition in their constitution, as well as for a relief and cure, when such complaints are actually afflicting them, that they should have some such kind of medicine occasionally given to them, although they might appear to be in the enjoyment of tolerable good health:—
“ sublata causa tollitur effectus.” But I am assured, that the general indisposition of infants and young children, with most of their pains and sufferings, the complaints of their stomachs and bowels, convulsions and deaths, may be attributed to mismanagement and impropriety in the preparation of their food; and, instead of allowing them a milk diet, obstinately persisting in feeding them with that pernicious diet of pap, consisting principally of bread, and loaded with sugar, and giving them wine and spirits, or what is heating and improper, occasioning as I observed, sickness, debility,

and emaciation—preventing their natural growth, and laying the foundation of rickets—creating deformity, and inducing scrofula or other maladies, which continue their effects and shew the wreck of former infantine sufferings, unless death should earlier put an end to their existence.

I shall now notice, and entreat the observance of, the necessity there may be of applying additional warmth, or artificial heat, for the preservation of health and the continuance of life to new born infants.

Providence has bestowed on many of the various kinds of animals the power of generating, or producing heat, but, when they are first born, or produced, this power is too much restricted, or not sufficient in itself without the assistance or application of warmth from the mo-

ther, or otherwise to be kept up, which will be found to occur likewise in the same manner with respect to children ; therefore, when they are first born, however they may be swaddled or cloathed, without such aid they would gradually grow cold and become lifeless—the eye closing in death at the first dawning of existence, and in the very bud of infancy.

After the birth of infants, this power of generating, or producing heat, increases, and after some time, becomes sufficient of itself, without any aid of artificial warmth or heat, except proper addition of dressing or cloathing, to render them comfortable ; and when this power is grown stronger and more fully established, if the cloathing was not regulated, would cause them to become disagreeably hot, and induce fever and indisposition.

The children of the lower class require to be kept more with their mothers or nurses than those of the opulent, as they are more liable to suffer from cold or damp air, not having the advantage of well aired rooms and fires.

Sudden transitions from heat to cold air from a warm room or cradle should also be cautiously avoided: it has very frequently been the cause of various complaints and fatal disorders to them; for, although we see even the stoutest and most healthy persons, of full age, often falling victims to such indiscretion, yet we may observe the frost more easily and sooner nips and destroys the young and tender branches and scions, than it will affect and injure what is grown stronger and hardier.

Many infants are much distressed, and often times nearly suffocated, from

their faces being too closely covered or wrapped over to keep them warm, or protect them from the effects of the cold air when carried abroad or when laid in their cribs or cradles; and, a great number have been actually destroyed by sinking down under the bed clothes, or being so kept there by those who are sleeping with them, and although they are then generally supposed to have been accidentally overlain by them, they have in reality been thus suffocated.

Almost immediately a child is born, there is a disgusting and improper custom pursued of immediately giving it a piece of butter, mixed with sugar, or something nauseous, to cleanse the throat and act upon the bowels as an aperient, and produce an evacuation to throw off the meconium which ought in due time after birth to take place, and which generally occurs in the course of a short

time, but if it should not in the course of five or six hours, recourse to what will induce such an event will be proper, and there can be no objection to a bit of fresh butter being then given, or else (which I should in preference recommend) a tea-spoonful of castor oil, or two or three tea-spoonfuls of sweet oil.

The bundling and swaddling up a child in the very improper manner it is usually done, calls forth also our pity and commiseration, and is highly injurious and distressing to it. How often may we observe one of these little creatures trussed up like a chicken, or having more the resemblance of a little Egyptian mummy, than the living infant of an affectionate parent, or being under the management of a sensible good nurse?

Children, when tightly and improperly

swaddled and dressed up are rendered very uneasy, and never feel comfortable or happy: their only enjoyment seems to be during the short time allotted them, when their clothes and shacklings are taken off and they are naked, and have their general freedom, full liberty, and the voluntary motion of their limbs. They must however soon again undergo torment and confinement; but never do they submit to, or endure such dressing and swaddling up without much fretfulness and crying, and making all their little vain efforts to resist: nothing will then assuage them; useless for that purpose are all endeavours made, till tired by their exertions and crying, soothed by rocking or the administering of an opiate, they fall asleep and are then at rest.

I have not yet alluded to the quantity of dressing and clothing that may be

made use of, (which I shall next introduce for observance, and state its importance,) but only to the injurious and improper manner and custom of the general confinement of children by the tight way of dressing and usual swathing with a roller or bandage round the body, occasioning great oppression and uneasiness—preventing the natural expansion of the chest and free action of the lungs—having a great tendency to create deformity, and giving a fixed or permanent contraction highly injurious and dangerous to the constitution, and tending also to obstruct digestion, and injure and weaken the stomach.

A very great impropriety exists in the quantity of clothes and flannels used in dressing and bundling up young children, whereby they are rendered disagreeably hot and uncomfortable, and the

hips and thighs much confined for the convenience of the nurse and for the sake of cleanliness; and cleanliness being oftentimes unattended to, and the changing neglected so frequently as it becomes necessary, irritation, abrasion, and galling ensues; and the remedy also then commonly had recourse to for the cure of these complaints is of a most pernicious tendency, being ceruse or white-lead: its local efficacy may certainly prove beneficial, and be the means of effecting a speedy cure, yet, the deleterious properties of lead in undermining and injuring the constitution, and producing baneful maladies, are so well known, that the use of it ought to be carefully avoided. The prevention and safe way of curing the effects above stated, should be the same:—after washing the parts, particularly those most liable to be affected, with cold water (as in general washing these parts, though

most necessary, is neglected) just before dressing the child, powder them over with common hair powder, or sprinkle them with fine wheaten flour, which remedy may be improved by the addition of a third part of very finely pulverized lapis calaminaris, or prepared calamine stone.

I would recommend, that children generally should be daily washed over with cold water, which will render them hardier, healthier, and less liable to take cold: they may not like the momentary washing with cold water so well as the using it warm, yet so soon as they are wiped they feel no chilliness, and it renders them more comfortable, and when daily used they will not much regard it.

The clothing of children should at first be warm: if born in the summer it

should not be lessened until the return of hot weather after the ensuing winter, but if born in the winter, this may be done in the month of June following, if the weather be seasonable, and great care should then be taken to abate the warmth of their clothing so gradually, that the difference may be imperceptible to them until it has been thus reduced to a proper standard, which should be very light.

From an excellent little treatise written by Lady Pennington, I have selected some of my observations relative to the dressing and management of young children, which appear so proper, that I shall here also mention some more of them :—she states, “ that in respect of their dress, many prudent alterations have of late years been made, but many more are yet wanting : the barbarous custom of swathing is not yet universally

exploded, and others little less injurious too generally retained—particularly that of dividing their garments into a multiplicity of pieces, which not only prolong the uneasy sensations which to them always accompany dressing, but by the unequal pressure of different bandages, their shape is often injured and even their health impaired. The whole of a child's first habit need not consist of more than three pieces,—*viz.* a shirt, a robe, and a cap ; the two last should be quilted of a proper thickness to be sufficiently warm : the cap should be fastened by a band of soft linen under the chin, sewed to one side of it and buttoned on the other ; the robe and shirt should be made open before ; the sleeves put into each other, that both may be put on together ; they must be wide enough in the back to prevent any difficulty in getting the last arm through : the robe should lap over on the breast, and be fastened by flat

buttons, placed at different distances, to make it more or less tight, which is preferable to strings as being the quicker. By this method the whole business of dressing, which is evidently a most disagreeable operation to infants, and with which it has been customary to torment them for a long time, may be despatched in a few minutes, and in a manner so easy to themselves as scarcely to occasion a cry, which is a matter of much greater consequence than it is generally thought. When they are coated, that may be managed as expeditiously, and with as much ease, by tacking the robe and petticoats to the stays, which instead of lacing should be buttoned on ; loose plaits might hang from the top of the robe and fall over these buttons in such a manner as to make a much prettier dress than that now used, and this continued for the first three or four years, would not only contribute much to the

regularity of their growth, but also to the sweetness of their temper, which early teasing is apt to sour."

Little children have been known to suffer and twist about in agony, and nearly to fall into fits from extreme pain, though the most soothing medicines were given and various remedies ineffectually tried to give ease and relief, when the cause has been afterwards discovered to be a pin pricking them, through accident, or through shameful carelessness in dressing them; therefore, if a child should feel uneasiness or appear to be suffering from pain, it should be immediately stripped quite naked to discover whether or not this might have been the cause; and I would also advise, that in dressing up children as few pins as possible, if any, should be made use of for that purpose.

Children, when young, should wear flannel or worsted socks to keep their feet warm, which should be changed if they happen by any means to become wetted, otherwise they will not only feel uncomfortable, but it will render them likely to catch cold, and after children have been carried out (which they cannot be too often, as air and exercise are both highly conducive to their healths) they should not be immediately afterwards brought and exposed to the fire, which is too generally done ; and frequently they are held so near to it that the thighs, legs, and feet are quite scorched, causing a burning, painful sensation to those parts, and often afterwards a spreading and soreness of the skin, or chilblains on the feet. For though infants are not so frequently troubled with them as after they have quitted the lap, yet by such impropriety these results are often produced ; and if

the feet are affected with them at any time, some liniment, composed of equal parts of opodeldoc, spirits of wine, and camphor, should occasionally be rubbed over them. But if the skin should break, then they should be dressed with fresh white or common brown cerate; and if any spreathing or soreness of the skin about the legs or thighs should be occasioned by exposure to the fire as above noticed, rubbing on a little sweet oil or soft pomatum will be a simple and good remedy. The hands and arms should also be protected from the cold with gloves, and the same recommendations as those relating to the legs and feet should be attended to. When the children are able to run about, they should wear large sized thin leather shoes, with socks; and the precaution of keeping the feet dry should be strictly observed, as at such time during the winter chilblains will be likely to be produced.

With respect to sleep, and some of the further observations on the management of children, I shall again notice Lady Pennington's treatise, as her general statements coincide with my own ideas, and must strengthen my recommendations for their observance. She says, "that with regard to sleep, nature alone ought to dictate, nor should a nurse ever be suffered to lull a child to rest by rocking it in a cradle, which they are apt to do, and then leave it, until repeated cries force them to resume the troublesome office of attendance. An infant, who is continually played with, and talked to while awake, will insensibly drop a sleep in the nurse's lap ; she may then lay it down, but must carefully watch the moment of its waking, and take it up before it has time to complain, that the desirable change of posture may not be procured by a cry of impatience. Within a few weeks, not

half the sleep will be required which was at first necessary ; it will not be found difficult in a short time so to divert a child, by constant motion, as to keep it awake the most part of the day ; the sooner this can be made habitual, the better, because it will then sleep quietly almost all the night, which is more beneficial to the child, and less fatiguing to the nurse."

It should be remarked, that when children are a little advanced in age, some nurses, to keep them quiet, and prevent their growing fretful and uneasy on their leaving them, and that they may not be called home to them when going to stay out for any length of time, have been in the habit of giving the children poppy syrup, or some opiate, and even laudanum, and in such quantities as to be frequently discovered by the difficulty in rousing or awakening them,

and their having more the appearance of being affected with stupor than enjoying genuine sleep. Besides, they may be often observed to be affected also with starts or convulsive twitchings, occasioned by its action upon the brain, and such treatment, especially if frequently practised, may produce serious maladies of the head; as will also the very improper manner of some nurses, when playing with children, of holding them up by their hips, or legs, or in such way, as to allow the hanging down of the head, either of which culpable improprieties may induce the secretion of water upon the brain; the most incurable disease that can afflict them.

There will be great difficulty in selecting a person who will make a good nurse, on whom reliance can be placed for fidelity, punctuality, and obedience to the directions given to her; and who

will not substitute her own opinion in opposition to any orders she may receive, which most of them are apt to do. This is a matter of so much consequence, that it will be necessary to keep a close watch over her until you are certain she may be safely trusted. Nurse-maids should habituate themselves to carry children a great deal on the right arm, as the neglecting to do so may be often the chief cause of so many persons becoming left handed, for when carried on the left arm of the nurse-maid, it so much confines the right arm of the child that it almost prevents its being used.

Frightening children in any way whatever, has oftentimes a permanent ill effect upon them. It impresses fearful superstitious and cowardly ideas upon their minds, (and early impressions are deeply graven upon the memory,) which will generally continue to the end of their

lives. In confirmation of the cruelty and impropriety of it, I will take notice of three instances ; first, of a little girl, who was nearly thrown into fits, and screaming from fright, by her father, who was very fond of her, observing her at the top of the staircase, and jokingly crawling up to her upon his hands and feet, and she having before been told the well known story of “ Little Red Riding Hood,” fancied from his manner of advancing towards her that he was a dressed up wolf coming to devour her. The next relates to two other little girls, who had heard stories of giants ; they were found lying in bed much frightened from hearing the sonorous noise produced by the sawing of free-stone in an adjacent yard, supposing it was the breathing of a giant sleeping. The other case is of a little boy, who was often told that a black dog should fetch him away if he did not behave well, and

always after, until he was grown a great lad, he was occasionally frightened in his dreams, calling out that the dog would have him; and he would not venture to go even into the garden after night alone, fearing he might see this dog. I had my own children provided with black dolls to play with, which they were at first afraid of, but became afterwards doatingly fond of them, and did not regard my placing a full sized portrait of a negro against the wall close to the bed in which they slept.

Children are capable of understanding signs much earlier than it is generally supposed, and by these they may very soon be taught to know your meaning. The tempers of children are frequently spoiled through the mistaken opinion, that they are hardly intelligent creatures for the first six months; for the indulgence then given them fixes an obstinacy that is

afterwards with great difficulty, if ever, conquered. Immediately from their birth they should be treated as rational beings, that is, with an eye to their becoming so ; when awake, they should be kept in action, and be continually talked to ; the first will preserve the health of their bodies, and the last will bring forward their intellectual faculties amazingly ; by talking to them is not meant the noisy jargon generally used by nurses, which tends more to stupify than improve a child, but the speaking distinct words, rather in a low than a shrill voice, as supposing them to understand. Avoid giving them any needless cause of uneasiness ; every natural want should be carefully attended to and supplied, before it produces any painful sensation. All children will discover their desire for food by motions that plainly shew them to be searching for something ; these motions will be continued a con-

siderable time without any cry, which is only the consequence of repeated disappointments in this search; such signs from them should always be waited for, carefully observed, and immediately answered; the offer of food when not wanted, being to the full as teasing to infants as the delay of it when required.

Though every natural want ought to be instantly relieved, those of fancy and humour should never, on any occasion, be indulged; a rattle should be given them as early as they are able to divert themselves with it, and other little toys soon added, for variety is necessary to their amusement; these playthings should be often changed by the nurse, for when the novelty wears off, the entertainment ceases; but the humoursome inclination which makes children reach eagerly after every thing they see, must never be complied with; on the contrary, whenever

they stretch out their hands impatiently after any thing, though one of their own toys, it should be refused them with a grave steady face, accompanied by the plain words, no, you must not have it yet; from the first they should, on every occasion, be spoken to in this plain, distinct manner, but never in a loud and shrill voice; by which means they will know every thing you say, whilst incapable of forming any articulate sound themselves. Children, thus managed, will be quiet, good humoured, obedient, and as intelligent at four months old as they usually are at one year, and it will be found the sure means of either cherishing a good natural disposition, or correcting a bad one, and will lay the best foundation to be afterwards worked upon.

Beating little children can never be of service to any disposition, and has never been known to be attended with

any good effects, but in many instances with very pernicious ones, and it will generally be found that mild tempers are irreparably dejected, and sprightly ones hardened into unconquerable obstinacy by it, not to mention the cruelty, which is alone a sufficient objection, if its necessity or use be doubtful.

Combing the hair occasionally with a fine small toothed comb, being careful that every part of the cloathing shall be perfectly dry when put on, with a strict observance to cleanliness, will be of no small importance for the preservation of the health of children, and even common decency requires compliance ; but amongst the lower class of people, we may often observe on the top of their children's heads a dirty looking scabby scurffiness, which is usually called the cradlecap, and the parents superstitiously will not allow its being cleaned away ;

this often affords a harbour for vermin, or corrodes and occasions a soreness and discharge under it, and prevents the proper growth of the hair ; it may easily and very soon be removed, by rubbing over it a little fresh butter daily, and then wiping it off with a coarse towel, assisted sometimes by the comb.

Many parents, on account of the subsequent disagreeable smell of sulphur, when their children have been affected with the itch, have been induced to adopt the use of various other applications to effect their cure, which besides their baneful tendency have not the certainty of effecting it. The most speedy, safest, and best remedy, will be, rubbing an ointment over the parts affected with any eruptions, composed of the flour of sulphur mixed with a sufficient quantity of lard to form such ointment, to which may be added a few drops of essence of

lemon, burgamotte, or oil of lavender, to render its smell not unpleasant. Some of this ointment should be used in the evening before putting the child to rest, and the anointing should be repeated the next evening.

There are two simple or particularly mild complaints which most infants are affected with, the one known by the name of the white mouth, and the other by that of the red gum ; which complaints appear to be connected. For the cure of the first, nothing more will be necessary than occasionally sprinkling on the tongue a little finely powdered borax, with an equal quantity of powdered sugar, and the other soon goes off, nature seldom requiring any interference, although perhaps aided a little by giving a gentle aperient ; or a little antimonial wine might be adviseable.

The pain so often occasioned by children cutting their teeth, would be less severe if the use of the coral were entirely banished; it hardens the gums, and must consequently render the passage of the teeth more difficult. But allowing children to be often gnawing and biting soft, tough substances, as a piece of thick leather or Indian rubber, or a crust of bread, would assist and hasten their protrusion through the gums. The chief pain to children in cutting their teeth arises from their pressure against a fine and very sensible membrane, thickly interwoven with nerves and blood vessels, covering over the young or newly coming teeth, and should they at this time feel more than troublesome uneasiness, they may be relieved by applying about a dozen coarse cotton threads, of an inch long, rubbed over with blistering plaister, behind the ears at night, and removing them in the

morning ; but if in severe pain, then the gums should be lanced over the teeth which cause this pain, and so deeply as to cut down upon the teeth and divide this membrane, otherwise the bleeding by cutting the gum only, would not give much relief: costiveness at all times, particularly when children are teething, must be removed, and the bowels then be kept in rather a relaxed state by occasional doses of rhubarb, jallap, manna, or castor oil.

Children are very subject to soreness, and a foetid discharge from behind the ears, which should not by any means be checked, or cured, whilst cutting their teeth, as it greatly releases them from the pain and inflammation about the gums and jaws, and keeps off such affections, as might otherwise severely torment them ; this complaint is generally the consequence of neglecting to wash

and keep these parts clean ; and when at other times present, dressing with spermaceti ointment, is all that is generally necessary to be done to effect a cure, previously washing with warm milk and water, or a little rose water.

Another disease which children are occasionally affected with, is a troublesome discharge from the ear itself, of rather an acrid nature, yet giving but little pain or uneasiness to the child ; for which I have generally directed a small quantity of a liniment, composed of seven parts of oil of almonds, and one of laudanum, mixed together, to be poured twice a day warm into the ears, afterwards applying a bit of fine linen or lint.

Young children are also often afflicted with inflammation of the eye lids, attended with a briny, corroding, irritating discharge, inflaming the eyes, and

causing much pain, which is greatly increased by exposure to light, from which their eyes should be shaded, and frequently washed with rose water, and some spermaceti ointment applied to the edges of the eye lids every night with a camel's hair pencil.

Throwing at once the full blaze of day-light, or that of a candle after night, on the eyes of infants, is little regarded, and yet what painful and aching sensations must it occasion, when the effect is felt so distressing to adult persons, whose eyes are not so tender, and in the habit of frequent exposure, and of course more capable of enduring its influence than the eye of the new born infant, who has scarcely ever been exposed to light at all, and who quickly declares the ill and painful effect it has produced, by an instantaneous crying.

The tinea capitis, scurfiness, or scabby eruptions about the head, is a common disease, but generally difficult to cure in children, and is infectious by contact with other children, who are affected with it; the hair should be cut away as close as possible, and the head washed twice a day with warm, strong soapsuds, and after wiping, be wetted over with warm tar water, and where there are only few of these eruptions, instead of using the tar water, they may have a little of the following ointment; common tar, white cerate, and nitrated mercurial ointment, of each equal parts mixed together, gently rubbed over them, and give a little antimonial wine at bedtime.

When children have colds, antimonial wine, or some febrifuge at night, will usually give relief, and if attended with coughing, add a little poppy syrup, ap-

plying a thinly spread Burgundy pitch plaster to the chest, and over it, a piece of flannel, or else a plaster of the same kind, but larger in size, between the shoulders, and if they do not speedily grow better, and any symptoms of inflammation shew themselves, seek immediately medical advice.

Children, when quite young, will be troubled with worms, but not so often as when they are rather advanced in age, probably owing to some particular kinds of food they have taken, conveying the eggs in that manner to the stomach and bowels, as I do not recollect any child that lived by sucking only to have been ever affected with them ; an occasional dose of calomel, and a pap spoonful of strong wormwood tea every morning, will be found one of the best remedies to destroy them ; but a sucking child, or one that has a milk diet, must not take

calomel, unless at the time the child has the milk withholden for diet: if the worms are of that species called ascarides, resembling bits of thread, they may be easily destroyed by employing only a few clysters of common starch gruel.

Many other complaints and diseases, as well as numerous accidents and injuries, and some of a serious and dangerous nature, will often happen to and afflict children, amongst the worst of which may be named the small pox, scarlet fever, measles, hooping cough, and croup; should any of these or other serious afflictions occur, they should be placed under the immediate care of experienced professional gentlemen of skill and judgment. Their medical aid and directions, in conjunction with the strict observance of the requisite management of the children by the nurses and attendants, in very many cases that might other-

wise terminate fatally, their lives have been saved, and their healths restored, and I would also strongly recommend as being highly proper, and most advisable, that a professional person should be regularly employed upon all occasions as the leader or director, composed of himself, the parents and nurses, upon any ailment whatever happening, or in case of any sickness or injury that may unfortunately occur to children.

The last observation and impressive recommendation I have to make, though one of the greatest and most important duties of parents towards their children, is to secure them from that dreadful, and deadly scourge of the human race, the small pox, to the contagion of which, and its baneful effects, they are constantly liable, unless they have previously passed through that dangerous, loathsome, and cruel disease, either in the

natural way, or the generally much mitigated form from inoculation, (which in many instances have not shielded the constitution from subsequent infection with unabated severity,) or have fortunately received the salubrious and superior advantage of vaccination. This is a certain, perfect, and permanent shield of safety against any future attack, or influence, from that sad disease, when the inoculation is properly performed,* genuine fresh infection employed, the progress of the disease attended to, and the state of the children when vaccinated duly considered. I assisted the late Doctor Jenner in his earliest investigation, and in making most of his various

* Genuine fresh vaccine infection (taken from the pustules of selected healthy children in the country) supplied by the author of this publication, and sent to those who apply for it with a fee intended for the benefit of the sick poor and other charitable purposes.

experiments to prove and establish this providential discovery of vaccination, before he ventured to publish it to the world ; and I can with confidence, from some thousand successful cases by the use of my own lancet, recommend it as a mild substitute, and secure, permanent, salubrious preventative against the contagion of the small pox ; the cases and objections absurdly brought forward in opposition to its general practice in this country (where alone it is chiefly opposed, and its discovery not hailed with gratitude) will, upon investigation, be found erroneous, or greatly exaggerated, or arising from a want of skill, or perfect knowledge, in this branch of the profession ; for a competent knowledge of it is yet much confined, and it is not perfectly understood, even by medical gentlemen themselves, who are otherwise deservedly esteemed, and highly eminent in the profession ; and are not the failures and

blunders of the most ignorant inoculators not of the profession, (who are still allowed to take up the lancet with impunity,) excused, and all the subsequent and natural ill consequences improperly, and unjustly attributed to the inefficacy or pernicious effects of vaccination itself?

Those who have been rashly and unfortunately submitted to the hands of ignorant and irregular inoculators, and those who have not passed through the vaccine disease to the perfect satisfaction of experienced professional practitioners, should be re-inoculated with genuine fresh vaccine infection to assure their security; they must otherwise remain very doubtful of such inoculations being perfect, and having had their full effect in preventing any future influence of small pox contagion on the constitution.

I shall conclude these remarks in favor

of vaccine inoculation, by quoting some appropriate lines on the subject selected from a Poem by Doctor Downman :—

—————“let me urge,
O Parent ! then, this duty : nor to fear,
Nor superstition yielding, let thy child
Encounter, in his native shape, the fiend,
And brave his violence. For whither !—say,
To what sequester’d haunt canst thou retreat,
Where he will not pursue ? how vain thy flight !
How sure thy victory, if, as art direct
And wise experience, thou anticipate
His threaten’d blow !—so when the Patriarch’s arm
Was stretch’d to slay his son, an angel came
And sav’d the victim from impending death.”

This interesting little treatise, written for the advantage and comfort of our rising offspring, and containing the best recommendations and advice I can at this time make known to parents, guardians, and nurses, for their guidance towards its desirable accomplishment, may not, I hope, be unworthy to be laid

before them. I have a conscious assurance of its general importance and utility, and should any one perceive any thing which I have herein ventured to state that he considers may be incorrect or omitted, it is hoped, that stimulated by humanity towards the innocent infantine portion of the community, he will not withhold his merciful pen from making it generally known.

———“ si quid novisti rectius istis,
Candidus imperti ; si non, his utere mecum.”

Wanswell Cottage,
near Berkeley. }

FINIS.

before them. I have a conscious sense of its general importance and utility, and should not care to see any thing which I have herein ventured to state that he considers may be incorrect or omitted, if it is hoped that stimulated by its example towards the improvement of the community, he will not withhold his meritorious pen from making it

The distance of the Author's residence from the Press will account for some *trifling* inaccuracies which may appear in the foregoing Pages.

