

**The good nurse; or, hints on the management of the sick and lying-in chamber, and the nursery ... / [Anon].**

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**THE GOOD NURSE.**



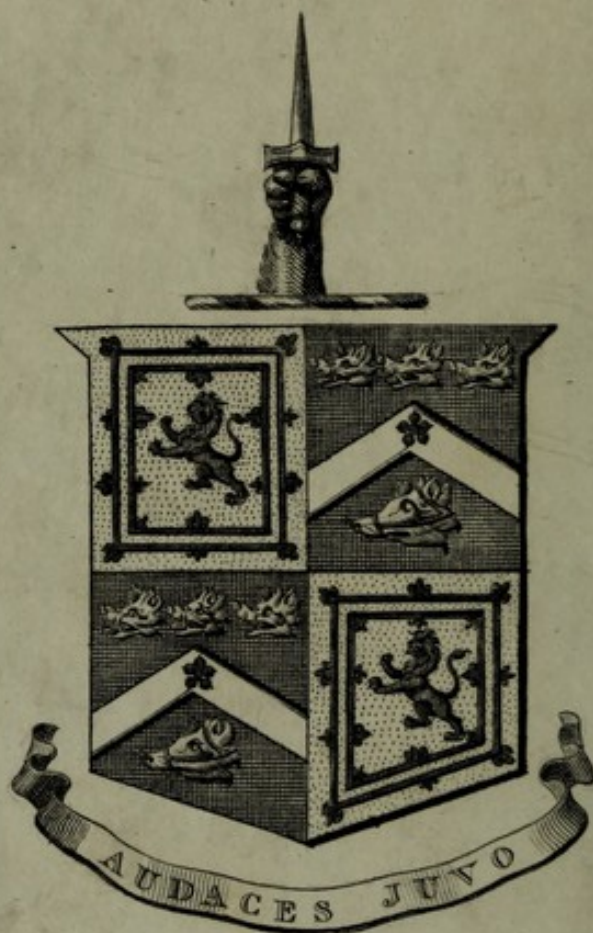
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**BOOKSELLER,**  
& STATIONER,  
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By M<sup>rs</sup> Hambury.



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THE GOOD NEWS



Christchurch  
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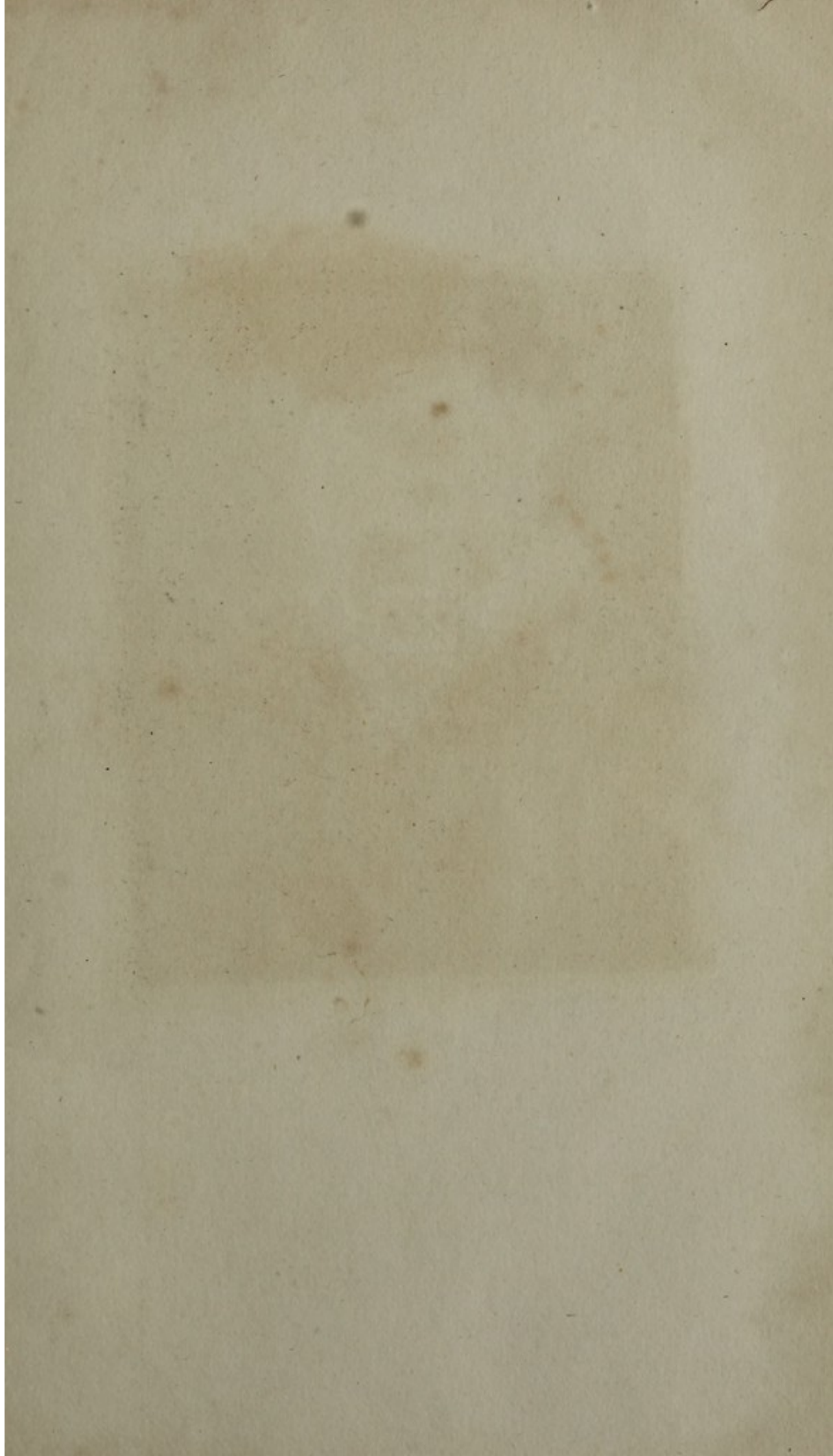


THE GOOD NEWS

THE GOOD NURSE.

THE GOOD NEWS







*Painted by S. Drummond A.R.A.*

*Engraved by W. Bond.*

THE PORTRAIT OF  
"THE GOOD NURSE".

*Pub<sup>d</sup> by Longman & Co London. Nov<sup>r</sup> 1827*



THE GOOD NURSE;  
OR,  
HINTS ON THE MANAGEMENT  
OF THE  
SICK AND LYING-IN CHAMBER,  
AND  
THE NURSERY.

---

DEDICATED, BY PERMISSION, TO  
MRS. FRY.

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*SECOND EDITION.*

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..... To know  
That which before us lies in daily life,  
Is the prime wisdom.—MILTON.

---

LONDON:  
PRINTED FOR LONGMAN, REES, ORME, BROWN, AND GREEN,  
PATERNOSTER-ROW.

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1828.



# THE GOOD NURSE;

HINTS ON THE MANAGEMENT



PRINTED BY RICHARD TAYLOR,  
RED LION COURT, FLEET STREET.

TO  
MRS. ELIZABETH FRY.

---

MY DEAR MADAM,

FROM the public testimonies which you have given the world of your active zeal in relieving distress under every form, I am led to believe that you will consider it as flowing in the usual channel of your benevolence, to patronize a work expressly written to mitigate the sufferings occasioned from disease, by giving useful information to the young mother and attendant in the Sick and Lying-in Chamber, concerning the best mode of treatment for the infant and little child.

Accept my grateful acknowledgements for



*the many valuable hints with which you have favoured me, and which I know, from our long intimacy, to be the result of your experience in the sick chamber ; I beg to assure you, that I consider them among the most important additions to the present volume.*

*Under these favourable circumstances, I am induced to hope that the sufferer will be greatly benefited, and you receive the sweet reward of doing good ! which, believe me, will be highly gratifying and consolatory to,*

*Madam,*

*Your very sincere*

*and most affectionate Friend,*

**THE AUTHORESS.**

## PREFACE.

---

IF books were to be estimated by their bulk, the present one would have but a very slender claim upon public attention; but if they are to be appreciated by the usefulness of their contents, this may probably rank among some of the most important. As scarcely any knowledge is more estimable than that which relates to our preservation; so may that information be considered valuable, which instructs us on subjects of usefulness.

This small volume is intended to point out the best mode of conducting the sick and lying-in chamber (as relates to



the nurse's department); for nothing can be attended with more serious consequences than the want of this necessary information, in those who may be called upon either to direct or to attend in such situations, where the sick and infirm are so wholly dependent on their tenderness and capability.

Even the success of medicine may be defeated by want of judicious care and management on the part of heads of families and nurses in the sick and lying-in chamber: a knowledge of its duties and various claims on our tenderness and feeling, may be considered as constituting an important feature in that information, which a young woman should receive from her mother when at an age capable of appreciating its usefulness.

It matters not how great a proficient the medical attendant may be in the application of his knowledge of medicine, unless his advice be coupled with the



care and attention of a rightly informed and well-principled nurse, who is to take the active part in the sick and lying-in chamber. This knowledge should be united with a sympathetic heart, which will make her enter into the sufferings of the afflicted with tenderness ; as the mind of the patient being soothed and comforted is of the utmost consequence, and closely connected with giving to medicine its effect and value.

To enter into all the minutiae of those attentions which most unquestionably tend to aid recovery is impossible, from their being of such an indefinable and delicate character, that they elude investigation ; neither can they be described. The suggestions of a kind heart may be conceived, and their solacing and endearing effect upon the sick and infirm proved to be more powerful than the strongest stimulant which can be administered, conveying an almost instantaneous se-



cret joy and comfort, which from their subtle nature run through the most remote parts of the system ; returning to its centre with sensations too exquisite to be expressed, but which may be considered in its advantages nearly equal even to medicine itself.

Let us for a moment contrast this sympathy and tenderness with that of the unfeeling and cruel conduct of the petulant cold-hearted being, whose very countenance chills the beholder. Miserable indeed are the sick and infirm placed under her care ; they shrink from her touch like the sensitive plant, while their disorder preys upon their vitals with redoubled force. Such conduct has no doubt hurried many to the grave, and created much painful disappointment to the most distinguished practitioners of physic, whose abilities and time have been devoted in vain to the recovery of their patients ; for alas ! their utmost



efforts have been foiled, and every energy totally defeated, for want of co-operation on the part of the attendant in the sick and lying-in chamber.

The Authoress of this humble volume pleads by way of excuse for offering her ideas on a subject of so much importance, that it was submitted to the opinion of the public at the request of several highly respectable medical gentlemen. Actuated by a sincere and ardent desire to relieve and comfort the afflicted, and to guard the infant from injury, she depends for its success on Him, “without whose aid all the purposes of man are vain!”

The Authoress begs leave to observe, that she is under obligations to several eminent writers, from whose works she has extracted whatever she has deemed necessary to render her work more useful and beneficial to the public.



## LINES ON HEALTH,

PRESENTED TO THE AUTHORESS.

---

The leaves are quite wither'd,  
Bestrew'd on the ground,  
Nature's charms are all vanish'd by stealth ;  
A wreath of green bays  
Famed Hygeia has found,  
To crown her in honour of health.

## RECOMMENDATORY LETTERS.

---

MADAM,

I communicated your letter to Sir Henry Halford, and he begs me to assure you, that he holds your work "*The Good Nurse*" in high estimation, as a book calculated to be of essential service to the rising generation : and as a proof that this is his real opinion, he sent a copy of it to his son and daughter. He is very glad to hear (as well as myself,) that you are going to republish it upon a larger scale. He sincerely wishes it may have a wide circulation, and attract the attention of sensible parents, who will enforce the practice of the excellent regulations for the interior of the nursery that it contains ; and by falling into the hands of all description of mothers, as well as nurses, it may be of lasting service to mankind. Sir Henry is this day gone to town to remain a week ; he is in general very much hurried there, but I trust that he may find time to write a few lines to you.

I am, Madam,

Yours very truly,

ELIZ. BAR. HALFORD.

Wistow Hall, Leicester,  
Saturday, Sept. 22.



MY DEAR MADAM,

I know of no one who from her experience and talents is more equal to the task you have undertaken than yourself: and sincerely wishing you every success,

Believe me, yours very truly,

ASTLEY COOPER.

---

MY DEAR MADAM,

I beg to offer you my best acknowledgements for your kind present, of which I have already read a considerable part; and cannot hesitate to say, that if the advice which you offer with regard to the care of sick persons, and management of children, were duly observed, it could not fail to be highly useful.

I remain, Dear Madam,

Most respectfully and truly yours,

WM. BABINGTON.

17 Aldermanbury,

Dec. 25, 1824.

DEAR MADAM,

The plan of your little work is excellent. The public have long required such an assistant, and I am only surprised that some skilful authoress should not have anticipated your purpose : the laurel, however, has fortunately been left for you to entwine into a wreath, which I trust you may long enjoy in triumph.

Yours very truly,

J. A. PARIS.

---

MADAM,

I beg you will accept my best thanks for the favour you have done me in sending me your book, entitled "*The Good Nurse.*" The subject is very important ; and I am persuaded your publication will do good, not only by the information it conveys, and the order it inculcates, but by the good sense and kind and elevated feeling it is calculated to call forth. Sick people and their friends will be greatly in your debt ;



and I believe the Profession also will be much indebted to you, for the practitioner cannot fail to be excited and improved by acting under the inspection of wiser and more enlightened persons.

I am, Madam,

With much respect,

Your obliged and faithful servant,

WM. LISTER.

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HINTS  
FOR  
THE MANAGEMENT  
OF THE  
SICK AND LYING-IN CHAMBER.

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CHAPTER I.

ON THE MEDICAL ART.

The action of saving a man's life is more virtuous than that of saving his wealth.

**THE** possession of a competent knowledge of the animal structure and œconomy, together with that of the art of curing diseases, must undoubtedly be considered a very great attainment. Yet, be it understood, that these splendid acquirements are insufficient to insure the valuable purpose for which they were intended, without the humble instrumentality of the Nurse in the sick and lying-in chamber, whose judicious care forms no mean part of our hope and confidence in the medical attendant. *A Good Nurse*, entering



into his views with promptness and feeling, secures the moment of advantage, which otherwise might be inevitably lost, possibly to the destruction of the patient, as well as extreme injury of the medical professor.

The writer of this small work will feel sincere satisfaction if the suggestions herein offered should be the means of relieving (in any degree) this highly scientific class from those painful disappointments which arise from want of information on the part of the nurse ;—although the attempt may justly be compared to the mouse in the fable, who relieved the lion by gnawing the net.

The author is happy in this opportunity of returning her grateful acknowledgements for the approbation bestowed upon the former edition, by the most eminent physicians, and maternal heads of the most respectable families, who have condescended to peruse "*The Good Nurse*;" while the present edition, having been submitted to the inspection of an eminent medical professor, may be considered still more deserving the notice of the public.



## CHAPTER II.

ON THE DANGER OF RESORTING TO QUACK  
MEDICINES.

Reasoning at every step he treads,  
Man yet mistakes the way ;  
While meaner things, whom instinct leads,  
Are seldom known to stray.

WHEN, from any cause whatever, we are under the influence of disease, either real or imaginary, we naturally resort to what we believe is best calculated to remove the evil.

From a strange propensity in human nature, we are apt to disregard those means which are most to be depended upon for relief;—an assertion which is unfortunately too often verified, when we forsake the man of science for the empiric.

The most enlightened practitioner would be incapable of recommending a medicine, without knowing of what it was composed ; while the man of sense is aware that the most accurate discrimination is required, not only as to the disease and state of the



patient, but also as to the quantity, quality, and properties of the medicines which he thinks best to prescribe. And it has been unquestionably proved, that in this acute discrimination consists the perfection of the medical art; and that knowledge, on which this capability in a great measure depends, can only be attained by close study improved by practice. United with natural talent, the combination is perfect, and the art of medicine may be said to have reached its climax.

But when the sick man has recourse to a remedy which comes in so questionable a shape as that of a quack medicine, it requires no extraordinary degree of knowledge to foresee the consequences of taking it.

If we resort to a medicine without the advice and opinion of a medical professor, we lose the great advantage which we derive from any particular plan of regimen and general instructions, which tend to give medicine both effect and value.

But in resorting to quacks, we not only exclude this material part of physical advice,



but positively expose ourselves to unlimited danger.

“The general line of conduct,” says a learned writer, “pursued by these harpies, is first to demand the usual fee which is given to a physician, and then the prescription (if worthy of such an epithet) is dispensed in their own house, for which they charge an enormous price; even the poorest person, who is deluded to consult these miscreants, cannot do it for less than one guinea. In this way the deluded patients go on, week after week, till either they are tired of the expense, or are fortunate enough to discover the fraud. The impoverished culprit who robs you of forty shillings, forfeits his life; while these more specious robbers plunder those who consult them, frequently of their last shilling, and that with impunity, living many of them in splendour and extravagance upon the vitals of their patients.”

When we reflect on the serious and important business of a regular practitioner,



and that it is indispensable, when he has finished long and expensive studies, to have judgment passed upon him by an established body of learned men collectively, for the express purpose of investigating the knowledge he has acquired ; when, without their approbation, he can neither become a member of any scientific institution, nor be at liberty to exercise the smallest portion of his skill on the public, or to assume the title of either physician, surgeon, or apothecary ;—we cannot but feel contempt for those who dare impose their nostrums on the public : yet, despicable as such miscreants may be considered, still those who are deluded by their arts are, nevertheless, their inferiors.

The valetudinarian, who is always in search of, but never finds, what he is so anxiously seeking for, from the discoloured state of his mind, impatient of relief, changes his medical attendant, without giving the medicines a sufficient time to prove their efficacy,—*this* is the real cause of his never receiving any benefit ; while he blames the



skill of his medical friends. We can only pity his infirmity, and hope that he may not lose his life through his weakness.

The mania for quack medicines is alarming, and loudly calls for the greatest caution on the part of the public ; the fashion for resorting to them is disgraceful in this enlightened age.

It may not be irrelevant here to detail a fact which occurred under the notice of several highly respectable persons.—A poor schoolmaster in the country, whose want of abilities and acquirements was one great cause (joined to a fondness for the grape,) of his seminary not proving successful, was reduced to a very forlorn condition, as he had a large family depending on his exertions. He was (as a dernier resort) recommended by a friend to invent some composition which would not injure, and to send it into the world with a flaming advertisement, as a remedy for all that train of evils which vice and folly have inflicted on the greater portion of mankind. Fortunately for his purpose, it was resorted to with the same avidity as fish seize the *Co-*



*culus indicus*, which filled his house with plenty, and set his heart at ease. The velvet cap and the rattan were now exchanged for a wand, which turned all to gold ; consequently it became to him nearly as valuable as the philosopher's stone. But the good it has done to the public may be contained in a nutshell, while we may consider it fortunate if it has never done mischief.

Much as every wise man must disapprove of quack medicines, or the practice of becoming his own physician, nevertheless, it may be prudent to make the best provision in our power against any sudden accident or illness :—for such provision I am requested by a highly educated gentleman, to recommend that all heads of families should possess “Thomas Ayre Bromfield, on the best management of cases which require prompt and judicious treatment.”

By all those labouring under positive disease, medical opinion is always wisely resorted to ; but unless the patient is firm and constant in his determination of giving strict attention to the rules prescribed, relying



with full confidence on his medical adviser, success cannot be expected: and in addition to this prudent conduct, we should conscientiously avoid any deception whatever, in the detail of our complaints to the physician, &c. ; for in practising such unjust and unwise conduct, we disappoint the efforts of the wisest practitioner. In addition to proper attention to whatever may be recommended, let us recollect that much depends on regulating the mind, keeping the temper and inclinations under due subordination, bearing patiently what it may not be in our power to remedy; and above all, resigning ourselves with submission and confidence to every dispensation (however trying) of our kind and good Benefactor. Without this wise and reasonable conduct, the most effectual medicine must prove unavailing. How much more honourable then, to our medical attendant, as well as more just to ourselves, to leave Nature to find her own remedy.



## CHAPTER III.

ON THE ADVANTAGE OF EMPLOYING MUSIC  
IN CERTAIN STAGES OF PROTRACTED ILL-  
NESS.

Music exalts each joy, allays each grief,  
Expels disease and softens every pain,  
Subdues the rage of poison and the plague.  
And hence the wise of ancient days adored  
One power of physic,—melody and song.

ARMSTRONG.

It is clearly understood that music has a most powerful effect on the passions, calming and tranquillizing the mind when under the influence of extreme excitement, and equally successful in raising the animal spirits when depressed by sorrow and disappointment; *L'Allegro* disposing to cheerfulness, and *Il Penseroso* to tenderness and love.

Those who have studied the human mind must be fully aware, that the mental and corporeal parts (in this state of being) are inseparably connected; which unequivocally proves that whatever materially affects the one, acts forcibly (and in the same ratio)



on the other ;—a powerful reason for doing all that tenderness can suggest, to soothe and please the mind of those who may be depressed by long confinement to the sick chamber.

Circumstances of this nature impart feelings of delight and pleasure, greatly contribute not only to raise those afflicted by disease, but undoubtedly tend to preserve the equilibrium of health, being highly advantageous in promoting a regular circulation, and the operations of the various functions. Although we may not be able to trace this delicate combination, nevertheless we are convinced that it is an indisputable truth ; and still further, that an instantaneous physical effect is produced, from the mind being suddenly acted upon, either painfully or pleasantly. Whatever delights or cheers the heart, causes the affections to flow with abundant kindness ; whereas grief chills every feeling, locks up the social powers, and consigns us to melancholy.

Harmonious sounds affect the hearers in an indescribable manner ; the nerves (the



most acutely sensible part of the frame,) soon vibrate in unison with true harmony, which, when judiciously resorted to, cannot fail of proving delightful to the refined mind, as well as physically beneficial.

The great Boyle asserts, that certain females used to shed tears when they heard a particular tune, at the same time that the rest of the audience were not affected. We are also told from undoubted authority, that it is reported in the Minutes of the Academy of Sciences at Paris, that a musician was cured of a violent fever by a concert being performed in his chamber. Dr. Burney further observes, that though in airs, accompanied with instruments playing different melodies from the voice, part may be difficult to defend by cold reasoning and criticism, they are, nevertheless, very delightful to the sense, as well as beneficial to the health, more especially when in a state of convalescence.

Those who have been frequently called to attend upon persons suffering under disease, acquire a nice discrimination as to what the patient is capable of bearing, also as to the



necessity of varying the treatment, and of what may best be suggested for their relief.

The human mind clings to an affectionate friend; for the sight of one dearly beloved has been known instantly to make a favourable change in the symptoms of a complaint; even pressing the hand, without any other expression of tenderness, has produced an immediate good effect.

When the situation of the patient will admit of being amused and entertained, the abstraction of the mind from its inquietudes becomes highly beneficial. An attendant who enters with feeling into the situation of her charge, will wisely resort to those delicate and interesting plans which are the most likely to advance recovery.

As much talking is exceedingly exhausting, and should never be encouraged, the mind may be most agreeably diverted and tranquillized, both by vocal and instrumental music. We may easily imagine that melodious sounds may be resorted to with advantage; at the same time it may be well to remark, that recovery from protracted illness depends



greatly on the disposition of the patient: a well-regulated mind, with a firm and undeviating piety, will lead to a state of resignation which will blunt the acute angles of suffering, from a firm belief that every dispensation is founded in wisdom. This invaluable disposition will most gratefully receive the efforts of affectionate attention, and the heart expanding with gratitude, will be capable of enjoying the effusion of thankfulness!

It has been observed that Dr. Faulkner entertained a very high opinion of subduing disease by diverting the mind of the patient, particularly with the view of beautiful scenery: but in addition to this idea, which the Doctor so strongly recommends, might not much gratification be afforded from melodious sounds? In some cases they might affect the patient to tears, which produce an immediate relief; and when the feelings have been over-excited, might be the means of relaxing that tension and irritable state of the nerves which are so painful, by bringing the mind into this state of tenderness.

Professor Morgan died suddenly from in-



haling noxious vapour from an experiment; his lady was then in a state of pregnancy, when she was almost dumb with grief, but could never shed a tear till the infant was first presented to her; when she was instantly relieved by floods of tears, which calmed her distressed and suffering state of mind.

When shut out from the common objects of sight, the thoughts are apt to wander, and become far too active,—a circumstance wholly uncontrollable either from persuasion, or medicine; but from diverting the attention, that intensity of thought might be relieved, which never fails to affect the nerves of the stomach, of course impeding digestion, and causing flushes in the head and face, which almost annihilate any inclination to sleep.

The effect of music on the adult is analogous to the pleasure an infant receives from the musical powers of its nurse; a lively cheerful nurse in this way may promote the health of her charge. Dean Swift's song of "Here we go up, up, up, And here we go down, down, down, &c." has beguiled many an hour. It is a positive acquisition for a



nurse to possess a pleasing voice ; it serves to delight children in health, and soothes them in sickness ; and at the hour of rest is more powerful than an anodyne : every nurse should make herself mistress of the good Dr. Watts's Cradle Hymn. To conclude : it may be depended upon, that whatever can be suggested, which is calculated to please the sick and young children, has the happiest effect on them both ; and for want of those genial attentions, the recovery of the invalid is retarded, and the infant often rendered sickly and unhappy.

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## CHAPTER IV.

### ON THE GREAT DANGER OF INHALING INFECTIOUS AIR.

Being wholly regardless of danger, is an indisputable proof of either weakness or presumption.

WHEN infectious fevers or other contagious diseases happen in a family, the greatest care is required to prevent the fatality which often attends complaints of this character.



The air of the chamber where the patient is confined, soon becomes unhealthy; neither should it be visited by any but those attendants who are absolutely necessary, or those connexions, whose attachment induces them to risk the danger which attends inhaling infectious air. It is important not to visit the chamber before breakfast; but if called into it from anxiety or necessity, a crust of bread should be eaten, and a glass of Huxham's Tincture of Bark should be previously taken; as the effluvia which are floating about, are at all times exceedingly dangerous to inhale, but more especially on an empty stomach. The custom of chewing aromatic spices, such as cinnamon, cloves, &c. is not altogether without its use, as it tends to promote a plentiful discharge of saliva at the mouth, which on no account is to be swallowed, and the nose should be filled with tobacco or rue.

In the patient's apartment the caution should be observed of never eating or drinking there, nor ever swallowing the spittle,



lest the effluvia should be conveyed into the stomach.

Cleanliness, both as it relates to the patient, as well as to those who attend in the chamber, is of the utmost importance. The linen should be changed daily; sponge should be used both for the upper and lower part of the body, as it is very material to keep the surface of the body as clean as possible; also the mouth should be frequently washed with brandy and water, and, if possible, the throat gargled; a sponge fastened to an ivory stick for cleaning the mouth is necessary; nurse should carefully avoid inhaling the breath of the patient at the time of this operation, as it is extremely contagious; part of a glass of brandy should invariably be taken on any occasion which brings persons in contact with any offensive smell; and whatever comes from the patient should be put into a pail, with a lid shutting close, and immediately removed. The free admission of pure atmospheric air is also indispensably necessary for the recovery and health of the patient,



and all who may be in attendance. The curtains of the bed should not be drawn; and in case of much drapery it should be removed, the lower valance of the bed taken off, to admit a free current of air under it. The carpet immediately on the commencement of the illness should be removed, as the woolly surface renders it particularly objectionable, from retaining particles of the effluvia for a long time: the room should be kept clean swept, and frequently sprinkled with vinegar, and completely washed over with the same.

The temperature of the air is also much to be attended to; the extremes of heat and cold are equally prejudicial: by the former, the tendency to increase putrefaction is augmented, whilst the latter, from its debilitating influence on the body, may add to the virulence, and so the direful ravages of the contagion be considerably increased. As infectious matter is liable to be conveyed by the clothes the patient has worn, destroying them by burning is most eligible.

Dr. Smith, who has immortalized himself



by his discoveries, recommends on the commencement of any infectious disease, to put half an ounce of vitriolic acid into a crucible, warm this over a lamp, (a large tea-cup will answer the purpose,) adding to it some powdered nitre; several of those vessels should be placed in different parts of the room, according to the size of the apartment and virulence of the disease; likewise in different parts of the house, confining the vapour by shutting for a time the doors and windows. By the adoption of a remedy so plain, simple, and easy of execution, a great deal of mischief probably would be prevented, and a stop put in the beginning, to one of the greatest calamities mankind were ever afflicted with.

For, besides destroying contagion and removing the offensive smells of the sick chamber, Dr. Smith observes, that another advantage resulting from the nitrous fumigation, is that of rendering the air purer, and fitter for the purposes of animal life.

Persons after visiting the chamber should wash their hands and mouth with vinegar and



water; their clothes should be immediately changed, and hung in the air; some warm liquid should be drunk, as an infusion of sage, or other herbs of the same species; or a strong cup of coffee will be proper. Those who are much about the sick person, should often hold a sponge dipped in vinegar to their nostrils. Frequently sprinkling red hot iron with vinegar, and boiling the same over a lamp is very desirable: smoking tobacco will assist in correcting the air. The bed should be refreshed by frequently using the reviver, with spirits of wine, or camphorated spirits, or Eau de Cologne.

It may be desirable to mention, that if the mind of any members of the family should be impressed with a fear of taking the disorder, they should not on any account visit the sick chamber; as fear is of such a relaxing debilitating nature, that it greatly increases the danger of receiving the contagion. The effect of fear on the frame may be compared to moist air on a dry sea-weed, which immediately droops, and loses all its elasticity. The confidence and courage of the fearful



fail in like manner when the body becomes paralysed.

It is not uncommon for several in a family to follow one another in a decline, which may be accounted for from the contagious state of the disease ; when the effluvia is incautiously inhaled by sleeping together, and possibly fondling each other, and continually occupying the same apartment. We may lament that parents are not better acquainted with the consequences of this injudicious conduct, as proper care might prevent many a sorrowful separation.

Tenderness for those we love, from interesting the feelings and engaging the affections, creates such incessant anxiety that we become regardless of our own safety, from the extreme solicitude we feel for that of our friend's.

When we contemplate the humiliating situation of a human being, lying in helpless agony, from the deep sufferings of a contagious disease, it should instruct us in the great duty of using all possible and reasonable means to avoid falling into the same



unhappy situation. Nevertheless, we should endeavour not to lose our confidence, or that portion of courage, or more properly strength of mind, as to suffer our fears to overcome our powers of usefulness: in proportion as we maintain our firmness, will be our security against the attack from contagion. Let sympathy and compassion guard us from depressing the afflicted sufferer by making known the danger to which his disorder exposes others who approach the sick chamber. The thought of becoming an object of terror is deeply wounding to the susceptibility of those minds which have been refined and rendered acutely sensible from a peculiar mode of life and education. Even to the uneducated, nature revolts on becoming an object of disgust.

*Note.*—Dr. Paris, in his admirable and highly scientific and useful work, his “*Pharmacopœia*,” particularly treats on the danger of receiving the odour from offensive matter. This caution is to persons in health.

*Note.*—The laundress who washes the linen should be careful to open the bag which contains the articles in the open air, taking before she begins, a crust of bread and some gin or brandy. If any wound affects the linen, let her observe that she has not any part of the skin of her hand broken, as it may very seriously affect the person who comes in contact with the discharge. Nothing is so antiseptic as cleanliness.



## CHAPTER V.

## ON SELF-PRESERVATION.

Would it not be considered the act of a maniac to put a viper into the bosom? Yet in embracing those plans which are destructive not only to our health, but to our peace of mind, we rarely create surprise, except we come in contact with a wise man.

THE wise man considers self-preservation the first law of nature; consequently we cannot suppose for a moment, that a being, endowed with reason, could act contrary to this imperious command: at the same time, the observations of every day convince us, that from a strange fatality in our nature, we are constantly pursuing those plans which are at variance with that portion of reason given to us by our beneficent Creator. Did we strictly attend to this teacher, it would not only insure our preservation, but be the means of our happiness.

It appears that we live rather to gratify our inclinations, than to regulate them agreeably to our best judgment, which would in-



struct us to set a right value on our preservation.

Health is continually impaired from our want of this proper and rational conduct. Instead of consulting what will most tend to promote our health and peace of mind, we suffer our imagination to mislead us, without weighing either cause or effect. The result is, that from inordinately giving way to our appetites, (which are diametrically opposed to our self-preservation,) we are forgetful of the instruction of our minds, as well as the moderation of our passions,—two obligations, or two laws, immediately derived from the first law of self-preservation.

When we contemplate the fashionable mode of passing time, as well as the unnatural and injurious inventions in different parts of dress, we should rather wonder that health is not quite annihilated. These erroneous and monstrous plans are continued through every part of our conduct; which is proved by the unseasonable hour of dining and retiring to rest, as well as our attendance on late and crowded assemblies, the excite-



ments from tumultuous theatres, operas, masked balls and others ; when from the heat, the music, the lights, and a variety of objects, the whole system is completely deranged ; and we have nothing to expect from its pernicious effects, but that of the liability of suffering from dangerous and fatal disorders. Great as these evils really are, they are nothing in comparison with the loss of that purity of mind which constitutes our highest excellence. For when the lustre of these chaste and engaging qualities is in the least degree tarnished, we cease to reverence ourselves ; and, unmindful of consequences, we lower our rank in the scale of existence.

When health is injured, and we become victims to disease, we then discover the value of self-preservation, and are made deeply sensible of the loss of that blessing we prized so lightly. Reflection must overwhelm our strongest resolutions : the enemy then attacks us with a powerful hand, and we are left to lament our own folly and want of reasonable attention to our highest interest. Thus shut out from all the allurements of the world, de-



prived of the natural enjoyments of life, suffering acutely from pain,—where are we at such a moment to look for comfort? Deeply sensible of our sad situation, the only resource which remains, is resignation! Nevertheless the time may not be far off, when we shall be convinced, that what appeared a Hydra form was nothing short of an interposition of our great Benefactor, to bring the mind to a proper sense of his love, and the duty of rightly appreciating the value of the inestimable blessing of good health and tranquillity of mind. Should we be so happy as to obtain these comforts, let us consider them,—as they really are,—enjoyments, for which we cannot be too thankful; at the same time recollecting that we are placed here on earth only for a short uncertain season, and that our happiness must be the result of pursuing that line of conduct which reason and religion dictate, and which alone is worthy of rational beings, created and redeemed for eternal felicity.



## CHAPTER VI.

## ON SUPERSTITIOUS FOREBODINGS.

When the understanding is improved by education and the society of wise men, we naturally form our opinions from their experience, and which become increasingly valuable from observation and reflection.

FICTION, on which no doubt romantic stories and strange predictions are founded, is no longer remembered; still the tradition is not forgotten, but remains embellished, from having passed through a series of time, and is retailed without any regard to the situation of those who are compelled to hear it. The highly educated mind seldom comes in contact with vulgar and ignorant persons, as familiarity with domestics is never practised by those who attend to propriety of manners and good behaviour; but when persons even of high rank are reduced to the confines of the sick bed, they are necessarily exposed to this unavoidable evil.

Nurses are particularly attached to superstitious forebodings, and are in consequence



much in the habit of referring to the most insignificant and accidental occurrences;—even a crow flying across a window, or the cat sitting with her back to the fire, &c. &c. by them is considered ominous of some future ill. When strange stories are invented by the nurse of the sick chamber, it never fails proving injurious to those whose minds are weakened and depressed from disease, but whose understandings would entertain the highest contempt of such ignorant fabrications in a time of health. In this state of infirmity, the mind is susceptible of strange impressions; neither does the best judgment avail to counteract their effect: and the imprudent weak-minded woman, impatient of suppressing her feelings, vents all her imagination has conjured up, without any regard to the state of her patient or sense of the duty of her office.

Persons of gloomy dispositions are very unfit to attend on the sick: indeed, they are ill calculated for a nurse of any description. When such is the character, it seldom fails to be strongly depicted in the



countenance. A peevish and unfeeling temper should be carefully avoided, as nothing interferes more seriously with the comfort of the sick and lying-in chamber than a nurse of this description. It is not unusual to witness not only the patient, but the whole family, rendered unhappy and confused by the cruel conduct of the nurse: Aware of her own importance, when not influenced by principle she spreads devastation like wild-fire; whilst the woman of good sense joined to a good heart is at that time invaluable.

Such are the injurious effects of false impressions in early life, more especially when they are mixed up with an idea that they happen from the direction of a Supreme Power, that a mind once impressed with this belief at a tender age, rarely, if ever, wholly overcomes those gloomy feelings.

When placed in situations of danger from illness, we are too apt to lose sight of those encouraging feelings which would greatly tend to raise and animate us to hope that the termination would be favourable. When



fear preponderates, recovery is always exceedingly questionable.

Persons afflicted with sickness are naturally anxious to be restored.—In such a situation they place implicit confidence in the nurse; and whatever she says bears weight, to such a degree as to affect the patient very seriously.

Those who have never watched over the sick bed cannot possibly be aware how much the conduct of the relatives and the nurse operates on the mind of the patient. It is of the utmost importance that the tenderest care should be exercised, lest any doubt or particular fear should seize the mind of the sufferer: when that unhappily occurs, the spirits sink like the quicksilver in the barometer at the approach of bad weather. Can we suppose that a patient can remain firm and calm, when nurse deals out her predictions without reserve? What can be the result of such imprudent and cruel conduct, but an increase of disease, attended with lowness of spirits and all the horrors of despair!

It frequently happens, when the blood is



hurried through the veins in a fever, or *vice versa* impeded by obstructions, that a patient, under these circumstances, is generally tortured and alarmed by frightful dreams. Even indigestion from eating some article of food will produce that effect. Nurse, on hearing the patient's fears, should endeavour to lessen the apprehension by accounting for them as having proceeded simply from the disorder; instead of adding mystery and ill omen to the explanation. The nurse of good principle and feeling will by every effort in her power mitigate the many distressing circumstances attendant on acute diseases. If she possess a proper sense of the Christian religion, *that* will best teach her the tender offices of the sick chamber; those lessons of kindness and sympathy which we have received from the example of our Saviour's mission, instruct us in all those duties which belong to the sick, in an especial manner.

It is by no means uncommon, when persons have suffered from protracted illness, for them to become impressed with a strong desire or fancy, which presses so continually



on the mind that nothing can divert it ;—for instance, lying in some particular part of the bed, with the feet where the head should be : from making this change, strange as it appears, it has nevertheless had the most desirable effect ; as it has been known to quiet that extreme restlessness which an agitated state of the blood produces, and has even been the means of inducing sleep after a long privation of it.—These propensities should always be complied with, and that with cheerfulness and good humour ; but on no account should nurse, or any of the relatives, treat this anxiety for a change with ridicule—tenderness forbids it. We may easily imagine, when a patient has been long confined to the bed, and every part is worn by the pressure, that the wearisomeness it must occasion is quite sufficient to account for the desire of a change. When these inclinations are directed to some article of food or fluid, the impression is often very strong : we may suppose it is the pointing of Nature. When a patient requires a copious draught of cold water or beer, and it has been allowed to the anxious



sufferer, it has been known to produce an immediate beneficial effect both on mind and body. In cases of delirium, pleasing the patient, when it can be done, soothes and greatly tends to still the wandering and hurried imagination. It sometimes happens that patients fancy that an object is at a remote part of the room, and they are anxious to ascertain the fact by the touch;—this should not be denied: for although some of these fancies must be the effect of the malady, nevertheless, as the disease deprives them of reason, we cannot employ argument to convince them that it is merely a chimæra. The good nurse will study to please her patient under the most afflictive state of disease;—gentle treatment is now much introduced in the management of insane persons, greatly to the honour of those who have been the projectors of this humane regulation. Nurses, from extreme ignorance, are apt to consider what they calculate as being an ill omen, to be also a warning before death; and from that feeling they relax in their exertions: whilst an experienced nurse will be



fully aware that many patients recover, when it is not expected even by those who can best judge of the state of the disease. At all events it is a dangerous part of conduct in any who attend in the sick chamber, to depress the mind of those who are actively employed ;—such is human nature, that we cannot exert the same powers when unsupported by hope.

In no case, and at no period of an illness, should we presume to determine what is to happen. Nurse should be vigilant, and encourage those about her to be the same ; as it occasionally has happened, that perseverance and courage, joined to the most affectionate tenderness, have been exhibited in the chamber of the sick by the nurse, to the recovery of a patient wholly given up to death.

Let each one remember, that the time of our continuing in this state of being is not revealed to us, neither are we to prognosticate when the awful messenger will arrive ; experience daily teaches us, that the ways of the Almighty are unsearchable.



## CHAPTER VII.

ON FEAR, ANXIETY, AND GRIEF, AS THEY  
AFFECT THE HEALTH.

The importance of establishing sound health is incalculable ; as when the physical powers are insufficient to resist the evils of life, nothing short of the most fatal consequences must ensue.

No passion of the human mind is so distressing in its effects as fear. At the instant of alarm, the mind becomes confused and agitated, reason loses its power, and the whole frame becomes paralysed. Such has been the sudden effect of fear on the constitution, that in a few hours it has changed the colour of the hair. The difficulty of bearing with firmness sudden and painful impressions is extreme, and greatly depends on the physical strength. Neither is the most philosophical mind capable of resisting alarm and perturbation, if the nerves are rendered irritable by a weakly constitution ; which proves that the instantaneous effects of sudden apprehension can only be resisted by those whose



corporeal powers are armed with strength from the possession of sound health and a good constitution.

The well-regulated mind can determine wisely in situations of difficulty, only when there is a sufficient time for the exercise of the judgment; for without this aid, nothing but hurry and confusion ensue: no doubt many have lost their lives for want of the immediate counsel of those who have been early taught to exercise their reasoning faculty.

The right government of our passions and affections is the source of our happiness and health. Without a calm and even mind, it is not possible to maintain such a possession of ourselves, as to prevent our repose from being invaded, and that upon every trivial occasion. This disposition should be most carefully guarded against, as it is not only destructive to health, but likewise to our enjoyments. Let us act more agreeably to the dictates of reason, remembering that wise maxim of Solomon, "To keep the heart with all diligence, for out of it are the issues of life."



When the body is weighed down with sickness, we cannot reason; we cannot expect to have the same control over the mind and feelings, when the utmost in our power (and that is not always afforded us,) is to endeavour patiently to bear our affliction. Philosophy, when a person is suffering from the ravage of a fever, can avail nothing; nor can even the in-shinings of the Christian religion, under all circumstances, penetrate the dark cloud which envelopes our senses in the time of extreme disease;—the good man suffers all the horrors of the guilty, when under the awful influence of delirium. But when the shafts of the enemy are overcome, then the benign influence of the Gospel instructs us, that even the sufferings and anxieties of the sick bed lose their power to afflict us, and resignation, like the voice of an angel, whispers peace!

Repinings and secret murmurs of heart give imperceptible strokes to those delicate fibres of which we are composed, and wear them out insensibly; not to mention the injury they do the blood, and those irregular motions



which they raise in the vital functions ;—a cheerful and contented disposition will be found an essential promoter of health, consequently of happiness.

The effect of gentleness of temper on the frame when under the influence of disease is invaluable, and is well understood to be one great means of subduing many disorders, which from a contrary disposition would have overwhelmed the sufferer ;—an amiable temper may justly be considered the sweetener of human life. We have few things at our command, but we always have it in our power to blunt the angles of sorrow and suffering, by patient forbearance\*.

Wholly to divest ourselves of concern and regret, when taken from the active pursuits of life, (those possibly which may be vitally important to the support of a numerous family,) appears totally out of our power : yet our afflictions may be greatly lessened (after

\* A poor stone-cutter, the father of a large family, from accident lost his sight. On inquiry how he supported his affliction, he replied, " I never repine, madam ; as that would only add to my misfortune by injuring my health."



using all reasonable means), by trusting and depending on a superintending Providence to support and comfort us in this moment of trial. Thus tempering our feelings from reflection, we are enabled to pass through the furnace of affliction with less mental suffering.

Persons of a sanguine disposition are apt to be affected by imaginary evils, with anxiety and lowness of spirits, which form a part of their disease,—particularly women during their confinement. In many cases it is the effect of extreme exhaustion; in others, it often arises from the imprudence of relatives and nurses mentioning some distressing circumstance which has occurred. We should prevent, if possible, the patient from receiving any painful impression, under any situation; as when the powers of the body are reduced, the mind necessarily becomes enfeebled, and the best possible medical aid may prove ineffectual to restore the patient.

Recovery from disease so much depends on the state of the mind and animal spirits, as well as the government of the passions,



that the subject claims a peculiar degree of attention; for in vain are remedies resorted to to relieve the disorders of the body, when the malady is fixed and rooted in the mind. The most effectual aid is to divert it from its anxieties.

Grief, or excessive application of mind, alters digestion and diminishes the secretions of the gastric and other fluids; and the influence of grief on the frame is more destructive than any of the other passions, from being more lasting and more deeply rooted: added to which, instead of exerting our power to dismiss the object of our regret, we often cherish the beloved idea, from a feeling that it appears almost a sacrilege to enjoy any other blessing, when we have lost the idol of our affections, the friend of our bosom!

Grief, when it sinks deeply into the mind, is mostly converted into a profound melancholy, which preys upon the spirits, and undermines the strongest constitution. It may justly be said to be that state of mind in which our desires are fixed upon the past,



without looking forward to the future ;—an incessant wish that something were otherwise than it actually is ; a tormenting harassing want of some enjoyment or possession which we have lost, and which no endeavours can possibly regain.—The death of our dearest friends and relatives cannot but affect the heart of the most obdurate persons : but to indulge an excessive grief, because they cannot be restored, is highly criminal. We do not recollect that in refusing consolation, we manifest a disapprobation of the ways of Providence, and are conducting ourselves in direct opposition to the dictates of reason and religion. Nevertheless great compassion is due to those who have suffered the loss of a companion they dearly loved, or a child on whom their fondest hopes were riveted with an inviolate attachment. The delight which such fine generous feelings give birth to, cannot be exchanged for mourning, without the deepest sufferings. We never can approach a state of indifference, while the image of the beloved object remains to fill the mind : the most poignant and unceasing regret in-



trudes itself on every thought, till the stream of time wears away the tender impression on the affections, and insensibly softens down the pangs of separation.

All the functions of the body are impaired by grief; and when it cannot be overcome, health must be destroyed. Those who wish to enjoy that portion of life assigned them by Infinite Wisdom, whether it be long or short, must endeavour to be cheerful and contented with those dispensations which fall to their lot. A mind existing under this divine influence, possesses a tranquillity of transcendant lustre, and is more to be desired than the most splendid possessions;—the tears which are now shed will be exchanged for joys ineffable, and endless happiness will be the portion of the traveller and sojourner on earth, when he arrives at the city of his God!



## CHAPTER VIII.

ON THE IMPROPRIETY OF RETAILING WHAT  
MAY OCCUR IN THE SICK CHAMBER.

Truth is a gem of so rare and unchangeable a quality, that no chemistry can either heighten or decrease its beauty.

PERSONS of discretion who may be employed in the sick chamber, will consider it one of the duties attached to their office, to keep inviolate whatever may happen which may be painful to the sufferer or those concerned to have repeated; neither will a prudent woman mention any particulars of the disease, which may admit of a different construction than the real matter of fact, and in some cases even that is improper.

The disposition in most persons to magnify and exaggerate whatever they relate, is frequently the cause of great mischief in the common intercourse with one another;—nay, one insinuation only, has been known to ruin the peace of a whole family.

In a time of sickness,—when the mind is



weakened from disease and the body is nearly worn out, persons of the most amiable temper are apt to be fretful and impatient, neither can they find comfort in any attention or kindness they receive ;—nurse must not be disheartened, or impute it to any other cause than to the effect of long suffering. When we reflect on the ravages of a violent fever, with the painful but necessary remedies, can we be surprised at a change taking place in the disposition? who can possibly bear the extreme of disease with calmness and indifference? When the blood is passing rapidly through the veins, it frequently causes a dreadful agitation of mind, which often ends in delirium ;—and shall nurse or any one who may witness this sad suffering, be so cruel as to incautiously speak of it, when she must be aware how much the circumstance of its being known would pain and grieve the afflicted person? The uneducated are wholly incapable of rightly discriminating. Instead of considering the temporary derangement the effect of fever, they have no other idea than that the patient is afflicted with



madness. The injury a family sustains from such a report is incalculable—very possibly it may cause an irretrievable disappointment as regards the future happiness and expectations of the invalid.

Many circumstances may occur in the course of an illness, which a nurse who understands her business will never mention. If she be disposed to communicate what occurs in the sick chamber, she cannot be considered calculated for her office ; as both the medical attendant and the nurse must witness many unpleasant and painful matters, which happen in families of high respectability.

Nurses are too apt to retail whatever they hear and see in the kitchen or among the domestics, from a view of gaining the favour and confidence of their employer. From this cause families are frequently put in confusion, servants displaced, and the character of the family injured. When a woman of principle sees any just cause of complaint, it then becomes her duty to take a suitable opportunity to speak of the circumstance : but let her be



careful not to disturb, or add to distress at this moment of affliction. Nevertheless she should not quit the house without mentioning what she may know is improper or wrong in any of the members of the family; silence in this case might not only endanger peace of mind, but possibly a well-earned reputation.

Those persons whose business or employment brings them in contact with the heads of families, should endeavour to gain their favour by upright conduct, rather than by unjustly endeavouring to depress others without giving them an opportunity of defending themselves; recollecting the promises attached to the peace-maker, which cannot fail to make every considerate mind desirous to partake of the blessings in store for those who make this the rule of their conduct.

The ignorant and uneducated love the marvellous; and when any thing happens that is unusual or what they are unacquainted with, they make it the topic of conversation among their companions in the kitchen; and the unpleasant news is conveyed to some of the



tradespeople, or servants of other families. The channel through which it passes gives it a still darker shade, even when the simple fact is stated. The well-known story of the three black crows conveys a very correct idea of the danger of making a false statement of what has occurred.

It is to be lamented that the habit of speaking the truth is not sufficiently attended to amongst the lower classes ; as it is a cause of less confidence being reposed in them, than otherwise would be, were they to be depended upon. From the want of conscientious feeling on the one hand, and discretion on the other, whatever they detail, either from a wish to depreciate, or from the vanity of being in possession of what none other persons are acquainted with, from some such cause, it is to be feared, the truth is often lost in obscurity and false representation.

Did the medical attendant report what comes to his knowledge in the course of his practice, the misery would exceed all bounds ; and that confidence, which is a lead-



ing feature in the mind of the patient, and affords comfort as well as the greatest relief, would be at once destroyed. The physician of moral and tender feeling possesses too fine a sense of what he owes to his friend and society, ever to mention the smallest circumstance relative to those whom he is called upon to attend.

The friends and relations should be equally guarded; and the same cautious conduct should be recommended to the nurse, who is at the head of the sick chamber. The conscientious and tender-hearted woman would not be easy to make any remark that could give the smallest pain to those whom it is her duty to serve, comfort, and make happy.



## CHAPTER IX.

## THE SICK CHAMBER NOT WITHOUT ITS ENJOYMENTS.

The mind which is rightly instructed and properly regulated, will not cease to hope, and even receive comfort under the most adverse circumstances; as nothing can deprive such a mind of its firm and unshaken belief in a superintending Providence.

WHEN, engaged in the active pursuits of life, or the researches of science, we are seized in a moment by some unforeseen misfortune or affliction, and reduced to the humiliating confines of the sick bed, exposed to all the sufferings and fearful apprehensions which disease can inflict, with the prospect of bidding an eternal adieu to our dearest and tenderest connexions,—is there a mind which can maintain firmness under this awful and afflictive change? Reduced to this state of weakness, man is incapable of entering into abstract reasoning; but he can feelingly enter into all the tender sympathies; he can fully



appreciate the value of those unwearied attentions which he receives from the hand of friendship. Although wholly incapable of social intercourse, yet a kind look, an affectionate pressure of the hand, conveys to his thoughts inexpressible feelings of delight ; he receives those impressions with gratitude, —deeply sensible of his abject situation, of his entire inability to return the kindness which is bestowed upon him, and which not only fills his mind with exquisite sensations, but makes it glow with gratitude to that good Being to whose love he is indebted for those inestimable blessings !—Here language fails, whilst in the fulness of silence his aspirations ascend to the Throne of Mercy !

In the moment of affliction, a skilful medical attendant, an affectionate and sympathizing friend, with a kind and experienced nurse, are invaluable blessings ! and although deprived of the power of utterance, the silent tear steals unperceived down the care-worn cheek ;—not the tear of pain and sorrow, but of grateful sensibility ! Weaned from the attractions of the world, the endearing sym-



pathy of kind friends is truly solacing at this moment. Their solicitude to relieve our sufferings forms no inconsiderable part of the comfort which may be found in the sick chamber.

Man, when visited with affliction, is made deeply sensible of the dignity of his nature: even when reduced to a state of extreme suffering, the mind in many cases maintains its supremacy, rising with splendour above the pains of mortality! "How sublime are all the faculties of the soul,—thoughts that wing infinity! apprehensions which reach through eternity! endowed by the Creator with divine prerogatives, invested with spiritual powers, and enabled to aspire (even under the cloud of disease) after the felicities of heaven."

If the body be an admirable machine, the soul is something more wonderful. It is the soul which enables us to rejoice in tribulation: it is the soul which shines with the most transcendant lustre through the darkened gloom of sickness and sorrow; and is so intimately connected with the body in this



state of being, that it is impossible to separate them, even in imagination. It is the soul which varies the physiognomy, and by turns impresses thereon grace, majesty, fear, meekness, innocence, and love. This renders the countenance the index of the mind ; so that we read thereon that which the language refuses to reveal.

The soul renders man a free and intelligent being, by its innate energy dissipates the gloom in which nature had involved him, whereby he becomes acquainted with other beings, his fellow-inhabitants of this earth ; and, soaring above into the celestial regions, makes him comprehend nature in all his ideas ; and is, in fine, the cause of that amazing knowledge and sagacity with which he is endowed ! In a word, the soul by its knowledge and passions enables this weak imperfect creature man to change the face of nature, and at his will and pleasure to become either its tyrant or benefactor. And it is the soul which supports us under the deep depression of sickness and sorrow !

Remedies calculated to restore the powers



of the mind, give also new vigour to the vital organs; the diseases which most enfeeble the powers of perception and understanding, also reduce the body to an inert state, which is speedily followed by dissolution.

Durst we make a single movement, if all the wonders of our formation, the incomprehensible assemblage of fibres, tubes, &c. which sustains an existence so frail and so presumptuous, were laid open to our view!

Could the body of the earth, or the whole universe, be thus submitted to our examination, (were it not too big for the management of the eye and hand,) there is no doubt but it would appear as curious, as well contrived a frame, as that of a human body. "We should see (says Addison) the same necessity and usefulness, the same beauty and harmony in all and every of its parts, as what we discover in the body of every single animal." Such grand and elevated contemplations refine the mind, giving it a superiority that makes it rise above the enjoyments of sense; conscious that, although encompassed with a body of flesh, subject to sickness and to



death, we are at the same time powerfully animated with the knowledge of being heirs of glory and immortality ! Of these exalted privileges, even the abasement of the sick bed does not deprive us ; but, on the contrary, drawing aside the veil of vanity and folly, giving us a portion of retirement from the glittering and seducing scenes of human life, we are enabled to perceive the celestial brightness of an eternal day ! Even the darkened gloom of disease, instead of obscuring, renders its brightness still more visible ! when we are led to adore the Divine Essence, and to say with the Psalmist, “ Yea, though I walk through the valley of the shadow of death I will fear no evil ; for thou art with me, thy rod and thy staff they comfort me !”



## CHAPTER X.

ON THE IMMEDIATE EFFECT OF THE MIND  
UPON THE FRAME.

To please the fancy is no trifling good,  
Where health is studied; for whatever cheers  
The mind with calm delight, promotes the just  
And natural movements of the harmonious frame.

DR. ARMSTRONG.

So true it is, that the sympathy between mind and body is greater than the superficial observer is apt to imagine: but those who have studied the human mind in all its bearings, must be convinced that whatever engages the affections, or is influenced by the passions, acts physically on the frame.

An extraordinary instance has lately occurred, which deserves to be recorded.

The child of a poor man, on losing its mother pined away to a mere shadow. Although two years and a half old, it had not been weaned. From fretting and crying it had very little inclination for food; only slept at intervals, and was continually calling



“Mammy!” The poor afflicted father was overwhelmed, from the fear of losing his child, who was endeared to him in an especial manner from the loss of its mother. On going to London one day, he observed a very beautiful doll. The thought struck him, that possibly it might please his little daughter: he readily (from this idea) made the purchase, though it was a difficulty to him to spare the money, the price being half-a-guinea. On presenting the doll to the child, the effect was astonishing; she approached it after a time with a slow step: when the father put it into her hands, the delight she expressed was more than could have been expected: she never suffered it to be out of her arms. She gradually returned to her food, and at night soon slept without the interruption of sobs and crying; the hectic symptoms decreased daily, and health returned imperceptibly. At the end of a few weeks she resumed her usual appearance, nor was she ever heard to call again for her mother.

Another instance in corroboration of the



truth of the foregoing assertion:—A coachman who lived in a family of respectability had his fortune told, and it was predicted he was to die on a certain day. He first became serious, and then unhappy; and without any other disease than fever from uneasiness, he actually did expire on the day which was named:—the faculty in both cases were consulted in vain. A painful impression on the mind destroys the vital powers by slow degrees: it may be compared to the dropping of water upon a stone, the repetition of it imperceptibly wearing it away.

In vain does the medical professor exercise his powers on those whose minds from any cause are rendered uneasy. The corroding poison of continued apprehension and anxiety, in many cases, is not to be counteracted. When it is the sole cause of a malady, the ablest of the faculty have been foiled, from not being aware that the disease originated in the mind. Want of candour in these cases is so reprehensible, that it may be considered a species of deception amounting to a fraud, and that too of the most serious nature, by



bringing unmerited disrepute upon the medical profession. Every function is impeded, every secretion rendered imperfect, when the mind is uneasy, or has any circumstance whatever which presses heavily upon it. The good Dr. Fothergill used to say, "If thou hast a cause of anxiety with which I am unacquainted, it is impossible that any medicine that I may prescribe can restore thee to health."

The facts just stated, plainly prove the effect the mind has upon the frame;—did we but study human nature, we should find this truth verified daily. Let it instruct us, that the first care of a wise man will be that of avoiding reproach, or any part of conduct which can affect the mind with uneasiness. When circumstances occur to vex or discompose us, let us examine all their parts and bearings, and then we shall discover how far they deserve to be a cause of unhappiness. But when we open our minds to the fortune-teller, we can no longer esteem ourselves reasonable beings. Anxiety for a knowledge of the future is weak and irra-



tional. Endeavouring to discharge our duty faithfully, exercising love and good-will to all around us, will insure us the highest enjoyment, and the approbation and regard of the Almighty ! False representations and deception are never practised by those who value their own peace ; and when they are made use of to deceive the physician, they are highly injurious to him in baffling his skill, and may be fatal to ourselves. An easy mind is of the utmost value, as it regards health. When we are tormented and harassed with painful reflections, or inordinate solicitude for some possession or great attainment, we insure to ourselves a misery that must be considered a positive evil, and which must more than counterbalance the imagined happiness. The following simple truth, when applied to ourselves, points out not only a certain method of being happy, but will give us the confidence of our fellow-beings, with a dignity of mind which is not to be shaken : Do unto another only that which thou wouldst he should do unto thee,—a maxim which is only the definition of justice.



## CHAPTER XI.

## ON THE DANGER OF TEMPORARY SEPARATION OF MARRIED PERSONS.

Experience daily teaches us, that God has ever in view the welfare of mankind: for this purpose the beautiful structure of the universe was planned and completed, all its parts concurring to promote the general happiness.

MARRIAGE may be considered the climax of human felicity. When two persons are united from an affectionate attachment to each other, their bliss is then complete; the happiness they enjoy is reciprocal, binding them together in the most sacred and intimate engagement,—an engagement which can only be dissolved by death.

When the harmony of this interesting union is interrupted by any circumstance that may occur, causing a separation, even for a few weeks, the chain of their domestic pleasures and comforts, which had been daily increasing both in power and enjoyment,—endearing the parties to each other with inexpressible happiness,—is bro-



ken: alienation takes the place of attachment; and they by degrees become indifferent to each other. A sincere attachment is lamentably disturbed by even a temporary separation.

The medical attendant is frequently the innocent cause of this fatal alienation, by recommending the patient to leave home, for the purpose of taking the waters of some famous spring, or for the benefit of sea-bathing. But were all the train of evils which often follow this separation anticipated, the good physician would feel great reluctance in giving this advice.

We are insensibly influenced by the fashion of the day: but an affectionate couple should never be separated, excepting in a case where life is depending. Before we can prove an argument in favour of any position to be right, we must first examine it on all sides, and investigate all its bearings; or we not only deceive ourselves, but materially injure those who are relying upon our opinion and judgment.

Every day presents some sad circumstance



of domestic misery from the separation of married persons. A case has lately occurred, of the most perfect conjugal happiness being totally destroyed from this circumstance. A visit to a watering-place was considered indispensable for the restoration of the lady's health ;—but, alas ! it has only awakened an anxiety that has poisoned the stream of her happiness, and which will ultimately bring her to an untimely grave.

The same destruction to the peace of married persons frequently occurs from the wife objecting to live at the house of business,—fabricating her own ruin, from a passion for the pleasures of elegant retirement. But experience tells us, that the woman who does not prefer the spot where her husband is destined to reside, can never expect to find an Eden in the country, or in any other place. The goddess of health can only dwell with those whose minds are perfectly at ease. To discharge the conjugal and maternal duties will afford those delightful sensations, which will invigorate as well as animate the possessor, far beyond the fancied gra-



tification of breathing the fine pure air of Montpellier. The woman who possesses an affectionate heart, will be convinced of the importance of being pleased with whatever most contributes to the happiness of her best friend: every husband who is left comfortless and alone, is exposed to the snare of the seducing female, as well as to the convivial joys of the table, when he is deprived of the elegant and chaste enjoyments of a well-ordered home. The mind on separation not only becomes alienated, but loses the taste for those refined and delightful pleasures which are inseparable from correct conduct. Uneasiness and perturbations of any kind, or from any cause whatever, equally destroy our peace and tranquillity as well as the finer parts of the human machine, and afflict us with the deepest sufferings and the most fatal disorders. Neither the most powerful narcotic, nor the fragrance from the choicest flowers, can produce such sweet and calm repose, as when the head reclines on the pillow, with an unequivocal feeling that we have done our duty, and that we have neglected nothing that



either religion or natural feeling could suggest. The mind thus impressed must be happy under every circumstance; nor can it be very important, as the good Dr. Watts observed, on lying down, in which world we awake: happiness will attend us in every change, and we shall go on progressively to the perfecting of endless enjoyment.

Oh! the soft commerce! Oh! the tender ties,  
Close twisted with the fibres of the heart!  
Which broken, break them, and drain off the soul  
Of human joy; and make it pain to live.  
And is it then to live when such friends part!

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## CHAPTER XII.

### ON THE CHOICE OF A NURSE FOR THE SICK AND LYING-IN CHAMBER.

Perfection consists in being qualified for whatever we engage to perform.

A NURSE should be gifted with a peculiar talent for her business, as the best security for success in her undertaking; for without



this innate principle she has scarcely a chance of succeeding, let her attachment to the employment be what it may.

Rules may be laid down, and plans suggested, by those competent from experience to instruct; but such are the attentions required, to comfort and restore the sick, that without a tenderness of disposition, with a sufficient spirit to meet every imaginable difficulty, nurses would soon find themselves unequal to the task. A timid inefficient woman will be apt to leave the room upon any emergency, wholly from her want of firmness and spirit; and a patient may die for want of assistance at the moment in which prompt and instant help is required, whereby an opportunity is perhaps irretrievably lost.

A nurse has much in her power: she may soften, she may by her tenderness alleviate, the sufferings occasioned by sickness: those innumerable delicate attentions which cannot be easily defined, and which though they may appear trifling and unnecessary to persons in health, are invaluable in the sick and lying-in chamber; these attentions can be



appreciated by those only who are afflicted with severe disease.

A woman with a healthy cheerful countenance, with sound teeth, but not too lusty, is the desirable exterior, when her general character indicates a mild and amiable disposition, (and which is not easily mistaken by the intelligent mind). Those qualities when joined with strict principle constitute all that can be desired in the woman who is to be intrusted with the care of the helpless and infirm\*.

When a family is afflicted, from any of its members being ill, a nurse must be the chief person under the medical attendant in this interesting scene. This truth should instruct us in the duty of being kind and considerate of their laborious situation, giving them proper times for rest, and that assistance and relief of which they stand so much in need.

\* Places of resort for nurses both for sick persons and lying-in women should be established in different parts of London and other large towns, where certificates of their character should be kept; and which places they should visit daily when wanting situations. Such a plan would save much trouble and anxiety.



A nurse should be very attentive to cleanliness; a neat appearance is always pleasant, especially in the sick chamber, where gloom and suffering prevail; much superfluous dress is unbecoming; neither can time be allowed for decorating the person: the sick are not to be made to wait, nor is the infant to lie screaming in the cradle, while nurse is adjusting her hair.

Low-spirited and superstitious women are perhaps of all others the most unsuitable for this important office: those who are prone to mischievous forebodings, to indulge in ideas of lucky or unlucky days and circumstances, should be carefully excluded from the sick chamber and nursery. The most important duty of the nurse, is to impart hope and confidence to her charge, to raise the spirits and animate the system; when despair seizes the former, it invariably lays hold of the latter; and it is beyond any doubt that many lives have been lost through the cruel and unwarrantable predictions of silly ignorant women.



## CHAPTER XIII.

## ON THE DUTIES OF A NURSE.

Recovery from disease is dependant in great measure on the good conduct and capability of the nurse.

LONG experience has given the authoress that knowledge of the importance of a nurse's business, which has induced her to place in regular order all the information on the subject which it has been in her power to collect; being sincerely desirous that those who undertake the office of nursing either sick persons or young children, may be enabled to discharge their duty faithfully : in so doing, they may rest assured they will in no wise lose their reward, but that it will bring with it a "peace which passeth all understanding."

The employment of a nurse is too often undertaken with the same indifference as that of a menial servant; although the object of her care is of the utmost value, and the neglect of a single duty may prove ruinous to the peace of a whole family.



A nurse has many painful offices to perform ; many scenes to pass through, deeply trying to a feeling mind, added to considerable labour and fatigue. The woman who possesses a disposition to relieve distress, knowing any one is dependent on her care, and an anxious unhappy family on her exertions, could not possibly be so unfeeling as to withhold any thing in her power to afford. Nature has gifted most women with a surprising capability and firmness, when placed in such situations ; nor could they indeed support themselves under their fatigue and painful watchings over the sick bed, but from being endowed with this peculiar talent to endure what they are called upon to perform ; and which is done to more and happier effect, as they advance in a knowledge of maternal duties,—a knowledge which may be improved by education, but which is undoubtedly the original gift of Nature to the female sex,—their birth-right, their specific inheritance. It is of the utmost importance that a nurse should closely observe the changes in the different stages of a disease.



The observations of a sensible person may prove valuable to the medical attendant, whose time with the patient being limited, will often preclude the possibility of supplying those advantages.

When a nurse is called upon to give an account of her patient to the physician or to the family, let her state her report in a respectful manner, conscientiously relating whatever may have occurred which deserves attention. More depends on the care and tenderness of the nurse, especially in the sick chamber, than is generally imagined ; nor can it be understood by any but those who have been placed in the same situation. In cases of severe illness, even the most effectual remedies will not avail if she neglect her duty ; the well ordering and good management of the sick and lying-in room make a very considerable part of the business required for the recovery of the sufferer.

It is the duty of a nurse to practise great tenderness, with unremitting attention to the wants of her patient, which should be ever anticipated with affectionate kindness ; for



pleasing the mind of the sick person is of considerable importance ; more particularly in the absence of a beloved relative, when her charge is solely dependent on her care. A cheerful gentle manner, with an encouraging tone of voice, is at all times most consolatory to those depressed by sickness, and has the best effect on administering a medicine which has not been before resorted to ; such appropriate attention gives the remedy a powerful charm. A nurse of this character not only gains the esteem of her patients, but is regarded by her employers as a friend whose services in a time of sickness are invaluable. On the other hand, she who neglects her duty, who gives way to a cruel and unfeeling temper, or suffers every unavoidable and trifling interruption to put her out of humour, is a mischievous attendant for such as stand in need of our tenderest sympathy. We may rest assured, that the distress such behaviour occasions, has proved not only injurious, but has been the positive cause of hastening dissolution.

Let every nurse seriously reflect on the



importance of her undertaking, as well as on the awful condemnation which must follow wrong conduct. A well-intentioned woman may err through mistaken judgment, but she can never be at a loss as to that which relates to kindness and attention.

Most persons when under the sufferings of acute disease are apt to be peevish and impatient; but those accustomed to the duty of attending upon the sick, will soothe and console, instead of giving way to ill-temper and harshness of expression.

Sobriety is another imperious duty in a nurse; as the least propensity to indulge in taking strong liquors, or meddling with wine or brandy which may be in the room for the use of the sick, is a disposition so highly disreputable, nay even dishonest, that no one who wishes to retain a good character will ever be found in these practices. Even wishing for an undue quantity of porter renders her very unfit for her office; as it must dispose to heaviness at a time, possibly, that her vigilance and activity are peculiarly required. At the same time a considerate attention for



her on the part of the family should not be overlooked: as the nurse occasionally stands in need of a glass of wine after any particular exertion or fatigue; and in some cases even brandy may be necessary,—such as on moving a patient in an infectious fever, or on opening a wound or broken limb. In these cases it should be taken before commencing the business, first eating a crust of bread: by such means the infectious effluvia which are floating about, if inhaled, are prevented from acting on the stomach and nervous system.

A nurse should carefully guard against over fatiguing herself, as in that case she becomes unequal to the discharge of her duty. She should take rest in the easy-chair when opportunity offers, not forgetting to place the feather at the door\*, lest any part of the family may incautiously enter.

Stated times should be appointed for nurse to be relieved, in order to enable her to watch vigilantly at night; as it is really dangerous for her to be sleepy in the absence

\* Vide page 82.



of all the other attendants, more especially when the family depend upon her attention and care. If an efficient nurse be not properly attended to, it becomes not only her duty, but it is absolutely indispensable for her, to ask for the relief she stands in need of, as well as assistance when required. In cases of protracted illness, night as well as day nurses are wanted; neither should a nurse be left alone at night in cases of urgency. She should be allowed to breathe the fresh air in the morning for a few minutes, also time given her for changing her clothes, as great cleanliness is absolutely necessary. She should be scrupulous in keeping her teeth clean, and never speaking to her patient after meals without washing her mouth, as the least unpleasant smell is distressing to any one who is very ill, and whose feelings are acutely sensible. Taking snuff is inadmissible, and should never be practised or allowed; as a cheerful pleasant-looking woman, with a clean neat hand and of an amiable disposition, is an appendage to the sick chamber of the utmost value, and de-



serves to be esteemed a blessing of no small magnitude.

A willingness to conform to the opinion and wish of the family whom she is serving, is also an indispensable quality of a person in this situation; instead of presuming to set up her own judgment in preference to theirs, forgetful of the submission due to superiors. It is a great mitigation of the anxiety occasioned by illness, to meet with a nurse who is of an obliging temper, and who may be implicitly relied upon; above all things observing the orders of the medical attendant with punctuality, as the smallest deception is an unpardonable fault. If she sees any cause for omitting what has been prescribed, she ought immediately to inform the relatives and medical friend of what she has done, and her inducement for presuming to take so great a liberty.

A nurse should avoid any dismal foreboding, always keeping in view whatever may tend to the recovery of her charge; tranquillizing the mind, and by reasonable observations recommending a firm reliance and



submission to the dispensations of that good Being who governs all events, and under whose protecting power we may find safety and happiness in all situations, even when suffering on the bed of sickness.

*Note.*—When a woman has passed a long life in the service of the sick and infirm, is it not a subject of regret that an asylum is not established for their support in their declining years? We should recollect that such useful members of society demand our care and tender consideration. Might not a provision be made by voluntary contribution?

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## CHAPTER XIV.

THE MEDICAL ATTENDANT SHOULD ENTER THE SICK CHAMBER, WITH ONE MEMBER OF THE FAMILY ONLY.

Abstracting the mind from surrounding objects, when any subject of importance depends on our judgment for its conclusion, is indispensable in order to determine wisely.

It is to be regretted that the medical attendant is generally followed into the sick chamber by several members of the family, all anxious to hear his opinion; instead of waiting quietly in an adjoining room, where the



matter may be discussed without injury to the patient. Crowding the apartment at this interesting moment is most imprudent and cruel, agitating the mind of the sufferer, and unavoidably confusing that of the medical friend, who feels the importance of not being interrupted in considering the case. This injudicious practice may be the innocent cause of his not prescribing so wisely as he would otherwise have done. When we recollect the importance of this visit, we then feel the necessity of uniting our efforts to make it effectually beneficial to those it is intended to aid, as any misapprehension or error in judgment may be fatal to the patient. The least interruption during this visit is unfeeling to both the medical attendant and patient. When we place our safety in the hands of a friend, we should not be unmindful of the responsibility of his situation.

It is to be lamented that the plan is not differently arranged, when the physician should be left at full liberty to inquire into the state of the patient; also particular attention should be observed, that no one



speak but when answering any inquiry. As soon as the physician retires, then it becomes highly proper on the part of the relatives to make both their inquiries and observations. Nurse should also receive her orders in an adjoining room, where of course she will be directed to attend when wanted. This is immediately necessary ; as, unless the person who waits upon the sick be made fully to understand the plan proposed, it is quite impossible for her to second the wish of the medical attendant ; instead of which, it is not uncommon for the bed-side to be quitted for that of the fire-side, where the relatives and nurse remain whispering upon what has passed. To describe the effect this conduct has upon those who are tremblingly alive to their precarious situation, is totally impossible : we may indeed say that it is an agonizing state of suspense, and quite sufficient to accelerate fever. Speaking in a low tone of voice is a proper consideration for the afflicted ; but giving any circumstance the least appearance of mystery, by whispering and consulting together after the medical attend-



ant has left the chamber, or when present, is highly imprudent, nor will it ever be practised by persons who understand the best management of the sick chamber.

The celebrated Dr. Fothergill particularly objected to the custom of several of the family attending him into the sick chamber. He invariably requested he might be left with the nurse and one friend ; as he was in the habit of observing, that unless he remained uninterrupted, he was fearful he might do wrong. He spoke very sparingly in the sick room ; where, after making those inquiries he thought proper, he sat silent, contemplating the case. His pleasing deportment and sympathizing attention to his patient were truly valuable ; and the efficacy of medicine was often augmented, by the comfort and solacing support he afforded the mind of the sufferer, reconciling the pains and humiliations of the sick bed with the balmy influence of religion.

Nurse, having received her instructions, commences the plan laid down for her to follow ; but before she returns to the chamber,



she gives her orders for all that may be required, as well as certain articles for her use\*, in the sick room. On the commencement of her business, she begins by darkening the chamber, as light is too stimulating to be admitted but partially; when she prepares some fluid for the patient to take, which is a necessary attention after the fatigue and agitation from the visit. Then seating herself by the bed-side, with a cheerful countenance, (as if the intelligence she had received was good,) in a kind but gentle manner she gives every possible encouragement to the patient. This comes as the immediate opinion of the medical friend; when, from the propensity most human beings feel to entertain hope, the afflicted sufferer for a moment is cheered and consoled, depending on the medicines prescribed proving effectual. When the mind, though under the darkening cloud of disease, is enabled to raise the feeble but anxious prayer to the Almighty, that he will in mercy give his blessing,—even the gay and unthinking at this awful moment are

\* See "List of Articles" at the end of the work.



made deeply sensible that they have an abiding Friend, who in the day of youthful anticipation has been forgotten ! but when afflicted with sickness, and shut out from all the allurements of the world, this consolatory aid they find the only support under their affliction.

Can we suppose this moment to be without its enjoyment ? The mind, deeply sensible of its own insufficiency, can still look up with confidence to that good Being who never forsakes those who depend upon him ! The nurse, who is capable of entering into those tender and interesting feelings, is worthy of our esteem and confidence, and in that case becomes an efficient assistant both to the patient and the physician.

In order that the room should not be entered at an improper time, nurse will provide herself with a quill out of the wing of a goose ; the feathered end of which should be placed through the key-hole of the door of the chamber. This signal she finds to answer the purpose of preventing any intrusion. Should the disease be of an infectious kind, nurse



may consult the chapter which prescribes the means to be used when that is the case. But should it prove a low nervous or hectic fever, and the weather should be severe, fine flannel sheets\* will be found very comfortable, as well as beneficial. But those who cannot be prevailed upon to make trial of them, should have their bed-linen simply washed and dried in the air, well shaken, but neither mangled nor ironed: the rough surface is more healthy and warmer than the glazy surface of fine mangled sheets. No linen sheets so proper as the Russia; fine body linen, or bed linen, is unhealthy. Laying a pillow on the outside of the bed on the feet will keep them comfortably warm. The various plans which may be resorted to for the benefit of the sick are too numerous, and appear too trifling, to occupy the mind of any but the female. The important study of the medical attendant must preclude his giving attention to them; nevertheless they

\* Flannel sheets for aged persons in winter-time, or for delicate youth, would be found most comforting, and much preferable to a heated bed from the warming-pan.



have their place in the advantages laid down for the sick. When the good nurse enters into the minutiae of those attentions with peculiar feeling, she becomes a powerful instrument to the medical attendant.

We must conclude that the education and habits of the higher classes of women exclude them from that knowledge of domestic employments which instructs us on subjects of usefulness ; consequently they are rarely qualified to direct the nurse or take the lead in the sick chamber. It is to be lamented that the value of domestic duties is not better understood ; as they would then be appreciated as they deserve ; giving women both ability and importance in their various relationships. The hours which are devoted to fashionable amusements, and the ceremonies of the toilette, will not yield that consolation at the end of time, which we are all anxious to obtain.

The most powerful, either from rank or possessions, the most beautiful, as well as the most engaging, are all equally liable with their poorest neighbours to sickness and



to death. The rich and the gay are more depressed by the awful visitor than the poor man, whose enjoyments appear so much more limited. But were we to investigate the advantages and the contrary of each, the man, who in the opinion of the public is supposed to be blest with every good which can flatter human pride, has his cares coequal to his advantages, from which the poor man is exempt. When the time arrives that we must appear at the high tribunal, it will not matter whether we have filled situations of rank or honour; whether we have been loaded with dignities, or held the train of majesty: but it will be of the last importance, whether we have discharged our duty in the situation in which we have been placed. We shall then receive the reward of the righteous, and hear the blessed sentence pronounced, of "Well done, thou good and faithful servant, enter thou into the joy of thy Lord."



## CHAPTER XV.

## ON THE SALUTARY EFFECT OF SLEEP.

Sleep restores the powers of the mind, giving new vigour to the frame; and a reasonable portion of it may be considered among our highest blessings.

To the sick, sleep is the greatest restorative; consequently the utmost care should be observed to obviate whatever may occur to agitate or disturb the patient: whereas the plan too often adopted by nurses, is that of arranging the different articles, and regulating and adjusting the chamber, at the very time the patient feels an inclination for sleep. This injudicious conduct is particularly unfavourable to recovery, and should be carefully avoided, especially when the patient is settled for the night: from putting off the first inclination to sleep, it often produces a sleepless night, which brings on the most distressing state of irritation and uneasiness. Although this desire of having every thing in order is very commendable,



nevertheless it is of no value when put in comparison with sleep. Even if it is only obtained for a short space of time, still its restoring power brings that tranquillity and sweetness upon the mind, from calming the agitations which distress the frame,—that, of all the enjoyments and comforts which can be afforded the sick, none comes with the same welcome as sleep !

At any time the patient feels disposed for rest, the most perfect stillness should always prevail ; neither should nurse continue moving about, further than to put the feathered end of a quill through the key-hole, that when this signal appears, no one may attempt opening the door. The room being early closed is important for the patient's settlement to sleep before the night is advanced, as it is considered that the sleep which we enjoy before the morning commences is the most beneficial. Should the patient not be favoured to sleep, restlessness soon gives an inclination to moving about, when nurse should soothe and recommend stillness : but if fever happens to be the disease, then reasoning is quite



in vain ;—no philosophy can resist the impulse to change the position ; the desire and hope of cooling the body and limbs, from lessening the surrounding heat, by admitting a portion of air, is quite irresistible. In that case, all that nurse can do, is to use those means which are in her power ; first, giving some cooling liquid, such as toast and water, or raspberry-vinegar and water, or lemonade ; raising the patient on the pillow after turning it, that it may be more refreshing ; sponging the hands and feet with lukewarm water ; opening the curtains to admit a greater portion of air ; impregnating the surrounding atmosphere with some volatile essence, by means of the reviver\*, or disperser ; thinning the bed-clothes, as fever is exceedingly accelerated by artificial means, and disease materially augmented by wrong management.

○ Nurse should be gentle, exercising every possible tenderness while resorting to these salutary attentions. A sympathizing word

\* A bottle with a perforated silver top, for more conveniently dispersing the volatile spirit.



now and then is all that should be said ; she should be extremely careful not to discover alarm or impatience. So much depends on her good judgment and kind behaviour, that if she neglect her duty, medicine will not have the same beneficial effect, nor the patient receive the same comforting relief.

The heat of the room should be regulated by a thermometer,—an important appendage to the sick chamber ; as attention to this point is of consequence to the well-being of those afflicted with disease, especially in fevers and nervous cases. Neither can persons either in sickness or health obtain sleep in a room not properly ventilated, and the circulation of the air impeded by beds loaded with drapery and with heavy covering. The air of a room should be frequently changed by means of either the door or window, agreeably to the season of the year. Close and heated rooms cause irritation of the nerves, with the addition of adding to the heat of the blood.

When a state of restlessness takes place, the sufferings it occasions are wholly incon-



ceivable to those who have never experienced its baneful effects : it is deeply trying and distressing to the sick, and adds greatly to the concern and fatigue of the kind-hearted nurse. This circumstance proves the great necessity of her being relieved in the course of the day : without this attention, she cannot be prepared to watch vigilantly at night. Her kind endeavours to discharge her duty will be registered in His book, Whose reward will far outweigh all she may receive for her trouble. The gratification to a good mind on relieving distress, more especially that of the sufferings from sickness, amply compensates for the fatigue and anxiety. Such are the powers of an energetic mind, when employed in raising and comforting those afflicted with disease, that they are rarely if ever overcome.

Few circumstances, if any, contribute so much to induce sleep, as the mind being easy, and under such regulations as to consider it a part of duty to bear every dispensation with patient resignation. The natural character appears very strongly marked when



we are reduced to the sick bed. An ungoverned temper is more violently affected than one of a mild and amiable character. Some dispositions are so ungracious, that they reject the offers of kindness which are intended for their benefit ; while others receive the smallest attention with such grateful feelings, that it not only interests and delights the bestower, but is highly instrumental in overcoming the effects of disease.

Recovery greatly depends on the natural and acquired habits ; and sleep is unquestionably exceedingly influenced by the state of the mind. When the head is laid upon the pillow, even under the pains and abasements of sickness, nevertheless if the mind harbours no enmity, encourages no discontent, but with unbounded confidence can feelingly say, "Thy will be done !" what can disease inflict, while reason maintains its supremacy ? Under this divine temper and frame of mind, sleep is our refuge. We may hence conclude, that sound and refreshing sleep can only be enjoyed when the mind is calm and tranquil, and the various operations of nature



are rightly performed. Sleep may well be termed Nature's soft nurse ; for when that fails, then are we distressed indeed ! How pathetically did the unfortunate monarch lament when he could not sleep.

When the midnight oil is consumed, while the afflicted and unhappy are counting hour after hour,—what situation can be more pitiable, or what can compensate us for this sad privation ? The body does not suffer alone ; it envelops the mind in impenetrable gloom and misery. The darkness of night excluding external objects, gives the imagination full opportunity for the fabrication of mischief ; which seldom fails when the mind is disordered, in consequence of the body being diseased.

The most material part of the management of the sick chamber is that of keeping the patient quiet ; excluding visitors, particularly towards the close of the day. From the best motives, persons are apt to introduce new images ; when, instead of their conversation tending to relieve, it only agitates and confuses ; more especially those suffering from the effect of fever.



A nurse who understands her business, will by her manner and countenance express the interest she feels, without many words ; and her anxiety and willingness to comfort her patient will not need professions. Attention to those points is of the utmost consequence at all times, but still more so when the patient should be undisturbed, previous to being settled for the night. In the absence of this care, disease stalks over the frame with gigantic stride, depriving the sick of the balmy cordial of sleep.

When the frame is debilitated and enfeebled, the mind becomes acutely sensible, even to wandering, when it cannot always lay hold of the consolations which religion affords. The medium through which every object is viewed, is dark and fearful ; and the light of reason and revelation appears no longer to shed its heavenly influence over our desponding minds.

*Note.*—All sudden noises should be carefully avoided ; such as the rattling of a window, or a lock which does not act properly. The knocker of the door should be prevented from making a noise ; the bell should be used to announce the arrival of friends.



## CHAPTER XVI.

A PATIENT SHOULD NEVER BE WAKENED WITHOUT THE EXPRESS ORDER OF THE MEDICAL ATTENDANT.

Sleep restores exhaustion of both the mental and corporeal powers ; nothing can be put in competition with its salutary effects.

WHEN the sick are suffering under severe disease, we should never be the cause of their being wakened from sleep, which is uniformly the plan on the arrival of the medical attendant, who would rather make a second visit, than have an afflicted patient roused from a refreshing sleep. The benefit derived from this natural relief is far greater than all which can possibly be administered : the tender considerate nurse will not be guilty of this unintentional cruelty. A patient agitated and alarmed from having been disturbed, is rendered quite incapable of giving a correct detail of the complaint, which must very materially act against a



right judgment being formed of the real state of the disease. When we reflect on the responsibility attached to the medical professor at all times, but more especially when called to a case of urgency, we must deprecate a custom so cruel and inimical to his interest.

Man is not omniscient ! the most skilful requires every precaution and care on the part of the relatives ; and nurse must not interrupt, or by any false representation discolour the real state of the patient. The efforts of the wisest practitioner may prove abortive without this important aid. Every plan suggested for the benefit of the sick should tend to tranquillize and comfort the sufferer : without this tender consideration on our part, we cannot expect medicine to be successful. Neither are we capacitated for the various duties of the sick chamber, without the heart takes a share in the business ; even a sense of duty is of itself insufficient to dictate the nameless attentions an affectionate woman will have recourse to : soothing and encouraging the patient will do more to restore



than the whole *materia medica*, without this divine disposition in those who have the care of the sick. I fear too many fall victims to the want of tenderness, when laid on the sick bed.

When the body is weighed down with disease, the mind naturally becomes anxious and fearful; the utmost we can do, in many cases, is found quite insufficient to preserve calmness;—the very idea of separation from those we love, is at such a moment quite overwhelming; to say nothing of the natural attachment to life, which is closely entwined in every fold of the heart,—when the idea of entering on a new and unknown state of existence is awfully affecting, and can never be viewed with indifference. Nothing short of a firm dependence on the great Disposer of all events can support the mind under such depressing and complicated feelings.

Sleep is always too valuable in its effects, to wilfully lose any reasonable portion of it; but in a time of sickness we cannot estimate its worth: nevertheless there is a state of stupor, which bears the appearance of heavy



sleep, from which the patient may be advantageously roused :—the corporeal powers being overcome by disease, in some cases nearly worn out, when the remaining strength is insufficient to keep the patient from sinking. In this case much depends on the vigilant exertions of the nurse, who should gently rouse the patient, by administering whatever may be considered best by the medical attendant, with the addition of those personal attentions which assist in such diseases. In the first place, the patient should never be suffered to get off the pillow, which is always a bad symptom : nurse with proper assistance should watch, and raise the patient on the pillow ; admitting the external air if the season will admit ; frequently using the reviver, with *Eau de Cologne* ; bathing the forehead, palms of the hands and feet with brandy\*, and exercising the parts by friction over the legs and feet, breast and arms, and that in an effective manner ; when the least opportunity offers, giving some stimulant if

\* The parts after rubbing to be covered up immediately, to prevent the effect of evaporation from the spirit.



approved of. Without these efforts are continued with constancy, the patient would gradually sink till life is extinguished. This is one among the many situations to which the sick are sometimes reduced, when a good nurse is the great means of restoration; as medicine in such cases is precluded from powerful action, from the inability of the patient to receive a sufficient portion to be beneficial.

In sickness, as well as in distress, a kind friend will be found of essential benefit, and may be considered not only the great balm of life, but the best antidote against calamity; even the pangs of dissolution are rendered less severe by the tender offices of friendship: the mind is consoled at this awful moment by the pious sympathy of a religious friend, impressing the feelings in affectionate language, that under all situations we may find cause for being thankful. We cannot reach the sublimity of God's designs!—we cannot comprehend the wisdom of the means by which he worketh out the happiness of the universe! Yet sufficient is made known



to us, to leave the mind without fear that He who careth for the sparrows, will not forsake those who look up to him with love and confidence ; as we are told that we are of more value than many sparrows.

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## CHAPTER XVII.

### ON THE REGULATIONS OF THE SICK CHAMBER.

Discipline, habits of order and arrangement, are among the first and last methods and elements of convenience and happiness.

IN the two foregoing chapters, the great benefit arising from sleep has been fully discussed, with the necessity of every possible attention and care on the part of those who may be placed at the head of the sick chamber, to give their aid in this important business. But when it cannot be obtained without having recourse to opium, Sir William Watson (of Bath) left it as his opinion,—that in the course of his medical studies he had come to the conclusion, and which he had proved



in his own family circle, that when a patient required its aid in order to induce sleep, it should be given one hour before the patient settles for the night; when the effect would take place in the course of that time, This plan would probably insure sleep at the most desirable moment, and prevent the anxiety which is produced from the solicitude lest it should not happen. The watching and fear which too often occupy the mind of those who have suffered from the want of sleep, is one cause why the opium does not always take the desired effect: the agitation which any misgiving thought occasions, invariably brings on that irritation on the nerves which causes a degree of fever, and which always destroys that tranquil state of mind so absolutely necessary for obtaining quiet rest. In this case the opium, from the state of the patient, increases what it was intended to allay. Sir William Watson's recommendation has been approved of by several physicians of eminence: and I can speak from my own experience, that it is unquestionably the most effective time for



taking it. But when it is taken to allay pain, it matters not when it is given ;—the sooner it is administered, the sooner the patient will be relieved. The want of sleep is frequently caused by an increased degree of fever or depression of spirits, which not uncommonly attacks the patient after sunset; and although not apparent to any but those who closely attend to the state of the patient, yet its influence affects the invalid with a low irritable disposition; when, in addition to the cheerfulness of day being withdrawn, an invisible gloom pervades the feelings, with uneasy thoughts and wakeful nights.

It too frequently happens, either from want of punctuality in the domestic in the kitchen, or from nurse not giving her orders in time, that the room cannot be closed at an early hour;—this is a point of too much consequence to be neglected. Nothing should occur to discompose or irritate the patient, nor should nurse have any cause for being vexed or disappointed. Every article which nurse is likely to want should be brought into the chamber before she quits the room to



take her supper ; and on her return the friend or relative, with her attendant, should take their leave, and the quill be placed at the door, which should not be opened again. Nurse's first care should be that of attending to her charge, giving either medicine or some nourishment, placing the bed in order, and making the patient as comfortable as her tenderness can suggest, speaking in a low voice, and not saying more than is necessary, nor forgetting those kind and encouraging recommendations which lead the mind to rest on that Help which is a sure defence in the time of trouble. Before quitting the bed she should always examine the feet, as without they are properly attended to, the patient has very little chance of obtaining sleep, the state of the feet being quite a barometer as to the state of the patient : when they are hot and dry, a flannel should be placed in the bed, in order to prevent its being made damp ; and the feet should then be sponged with lukewarm water till the skin is rendered soft. This plan will greatly calm and relieve a patient ; as when fever,



partially or otherwise, attacks the feet, it must prevent sleep. On the contrary, if they feel cold and moist, they may be sponged with hot water, and pressed after the manner of shampooing,—rubbing the legs till warmth is restored ; bringing the blood to the extremities gives a general feeling of comfort. Nervous patients, from a languid and irregular circulation always suffer from cold hands and feet, with a flushing in the head and face ;—this attention to the state of the feet will often induce sleep. When nurse finds rubbing them seems to soothe and quiet, she should not discontinue the motion of her hand till the patient sinks into sleep ; and should it not produce this good effect, at all events it will lull as well as mitigate those painful feelings which are the consequence of nervous irritation ; afterwards wrapping them in a piece of thick new flannel, laying a loose pillow over them on the outside of the bed, and the feet-bottle may be applied ;—in a cold season, it is well to have it in readiness. These operations will not disturb the patient, but rather be the cause



of lulling and disposing to quietness and sleep. Nurse should remain during the time without talking. When this business is ended, let her put on her night-dress, and sit down by the bedside; if she perceives the patient is still wakeful, passing her hand on the back of the sufferer in the gentlest manner; and that for a length of time will, from the monotony of the action, wonderfully compose, and overcome a disposition to restlessness. The woman of sensibility, whose every feeling is engaged to promote the recovery of her charge, should have a sufficient portion of rest allowed her in the course of the day, with every kind attention on the part of the family to prevent her having additional anxiety. The situation of a nurse who fully discharges her duty is both fatiguing and heavy: the watchings, doubts, and fears, are at times almost overwhelming in long and severe illnesses.

When the family retire to rest, fully satisfied of nurse's good principles, as well as her capability to discharge her duty towards her patient, the comfort and satisfaction it affords



to the distressed relatives are quite inexpressible. Nurse, sensible of the responsibility of her situation, no doubt would exert her ability to soothe and relieve the sufferer to the utmost in her power, depending for support and guidance on that Teacher who can best instruct us in the various and interesting duties of the sick chamber. The poor afflicted being whom she has taken charge of, will cling to her as the friend whose attention and kindness will greatly mitigate and soften the pains and sufferings of disease. No rank, possessions, or talents can give relief at such a moment ; but nurse's care and sympathy will be of inestimable value. Then is the time for her to persevere in those acts of tenderness and attention, which never fail to ameliorate suffering from the comfort they afford the mind. Then is the time for her to do her duty, when her reward will be with Him, who seeth in secret !

We cannot by our kindness still the palpitations of the heart ;—we cannot by our tenderness lessen the poignancy of grief for the loss of a beloved friend : but we can without



any words, offer up the sigh which ascends to the Throne of Mercy! We can press the hand, we can moisten the parched lip, we can by silent and affectionate attentions in the most intelligible language speak peace and comfort to the afflicted, giving a full assurance that nothing which tenderness can suggest, shall be wanting. Few stimulants will cheer and animate the sufferer like the attentions of a nurse of this disposition,—she soon becomes a friend, on whom we may safely rely.

As night-watchings, with anxiety of mind, are very exhausting, a dish of strong coffee should be handed to the nurse the first thing in the morning. The woman who feels as she ought to do, will forgo making tea in the night,—more anxious that the patient should not be disturbed, than that she should have any indulgence which might be the cause of the least uneasiness;—a jug of tea made at the time of taking her supper might be kept warm till she felt inclined to take it.

In extremely cold weather (particularly if a



patient is much reduced), fine flannel sheets are most comfortable; also a flannel case over the pillow under the linen one, to prevent the cold from the tick striking to the patient. The sick person should never be chilled, as it must distress and give a painful feeling: bed linen should not be mangled, the glazed surface is very uncomfortable as well as unhealthy: whereas flannel supersedes the use of a warming-pan, and the heat from it is far more desirable, as being of an animal substance it affords a cherishing warmth to a patient who feels low and depressed; lining the under dress with silk, such as good Persian, or half-worn silk handkerchiefs, is a great relief, when the skin is very tender and the flesh wasted. In long and severe illness a very thin wool mattress is easier for the patient to lie upon, than only the feather-bed, as it does not admit of sinking under the patient, while the feathers are apt to move away, which gives a painful and weary feeling. Washing by means of a sponge, with rose or elder-flower water, the head, chest, arms, legs and feet, is reviving



and comforting through the whole illness, and should be continued even in the last hours of life, as it revives and gives a temporary relief: in some cases strong brandy and water may be preferable,—of this the medical attendant can best judge; frequently bathing the forehead and wetting the face with some stimulating fluid revives the patient, when inclined to sink; also hot napkins to the chest, feet, hands and arms in low states are reviving and comforting.

When a patient is extremely weak, an eider down quilt is very desirable, as it defends the patient from cold, without giving any feeling of pressure or fatigue; or one of wool double knit: the feeding-pot would be found a great accommodation when a patient is difficult to raise; still when even that is used, nurse should gently place her hand under the pillow, to move the head gradually, in order that the patient may swallow the more easily. Small cushions may be advantageously employed to place under the elbows, or between the knees, or under any part where the bones are thinly covered;



and it is always proper to have the healing diachylon ready spread, to put on the tender parts, which should be frequently washed with a lotion recommended by Dr. Hamilton for the use of infants\*. In many cases little can be done to remedy the disease which afflicts the patient; but we may always resort to various means to mitigate suffering. Particular attention to prevent the patient retaining their water is necessary, and is a material point; the state of the bowels nevertheless is still more so; even in health mischief must follow without regularity, but in sickness it is a point of great consequence: nurse by observation has it in her power to make a correct statement to the medical attendant, how they may be effected. Fruit in some cases will have a desirable effect, if approved of: there are few diseases in which the juice of a ripe orange is not salutary; apple-tea, raspberry-vinegar water, lemonade and barley-water are cooling, as well as pleasant; cold beef and chicken tea are reviving and nourishing; brandy fruits are valuable to a

\* See "List of Articles" at the end of the work.



sinking patient; extract from Seville orange-peel, sweetened to taste, is cheering.

When a patient can be taken out of bed, and laid on a couch or camp bedstead properly prepared, it is always desirable : then the linen should first be changed, as the left-off is more easily removed at that time than any other ; in some extreme cases the linen must be opened in the front, and just tacked to keep it together. The refreshment of having the bed well shaken and left to cool is inexpressibly delightful to the patient on being laid upon it. But placing patients in a great chair when very ill is highly improper, and even cruel ; as in that situation they are made so extremely sensible of the state of weakness to which they are reduced ; in many cases this position is quite insupportable, and highly injurious : whereas with proper and powerful help a patient may be advantageously moved on the couch or bed even when much reduced. The room should be supplied with a variety of different articles ;\* amongst the rest, a complete change

\* See "List of Articles" at the end of the work.



of linen both for the bed and patient, which should be well aired before it is brought into the room, and in case of its being cold weather may be placed on a low horse by the fire. Nurses are apt to put the linen upon the patient as hot as they can make it, which is unhealthy: also making beds extremely hot with the warming-pan is very objectionable, as it contracts the pores of the skin very improperly,—taking off the chill is sufficient; body and bed-linen is much best dried in the air and well shaken; but on no account should it be mangled, neither is it so healthy even ironed. To those who are accustomed to wear it particularly smooth, it may not be pleasing at first; but use will reconcile us to its roughness, and we should never afterwards like the smooth cold surface of mangled linen: to nervous patients it is particularly healthful, the rough surface causing a degree of friction, although it is but in a small degree; besides, it has the advantage of never chilling the wearer.

Silk dresses should never be worn in the sick and lying-in chamber; list shoes are



preferable to leather, from the latter being liable to creak: attention should be given that the windows are prevented from rattling, and the locks and hinges of the doors should not offend. Trifling as these matters must appear, nevertheless, when from fever or extreme weakness a patient is much reduced, the nerves in that case become acutely sensible; neither can those who have never watched over the sick bed be aware of the great importance to any one suffering under severe disease to have nothing to irritate or disturb. The simple contrivance of placing the feather out of the key-hole of the door may be thought insignificant by the man of science. But let us suppose for a moment that one of these learned characters had not closed his eyes for many nights, with the racking pain from the gout or stone; how would he rejoice that, through the simple contrivance of a feather plucked from the wing of a goose being placed through the key-hole as a signal the room is not to be entered, would be the means of preventing his sleep from being disturbed?—Can we imagine that any know-



ledge which instructs us to exercise our care and tenderness for the afflicted and suffering being, when laid on the sick bed, can be considered even by the most learned as unworthy their attention and approbation? We have our various parts assigned us in the great drama; and those whose time and talents are devoted to useful purposes, we may suppose will not be disregarded at the great day of retribution.

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## CHAPTER XVIII.

### ON MAKING THE BED OF THE PATIENT.

The advantage resulting from wise plans, can only be known to those who can appreciate causes and effects.

THE business of moving a patient when much reduced by illness is often attended with great difficulty, and requires much tenderness and patience. All hurry and confusion should be carefully avoided; and before nurse commences the business, let every thing which may be wanted be prepared; and a



friend be ready to assist, at least by her advice, and one or more of the servants if wanted. In case of the disease being infectious, they should prepare themselves by rubbing the nostrils with camphorated spirits, and likewise throw it plentifully on the bed and room; a small wine-glass should be filled three-parts full of brandy, and given to each person before the business is begun, as after a patient has lain any time without having been moved, the bed must necessarily become offensive. The time generally for moving a patient is the evening; but from long experience I have found the morning greatly preferable: it precludes any occasion to hasten the business, and is much easier performed by day-light; add to which, both nurse and the patient are in a better state for encountering the fatigue, and it will be found a desirable plan in both the sick and lying-in chamber.

It is advisable for every family to possess a camp bedstead, which, from shutting the sides together, can be easily moved, and when placed by the bed of the patient is very ac-



commodating, and greatly preferable to an easy chair: the very act of moving a person who is much reduced is an extreme exertion, and in severe illness will frequently produce fainting. When a patient is in a state of great weakness, sitting in a chair is distressing, and often causes much suffering; whereas if a bed which is in use, with the blankets belonging to it, were placed upon the camp bedstead, after the patient's linen is changed, and the sponges used both for the upper and lower parts of the body, as much as the state of the patient will admit. After this exertion some refreshment should be taken, and the patient remain quiet for a time to recover from the fatigue: it is then proper to proceed. Let the assistance to lift the patient be effectual: in some cases the manservant may be advantageously employed. I have found four persons holding the sheet to be both a safe and easy method of placing the patient on the camp bed; but let it be managed as may appear best to those present: the utmost care should be taken not to drag the patient, to the suffering or



injury of the body, during this trying business. Not a word should be spoken more than is absolutely necessary, each person moving as quietly and as gently as possible: in case of great languor appearing, a few drops of essence of peppermint, or some spirit of lavender on sugar, or a glass of camphor julap,—just what may be most agreeable—should be administered.

If a blister has been applied, this is a desirable time to have it dressed. In case of its being much inflamed, let it be sponged with lukewarm milk and water, relieving it from any pieces of dry skin, which are often very painful. But in doing this, as well as the whole operation of moving, the greatest care should be observed that the patient should not be over-exhausted; in many cases it is necessary to be very slow in the proceeding, giving intervals of rest: the curtain of the bed should be drawn over the camp bedstead, to prevent a current of air coming across the patient. After the moving is accomplished, the left-off linen should be immediately removed; and in case of its being warm dry



weather, it would be very desirable to take the blankets into an adjoining room, spreading them on chairs after shaking them, and opening the windows: by this means they get impregnated with pure air, and become fresh: the bed should be shaken, and left to cool. These attentions are necessary for the recovery of the patient, and tend, in unison with quiet and strict attention to cleanliness, most effectually to refreshen and restore the patient.

The patient's being comfortably placed on a fresh bed may probably induce sleep; at all events it allows time to have the other bed properly aired, and made agreeable for the return of the patient, which needs not be hastened while the invalid feels satisfied. If an interval admits of it, nurse should quit the room for a short time to take refreshment; every kind attention should be given to make her comfortable, allowing her occasional relief: the fatigue and anxiety of attending on a long and dangerous illness are more than can be imagined; and when a nurse really interests herself with the feelings of a friend,



she claims every kindness as well as a generous reward from the family.

The relative who may be inclined to take an active part in the sick room should never wear mourning, as it affects the patient with gloomy ideas. The dress of those employed about the sick should be particularly clean and neat, avoiding whatever may be troublesome;—a patient is insensibly affected from the appearance of the attendants. I have heard the remark, that persons looking pleasant always cheered the patient on their approach. She should, if necessary, wear worsted gloves in the night, as it very improperly chills a patient by touching him with cold hands. The house-maid should use a short broom for sweeping the room, and a dry mop may be moved under the bed daily for clearing it from flue. Let a bed of sand be kept under the grate to prevent noise from the falling of the cinders, using the handle of a birch-broom for a poker, as making less noise. The stove should be cleaned with a piece of flannel, as brushing it would irritate the patient. Coke for the most part is the best fuel for the sick room,



as it causes less light, and requires being less frequently moved, and may be put on with the hands, keeping a pair of gloves for the purpose.

Nurse should give her orders in time for what is required. The tray with a fresh supply should be brought into the room morning and early in the evening. The settlement of the room must never be interrupted. Every arrangement should tend, as much as human care and kindness can suggest, to relieve the sufferer. The Good Nurse anticipates the wants of her patient, by her cheerfulness and tender care mitigates the pains of disease, and by her soothing and encouraging manner comforts the afflicted; whilst a woman who merely performs her business for the remuneration she expects to receive, never can enter into those minute and delicate feelings which are so valuable to the sick, and which assist with the aid of a well informed medical attendant to raise and comfort those afflicted with sickness.



## CHAPTER XIX.

## OBSERVATIONS ON RECOVERY.

Sweet to the soul is the desire accomplished.

IN the decline of disease the patient is generally left in a state of great weakness, from which gradual relief can only be expected through the means of proper medicines and nourishment, with an increased admission of air, and remaining longer on the couch each day: but the advances which are made must be slow, and those effected with great tenderness, gently cheering the patient, strictly avoiding all hurry and confusion, and too much company and talking. The Good Nurse will in the kindest manner anticipate the wants of her patient, discovering a readiness and interest in whatever may tend to please and encourage; but on the contrary a cold unfeeling temper would chill the joy, which is inexpressible on being sensible of returning health. The transition from



suffering to ease is too exquisite to bear a colouring, but spreads its benign influence over the whole heart and all its affections. I am ready to conclude from my own experience, that unremitting and affectionate attention is in many cases far more effectual to restore, than either food or medicine; and miserable is that being who when afflicted with sickness is left to the care of a hard-hearted nurse.

Over-exertion should be most carefully avoided, and great attention paid to prevent exhaustion, by timely giving small quantities of nourishment: faintness and sinking are common after long and severe illness; but nurse should watch the countenance of her patient, and without asking the question, should offer some refreshment; occasionally a few drops of spirit of lavender or essence of peppermint on a lump of sugar may have a good effect: before a patient rises, some nourishment should be given, and when the business is over it should be repeated. Nurse should on no account permit her patient, if greatly reduced, to take much at a time.



Most nurses are apt to imagine that recovery depends on making a full meal; but this arises from not being aware that the stomach, from partaking of the general debility, is not prepared for receiving it: great moderation is important when a patient arrives at a state of convalescence. Temperance at all times is one of the grand secrets of preserving health, and when practised in a time of recovery from disease, is of still greater value: after fevers especially, the appetite is frequently particularly keen; but nurse should be guarded to prevent excess: when animal food is allowed, it should be taken sparingly. While the patient continues weak, a single mutton chop lightly broiled, with a small quantity of seasoning of salt and pepper, is quite sufficient for a dinner, with a simple rice pudding: it should be nicely dressed, and eaten immediately it is taken off the fire. Whatever is done for the patient should be as delicately cooked as possible, that nothing may happen to offend\*. Meat of every kind

\* When persons are weak, they are easily disconcerted; and trifles please, when we have lost our powers. A lady of



should be dressed with the gravy in it: the inside of a surloin of beef, or a slice of mutton either broiled or roasted, is the meat easiest of digestion. All green meats should be avoided, and pork wholly rejected; pastry of every kind should be avoided. When the patient is capable of taking dinner while sitting in the easy chair, nurse should prevent any friend making a visit to the sick chamber: the act of mastication is fatiguing, and requires the patient to be perfectly quiet during the operation,—no talking or any excitement whatever should be suffered: a very moderate quantity of fluid is desirable, and great attention should be observed that the patient eats slowly, pulping the food which is taken. Mr. Abernethy considers this a very important point at all times,—of course it must be so when the stomach is weak. After the meal is ended, let the patient resume a recumbent position, as sleep is favourable to digestion, keeping the mind perfectly still; as any thing superior abilities and education was amused with a doll after a protracted fever; and when she was restored, returned to reading Locke and other great writers.



which affects the imagination acts upon the nerves of the stomach, and disturbs the operation of digestion : in sickness the mind is apt to be far too active, from being weakened ; and when the accustomed objects are removed, and possibly some interesting pursuit exchanged for the confines of a darkened chamber, we cannot be surprised that the thoughts should wander, creating objects of terror and dismay. It is an important part of the business of a nurse to soothe and quiet any apprehension which may affect the patient, and as disease recedes, gently to divert. Dr. Falkner strongly recommends that the patient, when sufficiently recovered to bear the exertion, should be raised in the bed or on the couch, to view the beauties of Nature, placing the blind so as wholly to confine the sight to the height of the trees, as a glare of light would be hazardous and highly improper. When from the situation this benefit is not to be obtained, then a fine drawing or painting, or a cast of some interesting subject, might be substituted in the stead. The mind thus employed would be prevented operating so



painfully on the frame, disturbing the functions, which otherwise would go on as they ought to do : and in due time complete renovation would take place of disease, and health would be the result.

When indisposition is so far overcome as to admit a patient being wrapt in a loose dress,—in winter one made of fine flannel, in summer, one of calico, is best,—the patient should be laid on the bed between the blankets, and raised up to the height which is most agreeable. This plan will be found more restoring than laying the patient in the bed. In a state of great weakness a horizontal position is often exceedingly distressing, and will frequently produce fainting.

As the patient advances, it is advisable to resort to changing the room for a portion of the day, provided it can be done without exposing the invalid to a current of air ; if every thing suits, breathing a fresh pure air is very conducive to recovery : it may be proper to observe, the room should be one which is constantly in use, if the season be winter. The relatives and friends of the patient must



be admitted with great caution : from a kind motive they are apt to protract their visits, with a wish to amuse ; and on the commencement of recovery, no one, however nearly connected, should be admitted who does not reside in the house ; as it leads to inquiries, and is the means of bringing new ideas to the mind of the invalid ; it matters not who excites, but so important is stillness that nothing should be done to interrupt it. Many persons in a state of convalescence have been so much affected by visitors, that fever has returned in a distressing degree; even a small wound is sensible of any agitation of mind, from the circulation being increased.

When a patient begins to recover, attention to personal neatness occupies a considerable portion of the day ; and as the invalid can bear the exertion of those necessary attentions, in the same degree will the comfort and cheerfulness of the patient increase ; nurse must judge of the advances which may be safely made. If the countenance is much altered, the looking-glass should be taken out of the chamber. Nurse must establish



certain rules, and that is one—of moving the looking-glass, which is important. Every attention to cleanliness, with the use of friction, will be found highly beneficial; but nurse must proceed very cautiously, and do all she can in giving her assistance. As she often comes in close contact with the patient, it proves the great importance of her being a neat agreeable woman; the mind of the patient being satisfied and pleased, greatly tends to recovery. When any unlucky prejudice takes place respecting the attendant, it is always wise to indulge the patient in a change, (if possible,) lest it should disturb or cause any uneasy feeling: this circumstance will happen without any apparent reason; but when it does occur, it should be kindly attended to. Indeed every possible plan should be suggested for the relief and comfort of the invalid; and even any very strong desire should be complied with, that is not considered improper by the medical attendant: in many instances nature points out by this means what is most salutary for the patient.



A state of weakness may apologize for what may be considered rather unreasonable. The more we endeavour after resolution to govern our thoughts and inclinations, subduing wrong temper and antipathies, bearing patiently what it is not in our power to alter, and referring all our desires to what we are convinced is an invariable law, written in every heart;—from this amiable conduct we may enjoy peace and tranquillity, which would materially assist us in overcoming those restless inclinations which harass and distress the mind when we are laid on a bed of sickness. We have but to number our blessings, and we must be sensible how abundant they are, even when we are apparently stripped of every comfort.

The enjoyment of health is not at our command, but it behoves us religiously to avoid taking those means which may injure or destroy this valuable possession. The mind is apt to sink on our being attacked with sickness; but we must recollect it is the condition of human life, and that under this afflicting



dispensation we may find great cause of thankfulness; being assured that we shall never be left without support, if we do but sincerely put our trust in that Good Being who placed us here on earth, and who wills all things for our ultimate happiness.

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## CHAPTER XX.

### ON THE PROGRESSIVE ADVANCE TOWARDS RECOVERY.

The contemplation of the works of nature sublimates the mind; and the delightful feeling it inspires, diffuses itself over the whole frame with calm and exhilarating influence.

As a patient advances towards recovery, a gradual return to accustomed habits and plans may be adopted. Thus emerging daily from the pains and humiliations of the sick bed, inspiring the mind with inexpressible feelings of thankfulness for the blessing of being restored, the enjoyment arising from returning health can only be known to those who have experienced its privation.



The being relieved from anxiety and pain is so joyous that it is apt to mislead us ; therefore the greatest caution is required. The patient exhilarated with success is apt to exceed the bounds of moderation.

As recovery advances, the patient may resume the usual dress, dismissing the costume of the sick chamber; this change gives additional pleasurable feelings.

The attention to personal cleanliness is very important: having the body sponged over with either tepid or cold water, (the state both of the weather and the patient must be consulted,) and afterwards having friction used freely, is one among the best of restoratives ; it gives a portion of exercise without fatigue, and prepares the frame for one of its most important secretions, by cleansing the surface from any impurity. This operation produces the most animated and delightful feelings, giving vigour to both mind and body. It is to be regretted that the beneficial effects of practising daily ablution are not better understood. Those who have been early accustomed to using water freely



on quitting the bed, cannot forgo the pleasure it affords : and this plan not only aids in restoring health, but is one of the best means of preserving it.

While the invalid remains in a delicate state, a glass of ass's milk will be found salutary. It should be rung for on the patient waking ; this restoring draught will enable the convalescent to go through the fatigue of dressing, without suffering from exhaustion. If a patient is much altered, a looking-glass may do harm,—that must depend on the state of the mind of the patient;—the beautiful might feel mortified, and the timid might feel alarmed. Personal neatness has a peculiarly happy effect on most minds. The Spectator observes, a *letter* will discover signs whether the writer was well-dressed. At a moment when we stand in need of every auxiliary, we should not neglect one of so much importance as that of attention to appear agreeable : nurse must exercise her care, as well as taste, in this business. After the operation of sponging the frame is over, let the under-dress be so often changed as to be



delicately clean: when, putting on a dressing-gown, nurse should commence by brushing the hair, using either powder or some fine bran; this cleans and sweetens the hair, which is affected by perspiration; then simply twisting it up, without the present fashion of *poodling* the head: let her proceed to clean the mouth, using the scraper for the tongue, brushing the teeth, when the patient should gargle the throat with just a slight dash of vinegar or brandy in the water. This cleanses and gives the feeling of health. When all this business is over, lest the patient should feel fatigued, a clean dimity wrapper put on to breakfast in is to be preferred, as giving the least trouble; for in doing that which is positively necessary to promote the operations of nature, we must not exhaust. If the person is made clean, and the dress the same, the form of it is of little consequence. Indeed, either a dress much trimmed, or one that requires much care, is improper: for those persons who are in a state of weakness from recent indisposition, a simple dress is



the best, also from a recumbent position several times in the course of the day (particularly after meals) being indispensably necessary : rest and indulgence in this situation are important ; and in proportion to the exhaustion which has been suffered, in the same ratio must be the rest and indulgence given to the convalescent. As soon as the dressing is completely finished, the patient should move into an adjoining room, where breakfast should be prepared. Dr. Fothergill advised Souchong tea made with milk, as a nourishing beverage, and that eaten with dry toast ; he considered it was more nourishing, and remained longer in the stomach : when more advanced, a mutton chop, with the fat taken off, lightly broiled, with a small portion of pepper and salt, with a piece of bread only, and one cup of Souchong tea, is a most excellent breakfast. The fine lady may venture to take this breakfast without alarm ; as instead of its diminishing her delicacy or bloom, it will give her cheek a more interesting tint than all the cosmetics in Del Croix' shop ; the bloom



and hue of health are far more engaging than any colour we can obtain from art.

Butter is objectionable when the stomach is weak, from the liability of its turning acid, as it is apt to produce headache, with a heat in the head and eyes. The desideratum of health depends on that machine which receives the food being in order; when that is either oppressed by a too great supply, or suffered to sink for want of a sufficiency, it then becomes diseased, and unable to perform its office. There can be no question, but from our wrong management we cripple our enjoyments, and in some cases totally annihilate every particle of happiness. The mind must be kept quiet and easy, but it should not be suffered to rust for want of using; the whole machine must be constantly in full work, or its powers are soon obstructed, and may be utterly lost.

Mind and body act powerfully on each other; and experience tells us, that the mind no sooner suffers from anxiety, uneasiness, or temper, than the stomach is instantly acted upon in various ways. When the operation of



digestion is impeded, the mind is instantly affected, and every image becomes distorted. Then we are rendered unfit for the society of our friends, and soon become a burthen to ourselves\*.

Every step we take for the recovery of the patient should refer immediately to that which will gently lead them to partake of their former plans; excitement of every kind should be strictly avoided, as the mischief from it is incalculable. The meals at first should be taken without interruption from company, as when there are many at table, a certain degree of noise must occur.

It is desirable for the patient to mix only with the family in the drawing-room at first; where the order and elegance displayed, gratifies the mind, dispelling those dark and gloomy thoughts which so lately depressed all its energies. This agreeable change, with the delightful pleasure of being once more restored to a beloved circle, is almost enchanting, cheering the mind with that

\* Dr. Paris has published a work on diseases of the stomach, which is universally approved from its excellence.



high sense of gratitude and thankfulness which the situation alone can inspire; and its effects on the invalid are most exceedingly beneficial. The value of our enjoyments is seldom understood in their full extent till we have been deprived of them. Nevertheless, those who possess a well-ordered home, must be daily sensible of the ease and tranquillity it affords; and it may justly be considered (if graced with an amiable companion,) as the climax of human happiness. Nature has implanted in our minds the love of home; and those who violate its rights are guilty of a crime, which not only deeply injures those with whom they are nearly connected, but totally destroys their own peace of mind.

The convalescent is greatly benefited by some quiet employment;—while the hands are occupied, the thoughts are prevented from wandering, and the imagination from fabricating artificial wants. Wishing, of all mental employments, is the worst,—“Philosophy’s reverse, and health’s decay.” When this relaxation from thinking can be obtained,



the most beneficial effect is produced, leaving the patient free from perturbation. When we are secluded from society and our usual engagements, the mind is most ingenious in tormenting itself, and is undoubtedly the most ungovernable part of the machine : could remedies be found to silence its inquietudes, disease would much sooner be overcome.

If the season admits taking an airing in a close carriage, it is desirable ; and after a short time, a walk on a dry gravel path will give new vigour to the frame : as the strength increases, it may be resorted to several times in the course of the day. Those who have been long immured in a darkened chamber will be delighted at the change ; as from the enjoyment of the fragrant air, with all the various and lovely objects of nature, our admiration is involuntarily excited in a high degree. When we contemplate the beautiful scenes with which we are surrounded, the mind enjoys the most sublime and delightful sensations. From absence, every tree appears to possess new beauties, and every flower to glow with more splendid colours, and the



perfume from its fragrance is more exquisite than was known before. These chaste and natural enjoyments elevate and sublimates the mind, without any admixture of wrong feeling. We may give full scope to the imagination when it leads us from Nature up to Nature's God! These delightful excitements renovate the frame, from the food they afford the mind. The thoughts expand with adoration and love, which so operate upon the action of the heart, that it propels the blood to the extremes, which were cold and languid before, and the warm fluid returns to its source with increased animation.

Salutary as this advance is to the patient, it must not be enjoyed before breakfast; no exertion whatever should be used till after that meal: when the strength is renewed, of course the patient is more equal to bear fatigue. The exhaustion occasioned from severe illness is not speedily restored; the advance must be gradual, and managed with care and caution. The patient must judge in some measure from feeling; nor should any inducement be held out to do more than can



be effected with ease. When persons are recovering from sickness, great moderation should be practised, both as to exercise, and as to the quantity of food \* which may be taken, avoiding trifling disappointments; which serve to irritate and disturb the tranquillity of the mind. The frame may be compared to a musical instrument, which, if roughly treated, is soon put out of tune.

Riding on horseback is a delightful exercise and source of amusement, and may be resorted to with advantage by the convalescent. Riding what is called double-horse is much to be preferred for ladies, as far less exciting, as well as less fatiguing, than having the sole management of the horse: but this mode of riding should never be practised without some friend to attend the invalid, as it must be considered highly indecorous for young ladies to take exercise with the servants alone. The enjoyment which this manner of taking

\* Digestion is influenced by the passions, as well as by want of air and exercise; a stooping position, such as long sitting at the desk, eating too hastily, and too much study, are all very destructive to the health of the stomach.



the air affords, with the agreeable opportunity it gives of viewing the beauty of the country, renders it particularly interesting, enlivening the spirits, and animating the mind of the patient in a peculiar manner.

It may be observed that few circumstances tend more to the advantage of the recovering patient than the kind attention of an affectionate and judicious friend; and still more (if possible), is that of cultivating a disposition to be moderate, content, and cheerful: but above all, to be thankful for the great blessing of returning health. This wise disposition and happy state of mind will renovate lost powers, as well as secure the continuance of good health, with its delightful companion,—a tranquil mind!

*Note.*—If a great-coat is required, never let it be worn after hanging in a damp hall or passage; the patient will suffer in the same manner as being wrapt in a damp blanket. It is necessary for great-coats to hang in the winter season where there is a fire. The same attention is required for boots and shoes.



## CHAPTER XXI.

## ON BATHING.

Even from the body's purity the mind  
Receives a secret sympathetic aid.

THE advantages resulting from exercise are too obvious to every rational mind to leave any doubt of its beneficial effects upon the human frame.

Bathing may be considered as a powerful auxiliary, as well as a species of exercise, and which may be resorted to in cases when actual movement of the body, such as walking, riding, &c. cannot be made use of. Nothing is better calculated to brace the nerves, to strengthen the body, to promote an equable circulation, and to aid the performance of the secretions.

Unless all the operations of nature on the human frame be regularly and rightly performed, the flow of health must be impeded. Keeping the surface of the body perfectly clean is most important; not only as it relates



to the promotion of health and cheerfulness, but also as it renders us more agreeable in our intercourse with one another. Ablution is not sufficiently attended to ; it being necessary to have the whole frame cleansed from its impurities daily, which is done to the best advantage by a shower-bath : but when that cannot be resorted to conveniently, sponging the body over is an excellent substitute, using friction freely with a coarse towel afterwards. This mode of keeping the person clean is so easily managed, that those who value their health will not neglect it on rising. It is an admirable part of the management of the infant, to commence with using water and friction in a generous manner ; and when that is persisted in through childhood, the habit is so established that it becomes indispensably necessary to comfort. The difference between the highly-educated and the vulgar is never more strongly marked than in personal attentions.

Bathing is by no means generally understood, but is adopted without any other mode



or system than that which the inclination dictates, wholly regardless of consequences. Instead of which, it requires to be practised with much caution, as well as with reference to great moderation ; as from imprudent application, as well as from drinking mineral waters, many persons have ruined their health, and many lives are annually sacrificed.

The cold-bath is very beneficial in a variety of disorders, and especially to such as lead sedentary lives, or reside in populous cities. Cold water, from its gravity, as well as tonic power, is well calculated to remove obstructions, to accelerate the circulation, increase the secretions, and render the solids permanently vigorous.

Although these purposes may be answered by the common cold-bath, yet it cannot be doubted but that it will be much more essentially effected by the application of salt water ; because it possesses superior powers of gravity, is a greater stimulus when in contact with the skin, more freely promotes



perspiration, or agreeable warmth and taking cold from it seldom happens.

It is important not to resort to cold-bathing if the patient is affected with any disease of the lungs. In a state of plethora cold-bathing is not considered safe ; nor should it ever be resorted to, at all events not without medical advice. To the nervous patient the effect is generally exceedingly beneficial, from the tonic quality of the water ; nevertheless from such complaints being generally attended with weak bowels, it requires care and proper medical advice ; delicate persons, either male or female, from being unable to bear any sudden transitions, the tepid bath is oftentimes most serviceable.

To young people, and particularly to children, cold-bathing is of the first importance, as their lax fibres are always braced by its tonic powers ; it invigorates their strength, promotes their growth, and guards them from a variety of diseases.

The best time for bathing is the morning ; an hour after breakfast is desirable for weak-



ly persons; and the only beneficial mode of bathing is sudden immersion: as bathing has always a tendency to propel the blood and other fluids toward the head, that part should be put under water first; for want of attending to this circumstance, many persons are affected with headache after bathing.

Remaining in the water by persons who bathe for health, is exceedingly injurious to the system; it not only produces a greater determination of blood to the head, but chills the blood, and cramps the muscles; the nerves, instead of being braced by it, are on the contrary relaxed; and the very intention of what was wished to be effected by it, from such indiscretion is totally defeated. Every possible advantage of bathing is answered by one immersion at each time; and the patient should not only gently move the blood before going into the water, but on coming out of it should continue to take exercise for some time afterwards. If the advice here recommended of a simple immersion, and quitting the water instantly be followed, the energies of the body will be so increased, that a natural



elasticity of both mind and body will be the sure effect. But when cold-bathing is succeeded by chilliness, loss of strength, or extreme fear attends the immersion, it is sure to prove injurious. In order to secure the good effects of cold-bathing, a previous immersion or two in the tepid bath (of about eighty-four) in all cases will be highly important: the body will thus be purified, and the absorbent vessels will have an opportunity of acting with more freedom and force. At the commencement of a course of bathing, twice each week is sufficient; after a time, thrice in the course of the week; before the close of the time, an interval of three days should be observed.

Salt water will never give cold, neither does it require the same degree of friction as after immersion in the cold bath. All fatigue should be avoided by those who have recourse to bathing in consequence of debility: patients must consult their own feelings, as no medical attendant can ascertain what portion of exercise may be found convenient.

The subject of cold bathing having been discussed, it may not be improper to observe



that great benefit has been received from the warm and vapour baths : many disorders having been mitigated, and others wholly eradicated ;—of course these are never resorted to without medical advice. On the management of them the patient depends very much for their proving effectual ; and it is well known that some extraordinary cases of success have occurred in the metropolis and elsewhere. I venture to recommend the use of them under medical advice. The general rules here recommended for cold-bathing are most of them the opinion of a medical gentleman.

Sufficient I trust has been said, to prevent bathing being resorted to without proper advice. At the same time it may be well to observe, that when persons go to the seaside with their minds perfectly at ease, and determined to avoid over-fatigue or any improper excitement, from visiting and attendance on public places of resort,—which necessarily destroys the good effect which would result from breathing the pure invigorating air from the sea breezes, and the



addition of bathing, agreeably to the plan here recommended.

When bathing is resorted to to repair exhaustion, and the effects of the fatigue of a fashionable winter in London, it is only reasonable to suppose, that the plan which is most likely to prove useful, is that of great moderation in all respects; as extreme excitement so debilitates the system, that nothing short of its contrary can give tone to the nerves, and strength to the constitution generally; cheerfulness, with quiet, air, and gentle exercise, will all combine to restore health.

Those persons who frequent public places of resort either for bathing or drinking waters from the springs of Hygeia, too often continue their plans of dissipation, with the additional injury of over-bathing, excess of walking, talking, dressing, late hours, with all the train of mischief from hot and crowded assemblies; and they falsely imagine that they have left the cause of their want of health where they first received the injury.

It is really a matter of surprise to those



who have studied physiology, that the powers of man are not wholly subdued, from the extreme fatigue which is undergone by those who pursue without restriction the round of dissipation and fashionable amusements : to say nothing of the desolating ravage the passions (so wholly uncontrolled) must have upon the mental and bodily powers. Great as these evils most certainly are, we must not overlook the privations which many heads of families suffer from being left alone, as well as the being too often heavily pressed, from the great increase of expense which must be incurred on moving the lady and her family to a watering-place. When the most amiable and best-intentioned character attached to social life is deprived of his companion and her engaging associates, he is naturally led to seek his resources where he can find those which most agreeably fill the void. The consequence of this voluntary separation very frequently ends in the most disastrous manner ;—such is human nature, that we are sure to fall when we tread on unhallowed ground. The situation is



highly dangerous to both of them ; and the affectionate wife will find more benefit arising from remaining in the bosom of her family, than in any excursion she can make either to the sea-side or elsewhere. Such plans rarely tend to improve the health ; but they invariably serve to destroy the mould of sobriety and chaste enjoyment,—from the indiscriminate mixture with fortune-hunters, and that class of dissolute characters who are the very pest of society ; they live but to entrap the innocent and the unwary. The mother who reflects on the dangerous consequences of introducing her sons and daughters, but more especially the latter, to such despicable society, can never be surprised at the result. The young woman who joins in the festive dance with such designing men, exposes herself to their lawless and wicked intentions. To the mind of feeling and sensibility it is a lamentable consideration, that the innocent and unwary female should ever be allowed to come in contact with such miscreants. The public papers daily publish their desolating schemes :



husbands deprived of their wives, and daughters of their virtue. The young woman who may have received a guarded education, on her introduction to such scenes of dissipation soon loses the lustre of those engaging charms, simplicity, and chastity of mind ; and she is most unquestionably rendered wholly unsuitable for the companion of the man of worth.

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## CHAPTER XXII.

### ON THE LAST DUTIES IN CASE OF DEATH.

The love of life is implanted in our bosoms by our Beneficent Creator, for the wise purpose of giving us a due sense of the care which is necessary for our preservation.

IN a time of health we are naturally averse from any inquiry, as to what is the best management of the mortal parts, when the spirit has taken its flight, or when it appears to the beholders to have left the body. Persons when under this latter afflictive situation are of all human beings the most helpless, and



stand most in need of our assistance and energy, to supply those means best suited to restore suspended animation.

Of all the exertions of human skill, (a most able and distinguished writer observes,) there are perhaps none which afford more solid and lasting gratification, than to restore to life those apparently dead : none surely more eminently show the dignity and fruitfulness of philosophy, or more clearly evince the benefits that may be derived from the well-directed efforts of the human understanding.

In no period in the different stages of the life of man is any class of human beings exempted from the danger of apparent death, or that has a more sacred claim, both civilly and morally, on the especial protection of the civil magistrate, or on the most vigorous exertions of the medical professor and the friend or relative.

No children (Dr. Milluck justly observes) that are still-born ought to be considered as really dead, for in most instances they may be restored. Dr. Struve, in an excellent treatise on suspended animation, has re-



marked, that in apparent death, the resuscitation of still-born infants is the most successful.

It is incontrovertibly proved, that still-born infants and women are those in general who are most exposed to the horrors of precipitated interment. And the same author observes, that nothing is further from his intentions, than to raise unnecessary fears in the mind of a mother, and especially a young mother, whom a French writer has elegantly regarded as the *chef d'œuvre* of nature.

Death being a debt animated beings must pay to nature, the experience of ages proves, that nothing is more certain than the awful separation of the soul from the body. But from the feelings implanted in our minds by the Almighty, who has promised that when the mortal part returns to the dust the spirit shall return to himself, it has been mercifully ordained that the thought of death is not constantly before us, or it would incapacitate us for employing our talents either to his glory or our own usefulness.



Whenever this event takes place, and some one whom we tenderly loved is about to be committed to the silent tomb; when our fondest hopes are laid low, and every joy is withered! the pangs of separation are almost too exquisite for human nature: the voice of affection will be heard; neither can we at that moment govern our feelings, or prevent the poignancy of our grief;—the pangs of separation must be endured. Religion does not forbid us to shed the tear of sorrow! “Jesus wept.” In situations of great trial we are apt to be overwhelmed, nor can we at all times be consoled by the cordial sympathy of our dearest friends: yet there remains an unfailing consolation, when we are under the chastening hand of affliction,—that every dispensation which comes to us is appointed in infinite wisdom! But while the soul is encompassed with this body, we cannot look into the grand arcana,—we cannot comprehend the ways of the great Disposer of events; but we can never doubt his unbounded love and goodness to his dependent children.



To witness sufferings is deeply trying to a feeling mind. When an illness is continued for a length of time, it wears out the corporeal powers of those who are called upon to take an active part in the sick chamber. From this cause, those we best love are often left to the care of a hireling, on whose tenderness and judgment we cannot depend. Let us recollect, much as the body suffers in dissolution, the mind must still undergo the greater suffering; and it must deeply afflict us to be forsaken by those who are dear to us. Let us endeavour to be calm, even in this painful situation; when we may comfort the dying by our presence, we may press the hand, we may moisten the parched lip, we may bathe the pale cheek with our tears; but never let us leave a beloved husband, brother, sister, or friend to the care of a stranger.

Let not then the suffering object of our solicitude be lost for want of our care. Believe me, gentle reader, if there is a balm in Gilead, if there is any thing to soothe the wounded mind, when the beloved friend or relative is



committed to the grave,—it is the reflection that we have done our duty, and that we have left nothing undone which it was in our power to perform. We may go still further, and add, Happy is that mind which feels no self-reproach, no recollection of having neglected any kindness, or of having exhibited cold indifference in the place of affectionate attention.

A mind supported with a consciousness of having never failed in the discharge of these imperious duties, will bear the event with firmness; and our sorrow will be mitigated by resignation to the divine will. At the awful moment when the spirit is about to take its flight, and is just hovering before it ascends, let perfect stillness be observed. Disturbing the patient at this fearful moment is highly improper, and will cause the close to be extremely agitated:—here the friend is the only person who can be relied on. The unfeeling nurse is too often more anxious to add to what is already on the bed, than to care about her duty. From custom, all that is found on the bed after the decease of the



patient, becomes the perquisite\* of the nurse.

Important as attention and kindness are to the sick, our care of the patient should not end here. In many cases when animation seems no longer to exist in the body, it has been proved to be only suspended: as such, the patient should remain in the warm bed till the medical attendant makes his visit, which should be continued daily until a positive change takes place: and agreeably to the judgment of the attendant, whatever he recommends should be done. But as we cannot depend upon the nurse alone for the exertions which must be used to restore suspended animation, perhaps some one from the Society for that valuable purpose would be the most proper to be employed. Although suspended animation does not often take place,—that

\* It has doubtless arisen from a patient dying of an infectious disease; when the clothes have been ordered to be destroyed by fire, the nurse has requested to have them. A death-bed I attended, when the relatives were sitting in deep silence, nurse rose, and was observed to throw an India shawl on the bed, and afterwards laid claim to it as her rightful perquisite.



it sometimes does occur is an undisputed fact.

We may conclude, that in cases in which an organ or part necessary for life is not essentially injured, and the thread of life is not broken or worn out by age or disease, and the public health is not endangered,—in such cases interment before death actually takes place, inverts the laws of nature, by counteracting her powerful influence, and is a direct violation of the most sacred of all civil, moral, and, we may venture to add, religious duties.

The danger from which Lady Russell escaped, of being buried alive, is a fact well known in Europe. Her ladyship remained seven days and nights in a state apparently dead, when the force of nature triumphed at the sound of the bell of the parish church. To the great joy of her lord, she returned to life. It was owing to the unbounded affection of Lord Russell that she escaped the horrors of the grave. The idea of being separated from the dearest object of his heart was quite insupportable. He protested against every pre-



paratory measure of interment established by custom, and threatened death to those who dared to approach her ladyship.—Thus was the lovely wife restored to the bosom of her affectionate lord, whom she blessed and adorned afterwards by the birth of several children, the choice fruit of mutual affection.

Dr. Crichton (now Sir Alexander Crichton), physician to His Imperial Highness Nicholas, brother to His Majesty the late Emperor of Russia, records a most interesting fact, in his excellent work entitled “Mental Aberration,”—of a young lady who was restored to life after being supposed to be dead.

A distinguished writer observes, that it is astonishing that mankind have, after all, been so little roused by an idea the most terrible that can be conceived on this side eternity! If nature recoils from the idea of death, with what horror must she start at the thought of death anticipated—precipitated by inattention into darkness and death, and, under agonies unspeakable, to revive after being nailed up in a coffin! The mind can hardly



sustain the reflection even in man's coolest moments.

Yet according to present usage, as soon as the semblance of death appears, the chamber of the sick is deserted by friends, relatives, and physicians; and the apparently dead, though frequently living, body is committed to the management of an ignorant unfeeling nurse, whose care extends no further than to lay the limbs straight and to secure her booty. The bed and its appendages are removed, and the body is stripped, washed, and exposed to the air. This proceeding must extinguish, or perhaps only conceal, any spark of life that may remain, and which, by a different treatment, might have been kindled into a flame, or may only continue to repress it; and the unhappy person may afterwards revive amidst the horrors of the tomb!

Infants still-born should have every effort used to restore animation, which is very possibly only suspended from pressure. Let the following method be used:—Dr. Denman advised that infants should be admitted, as



soon as possible after birth, to breathe the external air. Of course this must be still more important on suspended animation. When a child does not instantly breathe, let it be immediately breathed into powerfully, and a sudden motion of the hand sharply on the seat several times. Friction must for some time be added over every part of the infant.

It is necessary to state that the facts here recited are collected from a manuscript in the possession of the benevolent Mrs. Fry, written by a gentleman highly distinguished for his medical knowledge, particularly of the subject on which he treats.

The authoress of the "*Good Nurse*" has given this interesting detail (which she hopes may be the means of proving useful) by the express desire of Mrs. Fry, who had a friend that was restored to life after having been dead (as was supposed) several days. This affecting circumstance impressed her mind so awfully, that she was anxious to have this public testimony given of the necessity of the greatest caution being exercised on the management of a corpse.



## CHAPTER XXIII.

## HINTS TO PERSONS IN HEALTH.

For want of due reflection we lose sight of our distinguished privileges, above all other created beings,—that of a capability of discernment between right and wrong. Attention to this knowledge would endow us with that superiority intended by our beneficent Creator.

Good health being closely connected with our moral conduct, when that is governed by rectitude, the two may justly be considered the grand source of human enjoyment. It will not I trust be deemed irrelevant to offer a few hints on the subject. May not the sufferings arising from ill health and uneasiness of mind be attributed to our thoughtless and mistaken conduct in disregarding those laws, which were established for our preservation?

Mankind would be greatly benefited by the possession of a certain degree of knowledge of our corporeal structure. Various tribes of animals act in a thousand instances



more prudently than man, by being uniformly guided by instinct.

The plans generally adopted are totally inimical to the enjoyment of sound health. The mischief commences from a very early period of time; the infant is often rendered weak and infirm from wrong management, which is continued through childhood; and far more attention is given to form the body to the fashion of the day, than to study the best and most rational plan of training the mind to virtue, and making the body strong and vigorous.

In vain does the heart propel the blood in the most powerful manner, to nourish and support the extreme parts of the body, while we are torturing the frame by ligatures and bandages, somewhat resembling the tourniquet, to stop their progress. By them the secretions are impeded, and the various functions are almost entirely obstructed; whilst the frame is expanding, nature should at least be accommodated, and even indulged, during all her various and important operations.



The human figure exhibits so much beauty and elegance in the formation and arrangement of the bones and muscles, the arteries and veins, far beyond comparison, all acting together in such a mysterious way as to render us a wonder to ourselves. This exquisite piece of mechanism bespeaks a divine artificer;—and shall the parent and tutoress dare to make use of contrivances with a view to improve this magnificent piece of workmanship! It bespeaks a total want of that high sense which every human being should entertain of the works of God, as well as a wild presumption in making the attempt. It comes under that class of impiety which is justly termed *insulting*.

Let us simply take a view of this superb structure, this finishing stroke of the works of the Great Creator; but which is rarely seen in a perfect state, from the preposterous management of art.

“All the harmonic expressions are combined in the human figure. Observe the form of the head of man, which approaches to the spherical, the form by way of excellence :



this configuration is not common with that of any other animal. On its anterior part is traced the oval of the face, terminated by the triangularity of the nose, and encompassed by the radiations of the hair. The head is supported by a neck of considerable less diameter than itself, which detaches it from the body by a concave part. These forms, however, are not traced in a stiff geometrical manner, but imperceptibly run into each other, and mutually blend as parts of the same grand whole."

Great as the science of anatomy undoubtedly must be considered, as are all the illuminations of science in general, it may be well for us to recollect, that the knowledge of God and his revealed religion, as far exceeds all that we may be able to acquire, as the heavens are above the earth.

The study and observations of anatomical facts will lead to the best purposes: it will excite an admiration of, and gratitude to, the supreme Author of our being! It will create an enthusiastic yet rational desire to live again with more expanded faculties, and gift



us with the means of comprehending the whole plan of the beneficent Author of Nature in so forming the universe, and regularly directing all its operations.

Man is evidently placed at the head of the inhabitants of this beauteous residence, and is constituted with appetites and passions qualified to receive the most delightful impressions, which should lead him to adore the goodness of the great First Cause and Parent of all.

It is necessary for the health of the body that the passions should be rationally exercised. We shall walk, run, dance, swim, fence, sail and ride to little purpose, unless we make choice of a friend to accompany us. Solitude is the bane of man; in so much, that it is difficult to say which suffers most, the soul in its qualities, or the body in its temperament, from being alone. Too great a concourse of people breeds disease, too much company is destructive to cheerfulness. As cheerfulness may be considered the health of the soul, let us carefully avoid whatever may cloud the enjoyment it affords: a gloomy



dissatisfied temper corrodes and poisons the stream of life ; every function is impeded, every joy is withered by discontent. The sun warms and irradiates every thing on which it shines,—so does cheerfulness act in like manner upon the countenance and the health ; nor does the cheek require rouge to give animation to the eyes, which always beam with lustre under the influence of cheerfulness. The heart of the cheerful man moves with that equal and constant pulsation which promotes the health and happiness of the possessor ; but miserable is that gloomy being who imposes on the mind those austerities, that, like the poor monk of the order of St. Francis, thought himself nearer heaven as he increased his penalties ; the severer his duties were, the greater his hopes that his reward would be in proportion to his inflictions. Man is the most distinguished of created beings, and his structure is the grandest and most magnificent ; reason should therefore in his mind hold sovereign sway, as whatever happens to discompose or cause uneasiness, acts physically on the frame.



A violent passion in a moment raises the most distressing agitation and commotion through every part, and as an impetus to the heart, propelling the blood through the veins, extending in the most dangerous manner and even sometimes rupturing them, so as to cause instant death. If the mischief it occasions does not end thus fatally, passion at least shows baneful effects, by reddening the face, and making the eyes dart with fire ;— can any disappointment or ill-treatment justify it? By this conduct we increase the evil, and give our enemy an opportunity of triumph ; as we wholly deprive the mind of the aid of that reason and calmness which wisdom teaches us to preserve, and we break down that sacred barrier which is placed on our hearts, by the grand and unalterable laws of Christianity. The health most materially suffers in the conflict, and the body suffers equally with the mind. The man, we are told, who values a good night's rest will never lie down with enmity in his heart ; sleep, the balm of life, flies from the pillow of the being who harbours in his bosom malice



or hatred, whilst the mild and amiable character enjoys uninterrupted repose. Those who have never studied the physical operations of the body, or the depth and powers of the human mind, should rely with confidence on the man of science and principle.

Ask Sir Astley Cooper, or any other surgeon of eminence, what is their opinion of ligatures and bandages, for the purpose of confining different parts of the body, particularly the waist, impeding the generous and necessary operations of nature, and that in the most cruel manner. In addition to this bandage of the corset round the waist, and long stays confining the hips, a broad piece of steel or whalebone half a yard long is placed in the front of the corset, compressing the lungs and bowels, and almost depriving them of their power of action. The belt worn by gentlemen is equally unhealthy. Upon the same principle tight hats, cravats, shoes, garters, and all other contrivances to confine any part of the frame, are destructive to its growth, expansion, and beauty. Nothing should be worn that does not accommodate



itself in the most ready manner to all the operations of nature, or more properly speaking, of this beautiful and highly finished work of the Creator. Shall we weakly imagine that we can improve this grand pillar of the human form, so exquisitely fashioned, that the knowledge of anatomy is not wanted to cause admiration of its wonderful symmetry! The votary of fashion may be assured, that by these unnatural contrivances we absolutely produce deformity! Let us suppose that an infant is born with very wide shoulders and pinched waist,—would not the parents feel distressed? Would they not send for the anatomist, to consult him on what could be done to make the child well proportioned? Shall the rational mind then submit to the idle fantastic dress-maker and tailor, who know nothing beyond handling their needles and shears, to adopt the most unnatural and disgusting fashions, not only totally impeding the graceful motions of the body, but even frequently causing the loss of life? Many are the instances of young men and women falling victims to these pre-



posterous inventions. Where is the understanding of their parents? Where are those principles which should lay the foundation of their religious and moral conduct? How shall these parents be able to stand at that awful day, when an account must be rendered of their stewardship? Will not the victims of so much folly appear in array against them? Are we not bound to guard and protect our children from evil, under every form and shape? And still further, May not our example be the means of spreading the contagion of folly and wickedness to subordinate classes in society? Let us simply ask ourselves whether we are or are not accountable beings!

The effect on the frame from these ligatures and pressures is fatal, and ought to be alarming to those who are looking forward one day to become mothers. These females must have reason to deplore their folly and infatuation, as these dangerous bandages, worn in a state of pregnancy, is highly criminal indeed! The youth of both sexes should visit the repositories of the statuary, where they will see the most inimi-



table grace and beauty displayed in the different figures of the ancients:—but no tight lacing, no bandages, nor broad pieces of steel or bone in any part of their drapery ; all is flowing, elegant, and in harmony with nature.

An uniform attention to personal neatness and the most delicate cleanliness is indispensable for the promotion of health. The surface of the body requires to be kept perfectly free from the least soil, as the mouths of an infinite number of valves come to the surface of the body, from which the insensible perspiration is continually issuing. On the great subtilty, equability, and proper quantity of this secretion, depends the equilibrium of perfect health: on the contrary, this being impeded or interrupted is the primary cause of a great number of diseases. Air, exercise, temperance, cleanliness, joy, hope and love, when duly tempered, tend to promote an equable circulation, and are highly conducive to a healthy state.

Thus by cherishing the tender attachments of life, and pursuing reasonable en-



joyments, we render ourselves and others happy; and with gratitude for past blessings we may joyfully look forward to ages of endless happiness.

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## CHAPTER XXIV.

### ON LIGATURES AND BANDAGES.

*To the Authoress of "the Good Nurse."*

(From a Surgeon of eminence.)

MY DEAR MADAM,

I FULLY agree with you in opinion, that those fashions which interfere with the growth and expansion of the human frame are serious, and alarming in their consequences, as regards the health of the rising generation. In compliance therefore with your request, I have endeavoured to describe, as simply as the nature of the subject will admit, the various mischiefs arising from the prevailing fashion of ligatures and bandages, from the birth of the infant, till it arrives at maturity.



I have avoided those technical terms which are not well understood, adapting the language to readers of every capacity, hoping their minds may be impressed with the awful consequences of counteracting the efforts of Nature in her various important operations.

I am, my dear Madam,

truly yours, &c.

The new-born infant, though of tender frame, is gifted with those functions upon which its growth and development depend. The most essential of those, which begins immediately at its birth, is respiration, or the passage of the atmospheric air through the lungs ; a function which it has never hitherto performed, so that the lungs till then do not require a moveable cavity to assist their requisite action. But as soon as the child passes into its comparatively independent state, all its organs are called into action, and being left to themselves will better perform their peculiar offices. No sooner are the lungs distended with air, than they have



a necessary tendency to occupy a larger space, and therefore the chest at the same moment is increased in capacity by muscles, which are termed muscles of respiration. This is done, even without an apparent effort of the child, unless indeed folly and obstinacy furnish unnatural difficulties, by the application of bandages and ligatures: nor is this the only function disturbed by their use; for unless respiration takes place with a power equal to its perfect performance, the alimentary apparatus can never be fitted for the reception of that sustenance which the infant so soon requires; without which the child must be enfeebled: respiration can never be so well performed, and with the same advantage to the child. This must be clear to any mind that reflects on the law of Nature, who (and she never errs) demonstrated its necessity. So that at this early period we can hardly estimate the infinite harm that may accrue from any ill-judged interference. Pressure therefore of every kind, under every circumstance, must be considered as acting in total opposition to Nature's laws;



and indeed never used at all, but in those instances where Nature has deviated from her usual course, and calls aloud for the judicious aid of her helpmate man. Indeed this golden rule demands a due observance throughout all the stages of early life ; for the full expansion of the various parts of the human frame is materially diminished, and the functions of those parts most materially injured, if not entirely destroyed, by the mischievous and mistaken fancy, that Nature calls for the interference of some bungling tailor or dress-maker. Let us furnish one argument in favour of this position, in order to illustrate the bad consequences we daily witness, of restricting the necessary and natural expansion of the human frame. Let us commence with the foot. From the very moment the infant begins to walk, fashion is employed to cripple the feet, and to lay the foundation for after-suffering and misery. This is continued up to the period of adolescence, when, but alas ! too late for its remedy, the victim discovers that pressure alone has brought him to so painful a



situation. The next stage brings us to the period of officious attempts at training and improving the shape of the human trunk, particularly as regards the female. We also observe with astonishment young men with a belt made to confine the waist.

In the first place it is necessary to observe, that from our artificial mode of life, derived from fashionable or arbitrary habits, Nature is frequently disregarded, and her never-failing laws are as industriously counteracted as if man, and not Nature, were the ruling power. Let us only observe the constant deformity produced by the enforced usage of the right-hand on all occasions, in preference to the left; and here we witness a perversion of Nature's laws, which most assuredly designed us to use the one or the other. From this custom, a preternatural use of one important part is made in preference to another, without any particular benefit;—deformity ensues from this decided partiality. The victim undergoes a strict examination by her parents, a jury of aunts, nurses, and friends, and their verdict condemns the



unfortunate sufferer to an increase of misery by having steel backs, bandages, and steel collars put upon her, for the support of her body and head ; this altogether forms a complete suit of armour. Thus these cruel and unnatural inventions have come into use, in order to counteract the deformity which the fond but mistaken mother from preposterous management has been the cause. Then comes the next and last stage of deformity, produced or very much increased by art,—the form, figure, and carriage of the female (for it is still the female more particularly that is the victim). Her corset, her bodice, and her lacings, with her long prop of steel or bone placed in the front of her corset, are to be worn without any reference to the melancholy effect they must produce ; neither the growth nor the health is considered of the same importance as bandaging up this beautiful and expanding form, which Nature has sent forth as the masterpiece of her hand. This paragon of grace and beauty is to be cramped, shackled, and distorted ; this, the most lovely object in nature, is to be stiffened



into the resemblance of an Egyptian mummy,  
—to please the votary of fashion!

This unnatural plan was projected first by the ignorant and fanciful dress- and corset-maker, who recommends the most monstrous and preposterous contrivances in order to make money. These absurdities are adopted by the parents from her recommendation, both for themselves and their children. Nor does the mischief end here; for the due development of those parts, particularly in the female frame, so necessary for the healthy preservation of the species, being in a great measure contracted by this unnatural pressure and violence, occasions not only a considerable interruption to the process of gestation in a subsequent period of life, but the offspring itself is liable to a great degree of injury, and thus misery is carried on from one generation to another. The lungs likewise of the sufferer are frequently from this preternatural pressure curtailed in their efforts to expand; and consumption, or some other deadly malady, as a natural consequence closes the melancholy scene.



The deduction from this plain detail of facts is, that as a general rule, no unnecessary interruption should be given to Nature's expansive efforts ; and although fashion and false ideas of beauty may sometimes warp our better judgment, yet we should be constantly on our guard, to prevent the dreadful and irreparable mischief which such improper and ill-judged interference will inevitably produce.



## PART II.

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### CHAPTER I.

#### ON THE IMPORTANCE OF REASONABLE CARE DURING A STATE OF PREGNANCY.

The right government of the mind and temper is an important and indispensable duty at all times, but more especially so when the neglect of this wise conduct may prove fatal to the being for whose life we are in great measure responsible.

THE young married woman who acts from principles of religion, and who possesses a good heart, will consider proper care of herself during this critical period an imperious duty; and no circumstance should be viewed with indifference which may injure her health or disturb her tranquillity.

All the salutary operations of nature on the frame are promoted by serenity of mind. A sufficient portion of air and exercise is indispensably necessary during pregnancy.



It is to be lamented that the importance of these two grand objects is not more strictly attended to, as the benefit arising from a tranquil mind, with the advantages of air and exercise, cannot be calculated ; more especially when superadded to cheerfulness. The society of agreeable friends exceedingly heightens the pleasure.

Every woman naturally feels considerable anxiety for her own safety ; and when left alone, she is apt to dwell on the approaching event, and frequently alarms herself without reason. The affections of the mind, from acting forcibly on the frame, are apt to disturb the various functions. It has even been known, that, from a strong and unfavourable impression on the mind during that period, it has absolutely been the cause of the most distressing termination. Whenever this gloomy feeling arises, every possible means should be resorted to in order to change the current of the thoughts, as well as to cheer and beguile the time by all reasonable and agreeable amusements. Reasoning upon the subject rarely, if ever, avails. When no cause



can be assigned for this unfortunate depression, it may be imputed to nervous weakness. Dr. Churchill mentions that painful apprehensions do not unfrequently take place during pregnancy ; and that he has observed, when the death of a woman occurs in her lying-in, that it is followed by several deaths in the vicinity. This was fully proved after the death of our amiable and much-lamented Princess Charlotte. These distressing events were supposed to have arisen entirely from the interest and sympathy which her affecting dissolution produced. The friends and companions of the pregnant woman should never relate any dismal or afflicting circumstance which may have occurred.

The enjoyment of exercise in the open air should make part of the business of every day ; and those who possess a taste for the study of Nature, may enjoy delightful contemplations in a well-ordered garden, or a walk in the fields : even great cities, more particularly the metropolis, abound with places of the greatest beauty ; such as the Parks, Kensington Gardens, &c.



Walking may be considered the best possible exercise we can enjoy ; and a moderate portion should be taken daily. During the period of pregnancy it is of great importance, in causing a free circulation of the fluids and promoting the healthy secretions. The operations of nature on the frame and constitution are never regular or healthy without a sufficient portion of air and exercise, which may be depended upon as the most sure means of passing through child-birth with safety. Nevertheless, if walking should produce a pain in the back, it must not be persisted in ; as it proves the strength to be insufficient to endure the fatigue : riding in a carriage may then be resorted to with advantage.

A recumbent position is occasionally proper,—relieving the frame, from a change of position, as well as affording salutary rest, and is particularly beneficial after meals.

It is almost unnecessary to observe that nocturnal visiting and attendance at public places of resort are in the same degree highly objectionable. The preparation required is often exceedingly fatiguing : sitting long at



the toilet, and adjusting the hair, from the position of holding up the hands, as well as the anxiety to have the dress elegantly arranged, are exhausting and highly improper; and in addition, the change of dress must be considered liable to produce cold, from the articles and style of full-dress being different both in texture and costume from the velvet of the pelisse that is worn in the morning. The frequenters of the theatre subject themselves to the liability of the most dreadful alarm, which might prove fatal to the pregnant woman, and is dangerous to every one who is exposed to such accidents. Excitement is debilitating; but fright and sudden anxiety have no limits as to their fatal consequences. These enemies to repose are followed by a train of evils of hydra form. Not only the heat from large crowded assemblies is injurious, but also the misery occasioned from the contending feelings of jealousy, envy, and the fear of being exceeded in the paraphernalia of fashion. The dangers are likewise very great from ligatures and bandages, and all the unnatural contrivances



which the fanciful dress-maker has invented to counteract those grand operations which promote the growth and expansion of this finely-proportioned pillar of beauty, which a chaste-minded woman exhibits who has been happily gifted with perfection in form. Virtue diffuses grace over the whole frame; it is a fugitive lustre, which never settles in any part of the body: we see it glow and disappear in the features and motions of an elegant female. It strikes the view; but the moment you follow it, the wandering flame vanishes\*.

Temperance should be observed as an important feature in the management of a woman during her pregnancy. A common notion prevails that she may indulge in whatever she happens to fancy. Repletion is more easily prevented by attention to regimen than by having recourse to either bleeding or aperient medicines. Women of florid health

\* See Lavater on the Harmony of Moral and Corporeal Beauty. He thinks it infinitely more conformable to Supreme Wisdom that a harmony between physical and moral beauty rather should than should not exist.



and of indulgent habits should take a less quantity of animal food than usual; and table-beer, milk-whey, toast-and-water, and barley-water, ought to be substituted in the place of porter or wine-and-water. Wine should be taken very sparingly: it is at all times a luxury; but in this case it may be considered injurious, as being too stimulating, excepting to women of low and languid constitutions.

Large dinner-parties are best avoided, as they are apt to lead to a degree of excess. Strict attention should be given to the state of the bowels: gentle aperient medicines may be proper under the advice of a medical practitioner. Care should be observed not to retain the water, as from pressure the bladder becomes irritated: it is of the highest importance that it should be immediately relieved. Cooling fruits, and a few jar-raisins eaten the first thing in the morning, are both refreshing and wholesome, assisting the actions of the bowels at the same time. Every attention must be given to prevent them from being too much relaxed, as that not only



weakens, but sometimes occasions premature confinement.

Dr. Fothergill was of opinion, that when regimen could supersede the use of medicine, it would be desirable ; as the one plan might correct any wrong tendency in the system, which habit may have formed ; when less dependence can be placed on the effects of medicine, which may or may not answer the intended purpose. This opinion should make the patient satisfied when some simple medicine only is recommended, as in many cases, attention to diet and clothing, with a certain portion of exercise, is all that may be wanted to restore a patient to health.

It is not uncommon for the young mother to prefer the best chamber for the time of her confinement. When that is determined upon, she should occupy it a month at least before the time expected ; even the colour of the hangings of the bed will sometimes prevent her usual disposition to sleep.

In a state of pregnancy, the nerves, being acutely sensible, are easily affected. The aspect of the room is another important point



to be considered: quitting a south for a north aspect is always improper, excepting in extremely hot weather.

The choice of a nurse should not be deferred, lest any disappointment occur which may create uneasiness. When the time for the confinement draws near, nurse should visit the chamber, making all necessary arrangements. It is very desirable for her to be in waiting in the house, as it prevents hurry and anxiety.

Every woman should consult her own particular feeling as to the best plan to be pursued;—a nervous subject, and the woman of robust health, of course require far different treatment. Let her good sense, and the advice of an experienced friend and her medical attendant, determine what she ought to do in all respects. Following any particular system is hazardous, without adapting it to the particular case. The leading trait in the plan prescribed is that of moderation generally, with attention to keeping the mind tranquil,—the great art of health, not only in this situation but in all others. It promotes



sleep and a good digestion, which are the two main supporters of health and animal life.

In this state of being, interruptions to our repose must occur; nevertheless it remains with ourselves whether we suffer them to disturb our peace of mind.

We should endeavour to be contented and cheerful; and above all, thankful for the many enjoyments and blessings with which we are surrounded. The married woman who loves her husband with that affection which induces her to consult his happiness on all occasions, will not only feel it a duty, but her highest pleasure and interest, to attend conscientiously to whatever may be recommended for her benefit.

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## CHAPTER II.

### ON THE LYING-IN CHAMBER.

The operations of nature may be advantageously assisted by observation and the aid of our reason.

THE whole process of parturition is effected in a gradual and progressive manner; yet in



the most natural state a woman cannot pass through the event without its being attended with much bodily suffering, as well as extreme perturbation of mind. Nevertheless, a kind Providence has so ordered this event, that the pains of delivery are greatly assisted and relieved by the intervals of perfect ease; which circumstance enables the woman to undergo them without her strength failing, as she has an opportunity of repairing exhaustion by taking both sleep and refreshment. Were this not the case, and if the pains continued without any interruption, the patient would probably sink for want of a renewal of strength.

It is important, when the pains become frequent and the crisis approaches, that the bed should be immediately prepared\*; as the patient on lying down will find herself in the easiest situation for aiding the efforts of nature. Placing herself on the left side, and

\* A skin of Morocco leather should be placed over the under blanket, and a coarse sheet doubled in four, with strings well fastened at each corner and fixed to the bed, should be placed over the first sheet:—when the labour is over, it should be drawn away.



taking some warm liquid (as a basin of tea or gruel), the process of parturition will in due time be favourably completed.

The woman who patiently submits to those sufferings attendant on the event, will avoid the dangerous consequence of hastening the birth before nature is prepared for its completion. From impatience in most women to be relieved of their pains, much mischief frequently occurs. Those labours which are perfectly natural, when a woman is well grown and healthy, require little or no aid. If she simply yield to the natural effort in a kind and patient manner, the child will progressively advance without any assistance: instead of which, the pains, from wrong management, are often continued too long,—a circumstance which sadly exhausts and injures the woman.

Stimulants should not be given during labour, unless Nature should be sluggish in her operations. Should the patient feel low and cold, a basin of gruel, with a sufficient portion of brandy\*, would assist in giving

\* It was the opinion of Dr. Fothergill that brandy was



the required energy. Wine is never proper when the mind is agitated; as in that case it becomes acid on the stomach, and will often produce sickness, attended with a pain in the head.

During the time of the labour the room should be rather darkened, every thing being conducted as quietly as possible, and nothing either said or done to cause the least excitement; as, from the pains of labour, the patient requires every possible attention to calm and quiet her mind as much as stillness can effect. Talking more than is necessary should be strictly avoided; but it is not uncommon to tell long stories, in order to cheer the patient. No more persons should be admitted into the room than can be dispensed with. It is eligible to have one friend besides the nurse and medical attendant in the chamber: sometimes a domestic is also required.

the best cordial we know of: and when required, the quantity should be determined by the medical attendant, or some judicious friend; as nurses are too apt to use it like other spirits, without proper discrimination.—Dr. Fothergill wished that it was only sold by the chemist.



Should the patient be inclined to sleep, let quietness be observed, and the greatest care not to interrupt this balmy effort of Nature, who rarely fails in the accomplishment of her own work, if we do not defeat her plans by our mismanagement. Sleep at intervals, however short, renews the strength, and gives fresh vigour to the mind. When the patient is roused by a strong pain, let her place her head in the pillow, confining her breath at the same time, and bearing down as much as possible, holding a round towel looped round the pillar of the bed, which gives a still greater power to assist the effort of Nature. This plan is preferable to holding the hand of an attendant. A contrivance should be resorted to, in order that the feet may press with resistance against it\*. A labour conducted after this manner will be passed through with less perturbation of mind and greater safety than when hurry and confusion are suffered to prevail.

As soon as the birth of the child takes

\* The best contrivance is to fasten a board across the foot of the bed.



place, not an unnecessary word should be spoken. The feelings of the patient are quite overpowering, from the joy and thankfulness with which she is affected on becoming a mother.

From the regulations recommended being attended to, every article would be in readiness, which wholly prevents confusion. The mother should have a tea-cup of warm gruel and a small piece of dry toast, as it prevents the wind collecting on the stomach, and comforts the patient, preventing faintness and exhaustion. Every person, except a friend and one domestic to wait upon the nurse, should quit the room.

As soon as the after-birth has passed, a broad bandage of fine flannel should be fastened over the bowels, moderately tight, and every thing moved away which might detract from the comfort of the patient. The doubled sheet should be withdrawn, and the patient would then be comfortable. After adjusting the pillow and laying the bed-clothes smooth, the mother should remain perfectly still and unmoved. Nurses are often anxious



to move the patient to the other side of the bed, with a view to relieve her by change of position: but this plan is always attended with danger. The mother should remain precisely in the same situation for a certain time, generally about six-and-thirty hours: and when she can exercise sufficient patience, it will be advisable to make no material change for several days. The anxiety to have the bed made has proved injurious and even fatal. The rational and reflecting mind must be aware of the great necessity of the mother's remaining perfectly still, without either exertion or excitement;—the sufferings which she has passed through require this care.

As fainting will sometimes follow labour, and especially when it has been hurried, the mother should never be left. A friend or domestic should sit by the bed-side to watch if any change in the countenance takes place. If it arises simply from fatigue, the common plans used on those occasions will be sufficient to restore her; but if it happens from any circumstance connected with the labour, the consequence may be serious: at all events



it is alarming, and calls for prompt assistance.—It may not be inappropriate to detail the management as recommended by Dr. Churchill on such an occurrence, in case the attendant has left the house. That the pillow be removed, in order to lower the head; the bed-clothes lessened, to disperse the surrounding heat; curtains all undrawn; napkins wrung out of cold vinegar and water to be placed over the bowels, which tends to contract the womb more speedily; whatever can be got down, should be given perfectly cold, acidulated with lemon juice; the feet should be well rubbed, in order to bring the blood to the extremities, and bottles of hot water placed to the soles of them: no stimulant whatever should be given or applied to the nostrils, lest by producing coughing or sneezing it might, from increasing the discharge, bring on instant death. This circumstance is too critical to lose a moment in calling in medical aid.

[The foregoing directions may be useful to those ladies who visit poor women in their confinement.]



## CHAPTER III.

MANAGEMENT AFTER THE BIRTH OF THE  
INFANT.

By preserving our tranquillity and cheerfulness, suppressing all impatience and unnecessary apprehension, we greatly promote recovery, when reduced to a state of weakness and debility.

WHEN the birth is favourably completed, perfect quiet with general care to guard the mother against cold is indispensably necessary to prevent the most serious mischief occurring, and warm napkins doubled should immediately be applied to the parts of generation. The room should be cleared of those who have been engaged to attend, and no visitor admitted to see the mother, except the father of their new possession, whose anxiety cannot suffer him to remain long without expressing his joy on the occasion, which should be done with great tenderness and care. This interesting moment ought to seal their affections.



As soon as this visit is ended, the room should be darkened, and nothing done to interrupt perfect stillness. The quill should be placed through the keyhole of the door, to prevent its being opened. The mother will then naturally feel inclined to sleep; and every possible care should be taken to prevent her being disturbed.

When nurse has finished dressing the baby, it should be wrapped in a blanket, leaving an aperture to admit the air, and then committed to the attendant in waiting, while nurse quits the room to take some refreshment.

Women in actual labour suffer exceedingly, among other emotions, from fear, and are frequently apt to be dispirited from the supposed tediousness of the case. They are no sooner relieved from a state of extreme suffering and are at perfect ease, than they are forgetful of the privations their situation requires: from considering themselves well, they are unwilling to be controlled, and think themselves at liberty to follow their own inclinations. But here it may be necessary to remark, that instead of their sufferings being



terminated,—to use the phrase of an eminent practitioner, they may in a sense be considered as having only just commenced. It is true the pains which were necessary for the expulsion of the contents of the womb are subsided ; yet the mother has many things to expect, which if unattended to will expose her to imminent danger.

The cessation from fear and apprehension, added to the delightful sensations of being easy, gives inexpressible relief to the mind, and the lying-in patient is too apt to presume upon this happiness.

Mothers, from their minds being in the most sensible state possible, are liable to receive impressions in a way the most sudden and alarming. With respect to the changes subsequent to delivery, even in the most favourable and natural cases, they may properly be divided into three stages. First, till the after-birth be wholly evacuated and cleared away. Secondly, till the lochial discharge be over, until which time the internal pores remain open, and subject the woman to fever and other complaints. And lastly, till the fluc-



tuation of milk takes place in the breasts, and is employed in suckling the infant, or otherwise disposed of. It will therefore be impossible for a woman to be considered free from danger till all these circumstances have taken place. The lower classes of women are peculiarly favoured in going through the whole business of parturition without suffering the same liability to taking cold, and other inconveniences, as those whose rank in life tends from its luxuries to enervate the system and general health.

The young mother is not aware of the advantages of continuing quietly in bed for a few days, which not only affords entire rest to the frame, but prevents a disposition to fever, from keeping up a gentle perspiration. On the third day, if the bowels have not been moved sufficiently to relieve them, a simple aperient medicine should be given, with care that it is not too potent. To those who employ a regular practitioner this caution is not necessary, but it may not be attended to when a midwife is employed. It should be understood that the state of the bowels at this time



is considered very important to the health and safety of the patient\*.

If the mother feel satisfied to remain without being moved till the morning of the fourth day, she will suffer less from the fatigue it occasions: nevertheless no precise time can be fixed, as the ability to change situations must depend on circumstances. The plan of its being done in the morning after breakfast is much to be preferred; a tranquil night's sleep enables the patient better to go through the exertion. When done in the evening, it is often the cause of delaying the early settlement of the chamber, which never should be interfered with, as so much depends on attention to this point.

The patient when first taken up will be greatly advantaged by being only loosely dressed in a wrapper, and a sofa furnished with blankets and pillows should be ready to receive her, and two persons should quietly lift her upon it; in this situation she may be

\* "As it is not uncommon for ladies to visit poor lying-in women, it may not be amiss to observe, that an ounce of Castor Oil or a Decoction of Senna and Salts,—half an ounce of each, is a proper dose."—*Dr. Churchill.*



raised as most agreeable. Strict attention should be given that the patient be not put upon her feet or allowed to walk the first week, as it is a dangerous experiment; and notwithstanding much inconvenience is not discovered at the time, yet it may be productive of great distress; but nurses, from not being aware of the consequences, generally recommend the attempt being made\*.

Every care should be observed that the lying-in patient does not handle any thing cold; even the knife and fork, &c. should be laid before the fire, for whatever produces a chilliness is improper. As the recovery of the lying-in patient almost entirely depends on quietness and on great temperance, and ease both of mind and body, every plan which promotes this desirable end should be adopted; instead of which it frequently happens that women are anxious to resume their former

\* Before the patient is taken out of bed, it should be the daily practice to use two sponges, one for the upper, the other for the lower part of the body. This being done with lukewarm water, will tend greatly to health.



situations too speedily. A recumbent position is particularly favourable in restoring the frame to its natural strength: in the early part of the confinement, sitting upright, from the fatigue it occasions, is often the cause of fainting. Impatience to return to bed, so as not to allow time for it to cool and become refreshing, is unhealthy, as likewise the fashion of loading it with a quantity of drapery, which does not admit a free circulation of air. We are too often rather disposed to consult appearances, than that which will conduce to our benefit.

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## CHAPTER IV.

### ON THE AFTER PAINS.

Every plan suggested for the lying-in chamber should tend immediately to the benefit of both the mother and child.

IN many cases the patient will for the first few days be painfully affected with after pains, which may be greatly mitigated by



taking a spermaceti mixture\* : warm flannel, or bladders half filled with hot water, may be also applied to the part where the pain is the most distressing, which will be of great utility ; they seldom continue more than a few days, when they pass off favourably.

The nourishment best suited to the lying-in patient, in the beginning of the confinement, is well boiled grits—after straining them they make a most excellent gruel, which may be taken as thick as may be agreeable ; beef tea with bread toasted, or a light bread pudding if preferred. Animal food is best avoided till the patient has overcome the extreme exertion from her labour ; strict attention both in reference to the quality and quantity of the food which is taken at this early period, is highly important : nevertheless, for women who are subject to nervous weakness, a piece of mutton lightly boiled, or chicken, is indispensable for their support and comfort, even on the first day after delivery. The lying-in patient should not be

\* See Appendix for the best directions for making it.



allowed to eat pork, nor is veal so desirable as mutton, chicken, or the inside of a sirloin of beef; game of every description may be allowed: fish is not proper at first, as it is apt to affect the bowels. Vegetables should be eaten sparingly, lest they disagree with the infant, in that case they must not be taken at all. One cause which renders them unwholesome is, not boiling them sufficiently, especially potatoes, for which reason they are best mashed, both for sick persons and children.

During the time that the patient is at her meals perfect quiet should be observed; nor should any friend be admitted, as conversation would naturally follow. Nurse should also be cautioned to avoid talking at that time, as the least excitement is highly improper; it prevents the food from being rightly masticated: this immediately brings on a flushing in the face, heat in the head and eyes, and is sometimes attended with giddiness, even producing a dimness of sight. All this mischief arises from not taking the meal calmly, and sufficiently bruising the



food. Nurse should not encourage her patient to eat too much at one meal; it is always a bad practice, but more especially in the sick and lying-in chamber. Stillness is frequently attended to at the commencement of the confinement, but after the first few days have elapsed, the attention which is absolutely necessary is almost entirely forgotten, and the patient is incautiously disturbed. This thoughtless conduct is always injurious, but particularly so in a time of weakness. Fluid should only be taken in a small quantity at the time of dinner; and, agreeably to Mr. Abernethy's advice, it is better wholly left till an hour afterwards; it is his opinion that digestion goes on more favourably without the addition of fluid. Every plan which promotes this important function promotes health, and will best aid the process for the secretion of the milk; and be the means not only of producing milk of the finest quality, but of affording the greatest quantity. We may imagine that the mode of life which the fine lady has been accustomed to lead, militates against her making a good nurse.



Hence we may conclude that the habits of fashionable society are highly baneful, since they deprive the mother of the power of performing her duty to her infant.

Repose after dinner is indispensably necessary for the lying-in patient, as indeed it is for persons either in a state of weakness, or simply in what is termed delicate health ; for it allows the food an undisturbed opportunity of passing the stomach.

The mind is often far too active, more particularly when we are unemployed, or debilitated with disease, and it frequently in that case operates against the recovery of the patient. Were the mind as controllable as the frame, recovery would be much sooner effected. A single anxious thought will act as painfully upon the mind, as the most virulent poison will act upon the frame. These painful and intrusive thoughts are the cause of great suffering to most of us, and war against our tranquillity, as well as the efforts of the ablest practitioner. The medical professor that can find a remedy for those distressing feelings, may truly be said to have



discovered an invaluable gem. This we believe can only be found in those firm and undeviating principles of piety and rectitude which ever reside in the devout and gentle heart, and which no disappointment can subvert. Parturition should not be considered a disease, but an event in the course of nature. At the same time, although it has nothing appertaining to sickness, yet it may be considered formidable, from exposing the mother to the greatest danger, if she is not attended to with care and rational management.

Most women are impatient, and unwilling to resign themselves to that quiet and ease which form a very important part of the requisite attention. Even those who pass through the event the most favourably and with the least suffering, frequently expose themselves to great danger, for want of proper attention and care.

Many women will not be controlled, and their obstinacy frequently injures the character both of their medical and female attendant. It is to be lamented that for a momentary gratification we should conduct ourselves



so irrationally, as to bring on sickness and even sometimes death; it must be considered a strange perversion of the understanding, that we do not act with greater foresight and wisdom.

The woman of good sense and good principles will do all in her power for her preservation, generally adopting those plans which are recommended for her benefit; at the same time acquainting herself with all that is necessary to be known, as to the best mode of treatment at this critical moment. The superstitious prejudices and perverse disposition of some nurses often seriously interfere with the recovery and comfort of the patient. Nurses generally follow a certain routine of common management, too often void of judgment.

This truth proves the extreme value of a mother or sensible friend\* at this time, whose superintending care will not only give great

\* As a friend of this description is not always at our command, might it not be eligible for a gentlewoman advanced in life, whose income is limited, to adopt the plan of superintending the lying-in chamber and the domestic concerns of the family? Her presence would protect the patient from



support and comfort to the parent, but will prevent her suffering from nurse's exercising either wrong temper or her superstitious prejudices;—when the young mother enjoys the happiness of such a guard, she may safely rely on her experience.

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## CHAPTER V.

### REGULATIONS FOR THE NIGHT.

Order is the soul of business, and is never more advantageously employed than in the sick and lying-in chamber; regularity tends to the comfort of the patient, and convenience of the attendant.

Most women suffer exceedingly from want of sleep during the time of their confinement, on account of the weak and irritable state of the nerves, and the great change the frame

many unpleasant circumstances, as well as afford a suitable companion for the head of the family. A lady of this kind, of a virtuous, cheerful, and amiable disposition, would be a highly acceptable guest.—Sisters and young ladies are very objectionable, and cannot fill the same place of usefulness, as a lady somewhat advanced in years.



has undergone, which produces a peculiar susceptibility of mind, and is very unfriendly to repose.

Excessive emotion, whether it be pleasurable or disagreeable, should be most carefully avoided, and the patient particularly guarded against surprise, or the mention of any important family occurrence. Even those circumstances in which the mind would have taken no interest, sometimes assume a form of importance from the manner of their being conveyed, and are apt involuntarily to press on the mind, and prevent the patient from sleeping.

The necessity of keeping the lying-in patient free from all excitement cannot be sufficiently enforced. The mind should be lulled to rest by the gentlest treatment, which would act beneficially on the frame, and may be considered a most important part of the management required to recover the mother from the effects of her labour. The mind of the patient is sometimes too much elated, but it must be calmed and tranquilized by judicious management, and that care



which an experienced friend and nurse will attentively exercise. But when this state of excitement takes place, it disposes the patient to be incessantly talking: this is a real cause of alarm, in those who are aware of the danger arising from it. A disposition to lowness is less to be dreaded, as the talking is a certain presage of disease. In all common cases quietness and ease, with cheerfulness, are the most essential promoters of recovery.

The lying-in patient is often anxious to make attempts which are highly imprudent and hazardous, and which the good nurse will most cautiously prevent, by not complying with any wrong inclination. This disposition in young mothers proves the great necessity and value of having an experienced friend; as the patient that is contented to endure a few temporary privations till her strength is sufficiently restored, would sooner regain the power of performing her domestic duties.

Visitors, and even the most intimate friends, should not be suffered to see the patient for the first fortnight: by introducing news and



new ideas they disturb and irritate the mind, which sometimes brings on irremediable mischief. A woman on becoming a mother should consider her importance to her family, and the duty she owes both to her husband and the infant;—let her forgo every indulgence, in order to establish her health. Few women are willing to preserve that repose, which is so really necessary to both the mind and the body. The first week should be slumbered away in bed,—sleep is more restoring than even nourishment; temperance in respect to food is highly salutary; many lying-in women are not sufficiently careful to avoid a degree of excess, especially in the taking of ale or porter. Nurses generally expect an undue quantity themselves, and are for promoting the same practice in their patients. But the woman of refinement will be aware of the impropriety of exceeding moderation.

The wants of the infant are quite sufficient to occupy and interest the mind of an amiable mother, engaging her thoughts and affections with that degree of tenderness and



sympathy that no one can conceive, except herself. This chaste and exquisite enjoyment is her privilege alone; it is the teaching of Nature, the gift of the Creator, for the wise purpose of enabling her to endure the incessant fatigue and constant watchings that the infant requires. This endearing object of attachment and love heightens and enlarges the sphere of her affections; and when the father participates in her happiness, the stream of their enjoyment flows in endless circles, like those on the water on receiving a body capable of moving it\*.

If nothing occurs to interrupt the mother's repose during the day, and her mind is cheered and gently animated by the society of a beloved husband for an hour in the

\* Self-love but serves the virtuous mind to wake,  
As the small pebble stirs the peaceful lake,  
The centre moved, a circle straight succeeds,  
Another still, and still another spreads;  
Friend, parent, neighbour, first it will embrace;  
His country next, and next all human race;  
Wide and more wide th' o'erflowings of the mind,  
Take every creature in of every kind;  
Earth smiles around with boundless bounty blest,  
And Heaven beholds its image in his breast.—*Pope.*



evening, this is the best security for her enjoying calm and tranquil rest. Whilst the patient is so happily engaged, nurse should take the opportunity of making her arrangements for the night; and the tray should be brought up, with every thing required for the patient; that when nurse returns from taking her supper, she may have nothing more to do than to attend to the baby, and to settle the mother for the night. The infant should be put to the breast, and remain on the arm of its mother. Her warmth and care are the natural comforts it has a right to expect; and cruel is the parent who can deprive this little helpless being of its greatest enjoyments. The want of these natural comforts sends many an infant to the grave. The fond mother would be unable to sleep without having the infant under her own affectionate care. She then presses it to her bosom with feelings too exquisite to be described. Under these delightful sensations, with the love and kind attention of its father, the mother's enjoyment is the most refined and endearing that can be imagined. All the operations of



nature glide on unperceived, but all tend to aid in restoring the patient to health and happiness. The mind is the grand source of either pain or pleasure ; in vain are the efforts of friendship or the attentions of the best qualified and experienced nurse, if the lying-in patient, from any cause, is made uneasy or unhappy. The patient must not only be left undisturbed, but her mind must enjoy the full assurance of that affection which is her support and comfort, and without which she would feel forlorn and miserable. It is to be feared that many husbands have to blame themselves for their wives' alienation. In this situation a woman requires a soothing and cheering conduct on the part of her beloved companion, or she soon becomes a prey to misery and despair.

Neglect is at all times cruel, but under the variety of sufferings and painful feelings that every woman is exposed to on becoming a mother, it is lamentable and grievous beyond language to express. Nervous irritability is among the most painful that she has to endure : no medicine, not even the most power-



ful narcotic, can avail in comparison with the affectionate attention of a husband ; the want of it causes sorrowful days and sleepless nights ; and the pangs from neglect has pierced the heart of many an amiable woman.

Either from anxiety of mind, or from the susceptible state of the nerves, it is too common for the lying-in patient to be irritable and wakeful : when it happens, nurse must not be discouraged. In that case, an increased portion of air should be admitted by undrawing the curtains, using the reviver, giving some mild stimulant, and tenderly encouraging the patient to believe she will soon overcome this distressing agitation : nor should the patient make even the attempt to sleep, till the hurry of the spirits has subsided. Fear and anxiety sometimes seize the mind without the least apparent cause, and are quite uncontrollable. Nurse should attend particularly to the state of the feet, which are at such times mostly cold and damp ; they should be well rubbed, and a sponge dipped in hot water applied to them, and then friction used till they are made warm and per-



fectly free from the least damp. When warmth is restored to the legs and feet, it greatly tends to relieve these painful feelings. The action of rubbing them will so occupy the attention, that it will even quiet the patient. Nurse should not quit her post, but continue the monotonous motion until the patient is asleep. The comfort and recovery of the lying-in patient, as well as that of the sick, depend very materially on those tendernesses and attentions which the pen is quite unable to describe : but it is an indisputable truth, that an unfeeling hard-hearted nurse is the most destructive and positive evil that the sick and infirm can possibly have to endure. The sad sufferings of lying awake the whole or the greatest part of the night is not only distressing to the mind, but reduces the strength to a degree which is alarming, and causes the most painful irritation on the nerves, and greatly increases the agitation of the mind. Although the effect of laudanum is exceedingly debilitating, nevertheless it is less so than lying many nights awake ; but it should never be resorted to until the



failure of other means\*. Laudanum, from lessening the action of the heart, of course renders the circulation languid, depresses the energies of both the body and mind, and destroys the inclination for food. It should not be taken without the express order of the medical attendant. The constant use of laudanum, simply to induce sleep, is a baneful practice, and should be strictly avoided. In cases of extreme pain it is an invaluable medicine, and should be kept in every family in a small quantity, under the immediate care of the heads of the family, and never administered but by them; a circumstance may occur in the night when its being timely administered may save life, as in the case described †.

These nervous paroxysms often arise in

\* When a patient is apt to feel low and nervous on going to rest, a glass of good port wine mulled, with spice and sugar, will be the means of producing a general warmth, which will sometimes induce sleep.

† A young gentleman afflicted with gallstones was seized with a paroxysm of agony from a stone passing. The physician considered that the dose of laudanum given at the moment saved his life.



the early part of the confinement, from a particular solicitude and fearfulness on the subject of recovery. This alarm pervades the mind of some women in an extremely painful manner, and depresses all the kindly operations of nature. These fatal forebodings are always exceedingly distressing, and the consequences of them sometimes fatal; nor can the efforts of the most judicious medical attendant, or the exertions of the most vigilant and experienced nurse, prove of much avail in this sorrowful case.

The greatest care is required that no one who approaches the lying-in patient should detail any affecting or shocking circumstance. The newspaper should never be admitted, as reading fatigues too much, and the patient may be distressed from hearing of some accident or fatal occurrence;—cheerful conversation is far more desirable. The most amusing work, from interesting the mind, may prevent sleep.

In order to avoid any gloomy idea, mourning should not be worn by either the friend or attendant;—so much depends on keeping



the mind tranquil, that every thing should tend to this valuable purpose. The absence of the female head of a family, even for a few weeks, is the cause of suspending the mechanical action of domestic order and comfort: whatever happens to disturb or disarrange this order should be wholly kept from the knowledge of the patient, who is totally unable to remedy the evil, the knowledge of which may cause disquietude and retard her recovery. To give an adequate idea of the advantages resulting from a peaceful and happy state of mind is quite impossible; it is the grand desideratum of health, inducing constant cheerfulness, and sound and tranquil sleep. This happy state of mind is as rare as it is valuable. We are too apt to create apprehensions that disturb our repose; whilst, did we conduct ourselves wisely, we should possess that tranquillity and peace which act so favourably on our health and happiness.



## CHAPTER VI.

ON THE DANGER OF THE LYING-IN PATIENT  
EXCHANGING THE TEMPERATURE OF THE  
CHAMBER FOR THAT OF A COLD CHURCH.

When the mind is improved by education and good society, the mist of prejudice and superstition is dispelled, and the clear light of reason left for our guide.

THE custom for the lying-in patient to visit a cold damp church before she has been accustomed to move in different temperatures or her recovery is confirmed, appears wholly contradictory to that care which has been exercised to defend her from the danger of taking cold. Sudden changes of any kind are properly considered exceedingly hazardous, more especially to a female in a delicate state of health;—while the superstitious and ignorant mind, from being wholly guided by custom, has no power of discriminating which is the best plan to be adopted. People are apt to imagine, as in this instance, that a place consecrated to worship may be visited without any reference either to the state of



the patient or that of the weather ; but those whose understandings are more enlightened, must be aware of the danger to which it exposes those persons who have been for several weeks confined to a warm chamber.

Abbeys and churches, from being buildings of stone, with high Gothic windows opening with small apertures only, have by no means a sufficient portion of external air admitted into them to equalize that which is within the walls of one of these extensive structures. This circumstance of course renders the air of those buildings damp, and unfit for any one in a state of weakness to inhale. To bring forward the many instances of death which has occurred from the lying-in patient going into a cold church to return thanks, would swell this volume much beyond its intended size.

At the close of the confinement, a day might be set apart for returning thanks at home, when the whole family should assemble in the drawing-room, and a minister might attend to read prayers. This reverential and exemplary acknowledgement would pervade



the minds of the whole family, diffusing its benign influence, and leaving a sweet savour which would remain like bread upon the waters many days : and for their encouragement they should call to mind that declaration of our Saviour, who promised that where two or three were gathered together in his name for the purpose of worship, his presence would sanctify the offering.

The patient should be careful to avoid going into different temperatures. She should first visit the drawing-room ; which change would be found safe and beneficial, if it did not expose her to too much company. The occasional society of near connexions would very agreeably beguile the time : the conversation of those we regard affords those pleasurable feelings which operate upon the frame in the most beneficial manner. The mere visit of ceremony, in which the heart takes no share, is burthensome and painful to a great degree, disturbing our tranquillity, and causing a general irritation of the nerves. The necessary preparation for these visits has often proved highly injurious to the lying-



in patient. The fatigue and excitement of entertaining those who have no interest in our concerns is really distressing, more particularly when the receiver is precluded from acquiring a stock of knowledge of the fashionable world. This dearth of subjects for conversation increases the perplexity. These visits of etiquette to the lying-in patient are very properly considered a tax upon the visitor, from its being understood that a present is expected to be given to the attendant in waiting. Were the custom entirely exploded, by the lady remunerating the nurse herself, without depending upon the aid of her friends, how much more consistent with good sense and correctness would it be! and if these visits of ceremony were deferred until the patient was able to bear them without suffering from the fatigue and exhaustion they occasion. The tax by this means would be wholly avoided—relieving her acquaintance from an unpleasant obligation. But in this case the close of the confinement is frequently rendered the cause of indisposition. Resuming the domestic concerns, receiving



visitants, and nursing the infant, wholly preclude that quiet and tranquillity which are indispensable for the preservation of her health. Sufficient attention is rarely given to guard the patient from the danger of being over-exerted ; for in this case, the digestive organs are completely disturbed, which deranges the different functions. The effect of these inroads on health is general lassitude, attended with fever and depression of spirits ; and the return to the common avocations and duties of the family is more than can be endured. The consequences of this inability is the cause of incalculable mischief.

Those who reside in the country have the advantage of enjoying a walk in the garden, provided the ground be free from damp. The pleasure the mind receives from breathing the fresh air, as well as its salutary effects upon the health, are most highly advantageous. It not only renovates and cheers the spirits, but brings with it a peculiarly delightful sensation. The refreshing colour of the lawn, intermingled with the beauty of the variously-tinted flowers, is truly gratifying and pleasing



to a patient leaving a darkened room. The glare of the sunshine would be too dazzling without the benefit of wearing a green gauze veil or a pair of blue spectacles; as extreme light is distressing to persons who are rendered delicate by confinement to the house. The assemblage of interesting objects a garden presents exhilarates without overwhelming the feelings, producing an effect widely different from that of viewing works of art. The contemplation of a distant prospect, or bringing to the eye the curious workmanship of a fine flower or beautiful insect, causes the heart to expand, and glow with love and admiration of the beneficent Author of these interesting enjoyments.

“Ten thousand thousand fleet ideas, such  
 As never mingled with the vulgar dream,  
 Crowd fast into the mind’s creative eye;  
 As fast the correspondent passions rise,  
 As varied, and as high: devotion raised  
 To rapture and divine astonishment!”—*Thomson.*

It does not require to be a naturalist to discover the beauties of that unvarying pencil which depicts the innumerable objects of wonder and surprise with which we are sur-



rounded. Those calm and delightful pleasures leave no trace of regret, or any other impression than sensations the most refined and chaste. Those whose minds are rightly instructed, and can appreciate the works of Providence, cannot stoop to inferior pleasures; but will, with the society of enlightened and wise companions, embrace with ardour the study of nature.

Knowledge is no less proper for women than for men. Learning and science give a solidity to the mind, a turn for reflection, which must be highly favourable to the best feelings of humanity, and consequently to the parental,—the most amiable of all the affections!

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## CHAPTER VII.

### ON THE LYING-IN PATIENT BEING RESTORED TO THE DUTIES OF HER FAMILY.

Whatever tends to restore and preserve the order and happiness of a family, should be considered of inestimable value, consequently deserving our highest regard and attention.

WHEN the conduct of the female head of a family springs from religious principles, her



presence imparts order and regularity in every department, and produces the most admirable effect on all those who are subordinate in the house. This truth should be deeply impressed on the mind of every amiable woman, and necessarily make her desirous of regaining her capability to discharge the various duties which she is called upon to perform, as wife, mother, and head of a family.

New and increased difficulties are the consequence of the suspension of her care and attention during the time of her confinement: these will be overcome by a patient submission to what is unavoidable. By gently and quietly resuming her former plans of regularity and order, without giving way to a feeling of impatience, every thing will return to its usual channel.

As an exemplary head to her family, she will be careful not to lose her authority by an improper and angry manner of speaking; forgetful that we suffer a greater evil than we inflict, when we blame without any regard to the feelings of those who have done wrong.

Those ladies who have an efficient person



employed to regulate the domestic concerns, have of course much less to attend to. Nevertheless they should not be wholly regardless of a certain degree of thoughtfulness, which is the duty of every woman who presides at the head of a family.

It is of the utmost importance at this moment that the mind of the patient should not be too much excited with the engagements which present themselves on resuming her situation as the chief director of the domestic concerns. Excess of either employment or thinking becomes mischievous, and may do considerable injury. Her first care should be that of her own health, more especially if the infant depends upon her for support, her husband no doubt is dependent on her for his comfort and happiness. Her chief interest should be to qualify herself to enjoy with him those pleasures and amusements which best tend to relieve his mind from the cares of his business or profession, and to have a disposition ready on all occasions to give that unequivocal proof of her regard and attachment which will insure his friendship, and keep



alive those feelings which first inspired his love. He will thus be delighted with her sincere and unaffected amiability, his happiness will be centred in his own house, and he will not seek for enjoyment from home, but with feelings the most affectionate he will find that

“————— Home is the resort  
Of love, of joy, of peace and plenty, where,  
Supporting and supported, polished friends  
And dear relations mingle into bliss.”—*Thomson*.

The great point in good management is the establishing of certain rules, for the purpose of preventing confusion and disappointment, which are the sure consequence of want of order in the female head of the family. The influential advantages of those plans keep all in order, giving an individual stimulus to the domestics to perform their daily task with alacrity and cheerfulness.— This not only insures dispatch to business, but that disposition to please which adds to the convenience and satisfaction of the family.

Every attention should be observed to avoid the ill effect of waiting for either



breakfast or dinner. When a woman suckles her infant, she should never suffer exhaustion to take place. A small basin of milk-porridge with a piece of dry toast on waking, or soon after rising, would be found a pleasant restorative, as some infants are restless, and will not be satisfied without remaining at the breast a considerable part of the night.

The artificial life of the fashionable woman is not calculated to support the fatigue which must necessarily be incurred in giving an infant the breast both night and day. This can only be provided for by reasonable conduct on the part of the mother. Her chief meal should be earlier than the general hour in genteel families, as fasting too long is injurious ; add to which, when a woman resumes her seat at the head of the table, she cannot possibly direct her thoughts sufficiently to herself ; an early dinner therefore, consisting merely of mutton chops, or any meat that is nutritious and easily digested, and taken without being disturbed by talking, would be found very beneficial, and enable her to go through her various duties



without being over fatigued ; as it is always unpleasant to a husband either to hear the language of complaint, or to observe her whom he loves placed in any situation which occasions the smallest degree of suffering. Women of delicate habits are seldom disposed to take much solid food, but are too often inclined to indulge in a greater proportion of fluid than is proper, particularly that of tea, which weakens the digestive powers, without increasing the supply of milk. The more this disposition is counteracted, the greater would be the strength and capability to perform the duty of nursing. No woman should undertake this office unless her mind is zealously devoted to discharge it conscientiously ; neither is company at home nor visiting abroad calculated for the benefit either of the mother or the infant.

We must recollect we are beings so wholly governed by habit, that without any reference to that which is best for us, we blindly follow the fashion of the day. This proves the great necessity of adopting those plans which yield most comfort and convenience,



not only to ourselves, but to those especially with whom we are nearly connected.

The enervating mode of passing time when engaged in fashionable life, never fails to depress those fine energies of health, which if not wisely cherished, will in time be completely annihilated. Let us for a moment contrast the habits of the lady of rank, with those of the wife of the cottager ; that of the former producing weakness and disease, that of the latter, vigour and sound health. The inability of most ladies to perform the duty of suckling is proved daily. When an infant is to be suckled by rule, and the mother supported by artificial props, it becomes a sad business. The infant is then crammed by the nurse with an undue quantity of indigestible food, to keep it from hankering for the breast, lest it should disturb the paraphernalia of lace ; the milk in consequence becomes unhealthy, from being pent in the breasts, and must necessarily disagree with the infant.

Every mother should think it an important part of her duty to guard against an impe-



tuous temper, as it materially affects the secretion of the milk, by giving way to peevishness and passion; she should regulate her mind by the active principles of virtue and religion, and never transgress those sacred laws written indelibly on every heart. By correcting this wayward disposition, tranquillity and cheerfulness will grace her whole deportment, and render her an object of delight and reverential respect to her husband. When this amiable line of conduct is uniformly preserved, a woman rises in the estimation of her family, engages their warmest affections, and becomes the endearing solace and support of the man who has chosen her for his friend and companion.

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## CHAPTER VIII.

### ON THE CONDUCT OF THE HUSBAND.

The man who possesses a sincere regard for the woman he has chosen for his companion, will by his probity and integrity give indisputable proofs of his attachment, by fulfilling all his engagements with tenderness and affection.

It may not be irrelevant to observe in suggesting plans for the benefit of the lying-in



patient, that much depends on the prudence, but still more on the tenderness and affection, of the husband. Men of the most enlightened minds and amiable dispositions, whose principles as well as attachment dispose them to be kind and affectionate, are incapacitated to judge of the delicate situation of a woman on becoming a mother. Being reduced in a few hours to a state of weakness and susceptibility, wholly inconceivable to any but those possessing medical knowledge,—this event subjects a woman to the most alarming and dangerous diseases, and which can only be prevented by the most tender and attentive care. The most important part of this care may be considered, the affectionate sympathy and devoted conduct of the husband,—for want of this endearing solicitude, many an amiable woman has been precipitated to the grave!

Is it possible that the man whose feelings are rightly directed, can be regardless of the safety of the mother in this helpless situation! Every energy which dignifies human nature is called forth in a peculiar manner



at this moment : his excitement to tenderness and affection, and his protecting care, never can have the same interesting and endearing objects of regard and solicitude. And shall the father refuse to make the happiness complete, by neglect or cold indifference ! The mother has arrived at the highest degree of happiness ; but the withering hand of unkindness on the part of her beloved companion, would destroy all her felicity at a moment when she anxiously looks for his affectionate participation. His love heightens every pleasure, and conveys to her heart the most exquisite feelings of delight ;—a kind look, an affectionate salutation, tells her in the language of tenderness that she is dear to him. Should not a mutual sympathy be enjoyed,—should not the same interest be felt by each,—and their minds be equally impressed with a sense of the blessing they have received, in having an immortal being committed to their care ! Is not this interesting charge inexpressibly dear to them both ! Should not a mutual feeling of thankfulness be offered in unison to the Bestower of this



endearing gift ! How would this tenderness, when dictated by affection, soothe and delight the mother, who has endured with patience her agonizing throes, and who consequently stands in need of every kindness and friendship to raise and animate her to the hope of being restored !

The success of a woman's recovery depends in a great measure on her mind being kept tranquil and unruffled : but that alone is not sufficient ; it is important for her to be pleased and made happy. Instead of which, it is not uncommon to find the lying-in patient a prey to sleepless nights, and those mental complaints which, though they bear no name, are the sorrowful effects of her mind being distressed.

A husband who acts with discretion will never impart his domestic disappointments at this time to his dearest friend. As interruptions in the domestic affairs must occur in her absence, he should exert all his endeavours to restore her to her former capability ; every thought and every word should concur in promoting her recovery.



Many men feel this a licensed opportunity to invite large dinner-parties. This cannot be too much deprecated, as such visits are frequently attended with noisy mirth, which ends in inebriety. Or passing the evening from home, and staying till a late hour in the night is highly reprehensible; neither will the affectionate husband conduct himself so unfeelingly.

How often is the medical practitioner perplexed to find out the cause of the increased pulsation of the artery, when he presses the wrist of his patient, at the time he might reasonably have expected to find it regular and unagitated. But her night has been passed in shedding the tear of sorrow, at the unaffectionate conduct of her husband. On the arrival of the morning, her pale and woe-worn countenance unravels the mystery, which no effort on her part can possibly conceal. A slow fever follows, undermining her strength and depressing her spirits; the supply of milk fails, which adds very heavily to her sufferings. And all this mischief arises wholly from her not receiving the



cordial balm of affection, which would have raised and inspirited every power, till she was happily and perfectly restored.

The female mind is so delicately formed, the heart is woven with threads so exquisitely fine and so acutely sensible, that it instantaneously shrinks from the baneful effect of cold indifference and neglect. This cruel and unfeeling conduct subdues the strongest resolution ; and the woman who is exposed to it either sinks into melancholy, or drags on a depressed and miserable existence, totally incapable of discharging the duties of her family. But when this divine piece of workmanship is fostered by the genial warmth of tenderness and affection, the heart is made to rejoice ; the delightful sensation thrills through every vein, and repose descends in all its sweetness on the eyelids of the enraptured mother. And the husband whose tenderness and care has been the means of her happiness, and whose kindness has cheered and gladdened the companion of his choicest hours,—the wife of his bosom! the mother of his children!—how delighted



must he feel from the consciousness that he has done his duty ; that his exemplary rectitude has diffused its benign influence over his whole family ; and that the reward of his virtuous conduct will be daily increasing, till he arrives at the full possession of the most exalted felicity.



## PART III.

### CHAPTER I.

#### SUMMARY DUTIES OF A WIFE ON HER FIRST BECOMING A MOTHER.

The young woman who has been instructed by a wise and experienced mother, fulfills her duties with a peculiar ability both to the advantage of herself and her infant.

THE duties and feelings of a mother can only be appreciated by experience. The variety as well as extent of the infant's claims would quite overwhelm her, had not the Almighty gifted the mother with those feelings of affection which make a part of her nature. The love for her infant is not wholly excited by its helpless and dependent state, but takes possession of her mind from the moment of its birth. Her love for it is involuntary ; her delight on beholding it is quite inexpressible : it engages her tenderest care, and is entwined



in every fold of her heart. These endearing sensations cannot be conceived by any other being than the mother; none has suffered for it but herself, nor can any one endure the same constant and unwearied attention. Nature has endowed her with a supply of milk for its support, and to the beneficent Author of Nature she is indebted for those maternal feelings which grace the heart of most mothers. This wise provision for the care and tenderness it requires, is one among the many proofs of the condescending love of the Creator, who has willed and planned every thing for the happiness and accommodation of man.

Yet the human species daily exhibit, even in minds the most enlightened by education, strong examples of forsaking the path of duty, for their own ease and indulgence, or from a love of following systems fabricated by those wholly incompetent to form a right judgment of the subject. Those who have never been mothers, cannot possess the feelings of a mother. The pointings of duty are not the result of cold reasoning, but are



indelibly written on the heart by the hand of Nature. When a young woman enters into the marriage state, she begins a new mode of life; and the adulations with which she is surrounded engages her attention so much, that she is denied the privilege of viewing her situation as it really is. However flattering her prospects may be, let her recollect that the sphere of her duties is increased in the same ratio with her happiness, and calls loudly for the faithful discharge of what she is bound to perform. On becoming a mother her duties are considerably extended, and she possesses a rational desire of being informed how to manage her infant. The lady of fashion is deprived of the pleasure of acquiring this knowledge, from the choice of her pursuits;—a choice which reduces her to the cruel necessity of leaving the management of her infant to a nurse, and her child as it advances, to the care of a governess or tutor. On the contrary, the mother who is placed in a less splendid situation, enters with affectionate solicitude into the business of suckling and dressing



her infant, enjoying delights that are quite unknown to the mother who neglects those tender offices. But the lady of fashion feels not those delightful sensations, which are enjoyed by those who appear to be less favoured with the advantages which rank and fortune bestow.

What a benefit would it be to society, if, instead of females living in a continual round of dissipation, and spending a great portion of their time in preparations at the toilette and driving about to different shops,—they devoted their time to acquire a competent knowledge how to conduct their family affairs, and to manage their children properly, by studying their care and comfort: such as knowing how to dress them without impeding the motion of their body and limbs; how to feed them with wholesome and nutritive diet; how to exercise their delicate frames, so as to make them strong and vigorous,—attending most carefully to all the minutiae of nursing, without which children can neither thrive nor be happy; but will materially suffer from various diseases, which they



easily slide into from neglect, and want of good management. Those mothers who reside in situations remote from medical assistance, or who employ their time in visiting their poor neighbours, will do well to possess some simple but scientific treatise on those disorders which require the exercise of common sense, and are easily understood.

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## CHAPTER II.

### ON THE BIRTH OF THE INFANT.

Born helpless and dependent, the infant gives employment to the noblest faculties of the parent : the human being from its birth advances slowly to perfection, and continually requires the guidance and advice of the parent.

AFFECTION for our offspring is implanted by Providence in our nature, for the wise purpose of enabling us to perform those important duties which are attached to us as parents. Can we suppose it possible, that human beings can be neglectful of this claim upon their affection, when it is so interestingly displayed in the brute creation ? If Nature



has given to animals of an inferior order those fine feelings of affection,—can we suppose that man is left without a due sense of parental attachment, to guard and protect his offspring?

From the present state of society, man, although endowed with reason, is too often found deficient in those imperious duties; and thus both infants and children suffer great injury from neglect, and the parents stand justly charged with want of attention to their welfare. Far different is the conduct of those parents whose knowledge of Christianity has enlightened their minds, and given them a capability of appreciating the value of an immortal being. For, deeply impressed with the importance of the trust committed to their care, they become anxiously engaged to discharge their various duties, with a tenderness and affection that can only be felt by those whose minds are chastened and improved by the exalted truths contained in the Gospel.

When the interesting moment arrives, which places an affectionate and amiable



pair in the possession of this endearing charge, their wishes have reached their climax; they feel their importance heightened, and their consequence increased as members of society, in giving existence to a being the most distinguished in creation. On their care and right management its present well-being and future happiness depend. This solicitude would be quite overpowering, were it not softened, and every feeling of affection engaged with the tenderest sympathy, by that good Being who has enriched their minds with love and admiration. Thus their duty becomes their highest pleasure. Parents cannot lose sight of the claims of their offspring, without a decided perverseness, and a total want of reflection and principle.

The instantaneous affection which the sight of the infant creates, expands the heart of the parents; the child becomes inexpressibly dear to them both, inspiring them with feelings of the most exquisite and endearing kind, which are of so peculiar and refined a nature that they cannot be enjoyed but by those who have arrived at this happiness.



The infant at first depends solely on the mother for support and protection, clinging to her for comfort—which the affectionate mother cannot refuse; more especially as Nature has given women, except in a few cases of great depravity, not only the ability, but a strong inclination to perform their duty.

As the infant advances first to childhood, and then to the interesting and important period of youth rising into manhood, the father gradually participates in the grand business of forming the mind, by regulating the temper and laying the foundation of those principles on which the Christian forms his hopes, and on which he depends for his guidance through life.

On the cultivation of the mind every man depends for an adequate relish of his enjoyment; for those give him, according to his station, a proper taste or sensibility of happiness; or at least affords him a sentimental relish of true pleasure, which is in its nature innocent and opposite to vice, and which softens and refines his passions, so as to enable him properly to regulate them. In short,



upon the due cultivation of the mind, every man depends for fixing a principle of virtue in his breast, entwining, as it were, with the fibres of his heart; and for giving his nature, originally made for virtuous use and enjoyment, those feelings which may and should be impressed on all.

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### CHAPTER III.

#### ON THE MANAGEMENT OF THE INFANT IMMEDIATELY AFTER ITS BIRTH.

We should carefully guard the understanding from being misled, recollecting that our reason is given us to direct us in whatever we have to perform.

As soon as the infant is taken from the mother, it is placed in a blanket called a receiver, and which should be particularly soft and warm. Care should be observed to leave an aperture for it to inhale the air of the room. Dr. Dennison strongly argues on the necessity of admitting the external air to a child's mouth as soon as the nurse takes charge of it; instead of which, the usual



practice is to smother it up in the blanket, in which it is immediately placed, without any attention to its requiring a portion of air. Our reason should instruct us better, as the opinion of so eminent a practitioner is confirmed by that of common sense. The management of the cord is so well understood, that little need be said on the subject. —In the course of a week, it generally separates from the child. A split raisin under a piece of singed rag accelerates this process. A bandage of fine flannel to wear over it till it is perfectly healed and detached is better than cloth. Great care should be observed not to bind it so tight as to cause undue pressure.

The water for washing the infant the first month after its birth should be tepid: its being quite cold is improper, except in very warm weather. It should be free from brandy or any ardent spirit, which nurses generally are accustomed to use: pure water only should be allowed, as spirits have quite the opposite effect of producing warmth, and have the property of abstracting the natural heat by causing rapid evaporation. Nurse should



exercise the greatest tenderness, and carefully wipe the infant with a soft towel, and then pass her hand gently over every part till it is perfectly dry and warm, which is conducive to health, and produces a degree of comfort that soon will cause a child to stretch its limbs, and express the pleasure it receives. Whilst this operation is performing, it should be laid on a soft thick flannel; as nurse's apron, being wetted, would strike cold, and be too hard for its tender frame. A fine piece of sponge should be used instead of a towel, being softer, and holding more water. Particular attention should be observed that the water does not get up the nostrils, as it produces a considerable degree of pain. An infant should never be allowed to get chilled before it is washed, or it cannot regain a warmth it did not enjoy before the operation.

If in the course of the month, or afterwards, any dry skin appears on the head or elsewhere, some Castile soap put on a small piece of sponge, kept for the purpose of rubbing the part affected, will soon remove



the superfluous skin : this should be done independently of the general washing, lest the soap affect the eyes :—neither is soap proper to be used, except on those parts which may require it. A piece of it should be an appendage of the basket, with a powder-box and puff, to dust those parts which come in close contact with one another ;—without this care the surface will be apt to chafe. The lower part of the body should be frequently washed in the course of the day ; it not only keeps the infant perfectly clean, but prevents the parts becoming sore from heat,—as when any soreness takes place, it is difficult to heal it. For those parts which appear red, without excoriation, the lotion \* recommended by Dr. Hamilton of Edinburgh is considered by him as an infallible remedy. During the use of this application, he recommends the bowels to be gently moved by the occasional exhibition of any mild laxative, as manna dissolved in water, and given according to the age of the infant.

\* See Appendix : Dr. Hamilton's lotion.



New-born infants of both sexes are liable to an accumulation of a milky-like fluid in the breasts, without any connection with the general habit. This fluid sometimes produces painful swellings and inflammation, which are frequently relieved by the spontaneous discharge of the fluid. The uneasy sensations occasioned by these swellings seldom continue above a few days, and generally are removed by bathing the parts with warm milk-and-water, or rubbing them very gently with warm olive oil morning and evening.

Emollient poultices are rarely necessary, but should be applied if the swelling and inflammation be considerable. The unnatural but common practice of forcibly squeezing the delicate breasts of a new-born infant by the rough hand of the nurse, is the most general cause of inflammation in those parts. The consequences of this are often abscess and suppuration; and hence, besides the hazard of disagreeable marks on the bosom of girls, the future woman may be prevented from ever fulfilling the duties of suckling her



infant. Parents cannot be too careful in guarding against this unnatural custom.

Infants a few weeks after birth are subject to sore eyes, which not only renders them uneasy and fretful, but also sometimes, if neglected, induce disagreeable blemishes, or even almost total blindness. This complaint is often occasioned by the imprudent exposure of the infant to large fires, or much light of any kind : it also frequently arises from cold. The mildest species of this disease appears under the form of an increased secretion from the eyelids, glueing them as it were together. The cure of this complaint consists in guarding against exposure to large fires, much light, or cold, and bathing the eyes with warm milk-and-water, and two or three times a-day, or oftener if necessary, with a very weak solution of sugar of lead, or of the acetate of zinc. Doctor Hamilton further recommends having the hands confined, should the infant be disposed to rub the eyes. If that be done, it would be cruel if we did not frequently bathe them with milk-and-water, or rose-water chilled ; as the pain is



very considerable from the inflammation. Not to do all in our power to mitigate the pain of the little helpless sufferer might occasion such a degree of irritation as to induce fever. We may judge from our own feelings that the infant must be continually uneasy whilst the disorder remains. In cases of disease, the skill of the medical professor is required ; but the sensible mother, who watches over her infant night and day, is the best guardian of health, as she has a greater scope of observation, which will enable her to do that which tends to the benefit and advantage of her child.

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## CHAPTER IV.

### ON THE DUTY OF A MOTHER SUCKLING HER INFANT.

Most of our duties are too conspicuously placed to be easily overlooked ; some undoubtedly are more prominent than others ; none more imperious than that of a mother's nourishing her infant from her breast.

THAT female whose mind has never been vitiated by fashionable excesses and personal



vanity, but who has been taught to appreciate the value of those chaste and interesting enjoyments designated by the Almighty as worthy of rational beings, can never forgo the delightful duty of giving support to her infant. The pleasure which is annexed to this duty is tenderly interesting,—producing an attachment between the mother and child inexpressibly dear and engaging. The joy and eagerness with which an infant stretches out its arms to reach its mother after a short absence, are sweetly indicative of natural affection, and knowledge of the source from which it derives its support. This effort is never made towards the mother who does not suckle her infant,—she never experiences sensations so delightful. The woman who possesses maternal tenderness must exceedingly deplore the loss she sustains when she witnesses the preference given to a stranger, who enjoys instead of herself that tender attachment from the infant which is so dear to every affectionate mother.

Compare the situation of an infant suckled by a woman whose heart is wrung with an-



guish at the thought of parting from her own child, or by one whose bosom is callous to the feelings of natural affection, to that of an infant which is nourished by an affectionate even-tempered mother, whose mind is tranquil and happy, and whose health is unimpaired by anxiety. The infant who is under the immediate care of such a mother, and watched over with a solicitude and tenderness which can never be exercised by any but her who gave it birth, enjoys innumerable advantages over the one that has been suckled from the breast of a hireling of any description.—The genial soil of parental care causes the tender plant to flourish in all its luxuriant beauty.

The unceasing attention which an infant requires is wisely provided for by our kind and great Benefactor, giving to most mothers an almost instantaneous feeling of love and extreme attachment to the being she has produced. In the exercise of these instinctive and tender feelings, she secures affection and love on the part of the child. When she neglects



her duties, particularly when committing her infant to a stranger to give it that nourishment which it ought to receive from her own breast, that involuntary love which is increased by her care and solicitude is completely chilled. Let the mother recollect, that during the process of child-bearing, the system undergoes an entire change: that of having a supply of nourishment ready for the infant, may be considered one among the many wise appointments of the Almighty for the support of a being born so entirely helpless. To deny it this support, when it can be afforded, is both cruel and unnatural.

Can a woman endowed with the feeling of a mother disgrace herself by relinquishing a duty which she is so loudly called upon to perform, and which is fraught with so much delight? Shall the animal world exhibit more tenderness, more sympathy, more unwearied care and attention, than a being so noble in form, and so eminently enlightened with the in-shinings of reason, and who can perceive so clearly the consequences, both



positively and relatively, of committing this endearing charge to a stranger!

The feelings that suckling an infant inspires are delightful beyond measure. Its endearing smiles, its sweetly-animated eyes, as it lies at the breast, would make the most lively impression on the most obdurate heart. In such a situation, an affectionate mother cannot forbear pressing to her bosom the lovely and innocent object of her delight. This moment may be considered the commencement of that close union of the mother and child, on which their mutual happiness is founded, and which can only be comprehended by those thus tenderly connected. The feelings are innate; and were they less refined or endearing, who could discharge the duties and various claims which every mother is called upon to perform? In proportion to the tender services which the child receives from the parent, in the same ratio will be the returns of filial obedience and love. Dr. Johnson justly observes, that those parents who, from the earliest period, conscientiously discharge the duty which they



owe to their children, will never be disregarded.

The mother whose mind, from religion, is deeply impressed with a sense of the duty she owes her child in giving it nourishment in infancy, and gradually forming its mind as it advances in age, and who is at the same time capable of the refined enjoyment which this maternal affection affords, does not stand in need of any argument to enforce the necessity of exercising all her care and affection.

What can be expected from the child who has been nourished by a hireling, and at an early period of childhood has been committed to the management of a nursery-governess, who possesses not a single qualification for discharging the duties of a teacher? Reared in a sterile soil, and without cultivation, it is not possible for her to possess those principles indispensably necessary to the formation of the infant mind. What renders her still less calculated for the employment, is the total absence of those maternal feelings which subdue the impatience of temper, and in-



spire those tender and affectionate dispositions which should constitute the leading feature in education. When a few years are passed under this false management, the child is sent to a seminary, to be trained by the sophisticated plans of fashionable life.

Ask the rational mind, What are the fruits to be expected from this mode of education? Will it produce attachment? will it make the child either affectionate or obedient?—Assuredly not. The child thus educated impatiently submits to that wholesome restraint which it is the duty of the parents to impose.

Children brought up without the tender care of an amiable mother, may justly be compared to flowers that are planted in a barren soil, where they will soon lose their original health and beauty.



## CHAPTER V.

ON THE ADVANTAGE OF THE INFANT'S BEING  
EARLY PUT TO THE BREAST.

The mind which has been enlightened and improved by education and good society, can never yield to the narrow prejudices of those who have not received the same invaluable advantages.

HAVING in the foregoing chapter treated generally on the great importance of a mother's nourishing the infant from her breast, provided her state of health, and other circumstances contribute to make it desirable, it now remains to point out the precise time for the infant's being first put to the breast. If nothing has occurred to prevent the mother's having been refreshed by sleep and nourishment, the infant should be put to the breast without loss of time, it being both natural and important for mother and child. The first effort which the baby makes after its birth is moving its tongue to find the breast, when the ignorant nurse instantly resorts to the spoon, to satisfy the call of na-



ture; nor is it uncommon to give the infant an aperient medicine even before nourishment, forgetful that the milk of the mother possesses the properties required for cleansing the bowels. The argument made use of for feeding the infant is, that the milk does not flow in any great quantity till the third day. That the full supply does not come at the birth of the child is unquestionably true; but the infant being put to the breast immediately, will encourage the milk to find its natural channel more speedily: at the same time, when the milk is drawn off by the child as it rises, the ill consequences of the breasts filling and becoming hard are prevented. The difficulty for the infant to lay hold of the nipple is often so great, that it fatigues and agitates the mother extremely; whereas all this mischief might have been prevented, in most natural cases, by putting the infant to the breast soon after its birth. Should the infant be weak, and the mother have a redundancy of milk, the nipple-pump for emptying the breasts will safely and speedily relieve them; and in those women



whose breasts are not furnished with a well-formed nipple, the glass pump will greatly aid in bringing it forward, so that it may be more easily laid hold of by the child. The nipple-pump is greatly preferable to that of having the breast drawn by the mouth of an adult. The kind-hearted nurse, anxious for the safety of the baby, resorts to the spoon, lest it should suffer from want of food; but feeding it with the spoon tends to make the child more indifferent about conquering any difficulty that may present itself. The mother must in some measure judge for herself, and not be wholly guided by an uninformed person, whose ideas are cramped by prejudice and superstition. The plan just recommended will be found exceedingly preferable to that of keeping the child from the breast till the third day, as was formerly the custom.

What is to be anticipated, when the first step which is taken in this important business is founded in error? Can we expect the mother to be free from a formidable attack from disease, when we pervert the order of nature?



The secretion of the milk is a process of such importance to the mother, that we must not counteract its operations, or the most distressing consequences may ensue.

Feeding the infant with food that is heavy and not easily digested, must immediately disorder the stomach and bowels, and be the cause of gripes, convulsions, and death. Let us observe the plan of the farmer or cottager's wife, who is attended probably only for a few days by some poor neighbour;—as soon as she has dressed the baby, she places it on the arm of its mother. It then takes the breast without any difficulty, and remains constantly with the mother. This is consistent with reason, for it is simply obeying the dictates of nature; there is no fabrication of art, no fear of disturbing the mother.

But should any circumstance occur to render the mother incapable of performing this part of her duty, then let the suckling-bottle be resorted to, instead of the spoon,—an invention which if properly used, and carefully managed, will be found an excellent substitute for the breast: the bottle should



be supplied either with simple milk and water, or barley-gruel thinned with milk and sweetened with loaf sugar\*. The fluid passing through the punctured piece of vellum, must prevent the baby from being injured by taking heavy food. The chief care is to have the fluid nicely prepared, attention given to its being always perfectly pure, and the bottle kept particularly clean; the vellum end should be immersed in water, to keep it moist. An additional advantage to those already stated, is, that the infant cannot be forced to take more than nature and inclination direct; and in case of the stomach being offended with the quantity, the liquid from being thin would return from the stomach without difficulty, in the same manner as the breast-milk. This mode of clearing away what is offensive to the stomach, is one of Nature's wise provisions for the benefit of a

\* The author thinks it right to state, that she is informed that white sugar is lighter and more pure than brown.— In the former edition the writer recommended brown sugar; but she has since learnt that white sugar is preferable to brown.



little helpless being, who is incapable of judging of the quantity proper to be taken.

It is desirable for the mother who suckles her infant, to discourage its lying too long at the breast at one time,—neither should it be given to the infant whenever it hankers for it; this should be prevented as much as possible by good nursing : for in the first instance the infant is injured by taking too large a quantity, by which the stomach is oppressed ; and in the second place the mother is exhausted by having the draught so frequently excited.

The cherishing warmth of the mother is extremely important to the growth and welfare of the infant, and affords it inexpressible delight. Indeed, without this balmy and salutary warmth the child seldom or never thrives in a generous and healthy manner. This is evidently pointed out by nature ; as the bosom from which it derives its support contains the greatest portion of heat. A strong argument in favour of the suckling-bottle, when it is used, is, that the infant may recline on the arm of the mother or nurse, as



if going to take the breast. The bottle is also convenient for the nurse to put in her pocket when the child is taken out for the air, and may be placed under her pillow at night ; she may easily apply it to the mouth without moving the infant out of the bed, or grieving it from making it wait whilst the food is warming.

When the infant is placed on the arm of the mother or nurse, it cannot be overlaid. This is the only comfortable situation for the infant, who requires the most tender and affectionate care : unless it receives this maternal tenderness, the frame cannot expand, nor the powers unfold, to the perfection of either the mind or the body. An infant that is properly nourished by the milk and the warmth of the breast, and kept in a perfectly healthy state by the free use of water and friction, enjoying the benefit of air and exercise, exhibits one of the most lovely and endearing objects that can engage our hearts.

*Note.*—The napkin should never be changed at night, unless the bowels be moved.



## CHAPTER VI.

CARE NECESSARY ON MAKING CHOICE OF A  
WET-NURSE.

We must endeavour to bear patiently what is unavoidable: at the same time we must exercise a sound judgment in discriminating between the really good and virtuous, and those who are only so in appearance.

A WOMAN who has a healthy complexion, with sound teeth and gums, and a moderate-sized breast and well formed nipple, bears the exterior marks of a desirable foster-mother. We may judge of her natural and acquired character in a great measure from her countenance; her eye will discover to us whether she possesses a mild and affectionate disposition, and the form of her mouth will give a correct idea if her temper be amiable. Those who have studied physiognomy may ascertain the outline of the character from observing the countenance: but those who are not so well skilled as Lavater may be deceived, however acute their discernment. The great point is to ascertain whether she



possesses those maternal feelings of tenderness, which would insure affectionate attention to her charge; as without this disposition she is not fitted for the office of foster-mother.

The milk most proper for a new-born infant is that of a woman's recently confined, and whose constitution does not experience the changes natural to females. Milk which is thin and of a bluish colour, nearly transparent, is the most pure and healthy. After a nurse has been suckling a child for six months the milk becomes mucilaginous, and far too thick and heavy for the stomach of a new-born infant.

The affectionate mother must suffer considerable anxiety on resigning her infant to the care of a stranger,—to say nothing of the danger to which she exposes it from hereditary diseases: even the mother, if generally unhealthy, ought not to suckle her infant. Those who can best discriminate, may nevertheless be mistaken in making choice of a nurse. A woman of slothful and uncleanly habits must prove exceedingly injurious to an



infant. At the same time, in persons of her class we cannot expect those delicate attentions to personal neatness which is the habitual practice of the well-educated lady: nevertheless some persons in humble life are naturally clean and agreeable in their appearance and manner of dressing themselves. A woman whose head is much decorated with curls, and her clothes much trimmed, is by no means calculated for a foster-mother. One from a cottage is to be preferred to her who is the ape of fashion; and we may add, not only on account of her manner of dressing herself, but from the fine share of health she possesses. Can we imagine that the woman who breathes the fine morning air at sunrise, and labours through the day with the door of her cottage open, or who gains her support in the fields, without any additional covering, can long maintain that luxuriant and delightful state of health, when she comes to be immured in hot carpeted rooms, scarcely inhaling an atom of the pure atmospheric air? If she goes into a family of rank, she probably is chiefly confined to take the



air in a carriage; when she has been in the constant practice of encountering all sorts of weather, lived temperately, and worked hard. She soon loses the lovely glow on her cheek and the vermilion on her lips; the lustre of her eye is diminished, and she begins to stand in need of those artificial props which persons who live in luxurious habits in crowded cities are obliged to resort to, to keep the machine in motion. When we are anxious to obtain any advantage, we are too apt to be unmindful of the feelings of others, and how far the good we are in search of may not affect the happiness of the individual who affords the relief. When a woman is engaged for the purpose of supporting the child of another, may it not be a proper consideration to acquaint ourselves with her motive for abandoning her own infant, and perhaps her husband and her home? Urgent indeed must be the necessity of those who are reduced to so deplorable a situation. Can we imagine that any thing short of extreme distress can force a woman to forsake her own child, and place it under the care



of some poor woman, probably still more necessitous than herself, who from supporting her family by manual labour has little or no time to spare to devote to the care of the neglected stranger! What may reasonably be expected but death to the infant thus placed, from being exposed to poverty and wretchedness! Can we for a moment conceive a human being capable of wearing the smile of ease and cheerfulness, who has forsaken her own child in order to make money? If she has not been compelled by urgent necessity, she stands inexcusable indeed\*. The woman of feeling, and who is really distressed, when reduced to that unhappy situation will shed the silent tear and pass the sleepless night, while she is giving support to the infant of a stranger: she may disguise her feelings by noisy mirth; but leave her alone, and then mark her misery. Is this the woman who can afford the healthy draught! Is not the milk of such an un-

\* A clergyman of eminence observed, that murder was committed in various forms beside the knife. Neglect, cruel treatment, and bad conduct proves the death of many.



happy woman a slow but certain poison? The mother must be destitute of the tenderness of natural feeling, who can endure a separation from her infant without anguish of heart. Let not the lady, who we may suppose possesses the benign principles of Christianity, thoughtlessly be the means of inflicting such misery on any being, however humble; nothing less than the life of an infant being at stake, with an entire inability on her part to suckle her child herself, should induce any mother to adopt this plan. Can she expect a blessing to attend her steps, if she does not act from the dictates of conscience? When a mother is incapacitated, from the want of milk or bad health, to perform the duty of a nurse, the best substitute, as before recommended, is the suckling-bottle, which has been found to answer a most valuable purpose: the invention is appropriate, and under proper management will be found an excellent substitute for the breast.

Dr. Hamilton remarks, that the luxuries which refinement has introduced in the manner of living, although they do not pre-



vent every woman from being a mother, certainly render many unfit for the office of a nurse: a delicate woman, necessarily involved in the dissipations of high life, possibly confined to a crowded city, cannot be supposed capable of furnishing milk in due quantity, or of a proper quality. Her child must either be half-starved, or the deficiency of its mother's milk be supplied by unnatural and hurtful food.

In order to make the breast-milk a healthy fluid, the mind of the mother must be calm and easy,—neither harassed by anxiety nor depressed by grief and uneasiness; which can scarcely ever be the case with the woman who receives an equivalent for the nourishment she affords. This is a strong motive for the lady not voluntarily incurring the danger that may arise from having a substitute. When we pervert or forsake the law of Nature, we can only expect to be involved in error and disappointment: we should consider her dictates a standard which we should never depart from, without a total incapacity on our part of making this law the great rule of our conduct.



## CHAPTER VII.

ON THE IMPORTANCE OF YOUNG CHILDREN  
HAVING A DUE PORTION OF SLEEP.

We must indulge Nature in her requirings, or all our efforts to promote health will end in disappointment.

THE health and growth of infants and children greatly depend on their having that portion of sleep which Nature requires; and yet in the weakness of our judgment we set up our own plans in opposition to her wise and salutary laws. In this case we are sure to fall into errors, which defeat our intentions, and seldom fail to prove highly injurious.

Sleep was kindly given to man to repair exhaustion, and to renew those powers ever necessary for the support of the frame,—giving a daily supply of those refreshing invigorating principles, without which we should become useless, and totally unable to perform our various duties. Sleep not only affords strength to the body, but tranquillity to the mind. To the adult it gives a capability to fill the place of usefulness, not



only with regard to themselves, but to others. To infants, young children, and youth, it invigorates those powers that are daily exhausted, by a fresh supply of strength, for the grand operations which are going on rapidly at that period. It diffuses an inexpressible pleasure over their infant minds, and gives a sweetness of temper that makes them the lovely and interesting objects of our affections. Observe a child on waking, how it smiles and stretches its polished limbs, is ready for action, with its animated looks and movements, and in emphatic language tells the mother that it is satisfied and happy!

The mother who understands the right management of her infant (without knowing much of the œconomy of nature), will not suffer the infant to be awakened in the morning for the purpose of taking the air. Beneficial as the air undoubtedly is for children, we are not to exchange the superior and renovating influence of sleep, for that which is less advantageous. Those mothers who value the health of their children will never have them disturbed: Nature, always the best di-



rectress, will prescribe the time which is required for them to rest.

The almost dormant state of the infant for the first six weeks after its birth, appears to our view as one of the many wise appointments of our kind Benefactor for the comfort of the mother, who in this state is incapable of enduring much exertion. Rest for herself, sleep and warmth for the infant, are what Nature points out as indispensable for the well-being and preservation of them both.—As the powers of the infant unfold, the inclination to sleep is diminished: it then becomes more alive to distinguish different objects; the intellect begins to develop; it smiles at being spoken to; and is increasingly sensible to the tone of displeasure or the endearments of affection. When it lies at the breast it will cease to draw the milk, and look up to its mother with delight. This excites on her part the tenderest feelings. On hearing it cry, she steps with haste; and taking it to her arms, she presses it to her bosom, and affords it both comfort and support.



In the lapse of two or three months the infant does not require, in general, to sleep more than twice in the course of the day;—once, after being washed and dressed in the morning; and again in the afternoon, which should not be so late as to interfere with an early settlement in the evening. That infants and young children should retire to rest at the close of the day is natural;—the young of every kind follow this law involuntarily. Nurse should strictly avoid any innovation on this propensity; as early rest is not only highly beneficial to the baby and young children, but is necessary and convenient for the attendant. The woman who conscientiously discharges her duty during the day toward several children, must feel fatigued and weary on the approach of evening. A few hours of leisure to the nurse before she retires, gives her an opportunity to refresh herself, as well as to make the necessary preparations for the morning;—added to which, the probability of her sleep being disturbed, from the baby being restless, renders this plan highly important for the advantage both of the nurse and the child.



The infant should be placed in the cradle till the mother or nurse goes to bed, as it is hazardous for the baby to be left alone,—it being possible that the milk may be thrown up in such quantities as to cause suffocation: whereas when the infant is kept immediately under the eye of the nurse, who of course watches it vigilantly, she will, on observing it move, gently raise it up and bend it forward, when it will discharge the superfluous quantity of milk, and be relieved from the threatening danger. This disturbance will naturally rouse the infant; but the gentle movement of the cradle will lull it to sleep again: add to this, many infants, when not very strong, are particularly affected with wind, which acts painfully on the stomach and bowels, and frequently causes the infant to wake. In this case a gentle touch of the rocker\* overcomes the sensation of pain and uneasiness.

With all due deference to a distinguished writer, I beg to differ from him on the subject of the cradle. Those who have been the

\* The rocker should not be made too deep, as a thoughtless nurse may move the cradle too violently. For further remarks on the cradle see Appendix.



mothers of large families can best judge of its usefulness. The motion cannot be considered unnatural, from the situation of the infant before its birth. Infants are pleased with constant movement, nor will they be quiet without it. Ask the exhausted mother whether she does not justly consider the cradle as her friend? After the fatigue of suckling and nursing an infant, the cradle is a great relief. When the baby sinks into sleep, how anxiously does the mother hope it may remain in that state, in order to give her a few moments of quiet to refresh herself, and recover the fatigue this interesting business occasions! Those mothers who do not resort to this reasonable mode of relief, often suffer exceedingly from the restlessness of the infant, who is continually wanting the breast. This circumstance, from frequently exciting the supply of milk, weakens the mother, and is the cause of the baby filling the stomach beyond what nature requires.

No arguments of the most enlightened and distinguished writers can possibly lay down specific rules for nursing an infant. An in-



tuitive sense, with a mother's love and those maternal feelings with which she is gifted, are the only sure guide to direct her in this anxious and never ceasing occupation. It is impossible that any system or rule of nursing can be laid down by those who have never experienced those tender and undefinable emotions with which the affectionate mother is animated and instructed.

The man of science is the only person to prescribe the remedy for those diseases incident to infancy and childhood; and the mother may be accounted, under such circumstances, wise in resorting to the advice of the medical professor; but she may be accounted still wiser if, by her care and good management, she supersedes the want of medicine. No part of the management of the infant can produce the same good effect as its having a due portion of sleep: this is in compliance with Nature's laws. At the same time we must discriminate between that which is required by Nature and that which an indolent nurse induces by artificial means. When the mother wishes to pass an undue



time in visiting her friends or entertaining them at home, the infant must, if possible, be kept asleep, in order not to interrupt her unseasonable pleasures. But the conscientious and affectionate mother would recoil with indignation at such a practice: the woman who really possesses maternal feelings will most willingly resign herself to that close and constant attention which the infant requires, at least for the first twelvemonth: her devotedness to its comfort through every period of infancy will evince her tenderness and love. When infants are left to the management of a nurse, they are frequently exceedingly injured from her having recourse to the American soothing syrup or other anodynes:—soothing they most undoubtedly are, by inducing a heavy lethargic state called sleep, widely different from the lovely calm repose of natural rest. Opium in every form reduces the system, debilitates the powers of the various functions, especially that of the heart, and brings on the most distressing and fatal diseases.

Medicines of this character should never



be given by those who are not acquainted with their effects: nevertheless, in some acute cases their value is great indeed! But these important medicines should be administered by the medical professor only, and never put into the hands of a nurse. A few simple medicines may be kept, and given by the mother; but on no consideration be entrusted to any one but herself. A physician of great eminence informed me, that even magnesia, commonly considered an innocent medicine, has, by being taken improperly, produced the most dangerous disease. It is an indisputable truth, that those persons who have not received a scientific education are wholly incapable of administering medicines of any description. The mother may acquire from her medical attendant the knowledge of a few simples, which are sometimes necessary to be used in the nursery. The present fashion of giving calomel indiscriminately, is really a painful consideration, as many children are reduced to a sorrowful state of weakness from taking it frequently. It is now considered a remedy for all diseases by



those who know nothing of its powerful effects.

Infants should never be laid down on their backs after going to sleep ; the superfluous quantity of saliva secreted in the mouth during dentition is so considerably increased, that it cannot be discharged when they are in that situation, but must necessarily fall into the stomach in such abundance as to generate disease. The best plan is to lay them down on their side alternately.

The mother who closely watches over her infant and attends to the management of her nursery, has an Herculean task in combating the whimsicalities, self-will, and obstinacy of the nurse, who fancies, because she has chosen that employment for her support, that she must understand the subject better than the well-informed mother ; and often dares to contend a point with rude and disrespectful behaviour. To overcome the strange prejudices arising from extreme ignorance is almost impossible : such conduct on the part of the nurse as just described, adds exceedingly to the anxiety of the mother who



understands the best mode of managing her children. The various diseases to which infants and young children are incident, may be greatly relieved, nay even in many cases prevented, by proper management. Close attention, combined with good sense and observation, can alone qualify persons for the care and superintendence of children, either in health or in sickness. It then becomes this simple question, Whether this watchfulness and discrimination are to be looked for in the uneducated nurse, or in the sensible and highly qualified mother? The interrogatory, I apprehend, my intelligent readers will find no difficulty in answering.

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## CHAPTER VIII.

### ON THE ILL EFFECTS OF CHILDREN BEING WAKENED, MORE ESPECIALLY OF A MORN- ING.

The knowledge we gain from experience far outweighs all that can be gathered either from the theory or system of the wisest or most accomplished writers.

It is an excellent rule in the science of good nursing,—that infants and young children,



and we may add youth, should never be disturbed in the morning. Nature prescribes the portion of time which should be passed in sleep. It is the express business of mothers to second her wise dictates, and to leave infants and young children in perfect stillness till they rouse of themselves: whenever that happens, they discover no disposition to drowsiness, but are instantly alive to all their wants, and are ready for action. They should then be immediately taken up, and the calls of nature attended to: habit as respects cleanliness deserves the strictest attention, as it relates both to health and comfort. If nurse has the care of one child only, she should proceed to dress it without delay; but when there are several, she ought to give each a crust of bread, to prevent them from getting chilled, in consequence of tumbling about, or getting off the bed and running about the room. This ought never to happen, as it is very important that they should be bathed or washed\* while they are warm. When children are disturbed and taken

\* Washing-stand. See Appendix.



up, sometimes for the purpose of enjoying the air before breakfast\*, without having that portion of sleep which nature requires, the operations of nature are impeded, and every function imperfectly performed. Sleep being the great repairer of exhaustion, when we are deprived of it, the strength is diminished, and the expansion of the frame is prevented from going on agreeably to that progress which should be made daily. This must eventually bring on various diseases, as well as infirmity both of mind and body; from which cause the frame never attains perfection in its growth: and there is no doubt that it is one of the existing causes why so many persons are below the common standard. The wise mother who loves her children will study the volume of Nature, wherein the laws which are necessary for

\* It is common to observe, particularly in the Parks, nurses with their little flocks walking before breakfast; some of the children crying, others dragged along holding the apron of the nurse, and the attendant exceedingly out of temper from exhaustion and fatigue.—This plan is cruel and unhealthy in the extreme, does great injury to the children, and is very unjust towards the nurse.



their preservation are intelligibly written ; the right application of which will be the means of establishing sound health. But few parents act upon those principles which will insure this blessing.

Infancy requires strict attention in order to accomplish the wise purposes of Nature. If mothers would acquaint themselves with the animal œconomy, they would soon be convinced, that without this knowledge they could not manage their children properly, let their attention be ever so vigilant ; any more than the agriculturist could fix the time for putting the seed into the ground without knowing the appointed seasons. It would make them understand that the structure and growth of man forms one of the grandest operations in nature,—a species of knowledge that would increasingly fill the inquiring mind with the deepest reverence and love for the hand who formed this magnificent combination of beauty and intelligence ! For want of this knowledge we commit mistakes which are most destructive to the well-being of those we best love. The



advantages of this information, when properly directed and under due influence, are of the greatest importance to mankind.

“In adolescence, or when boys and girls are growing, their stature increases gracefully, more in height than in breadth or bulk ; the limbs are slim, the muscles are disentangled, and the whole external frame by degrees develops the fair mould wherein it was cast, without a blemish : when the full natural size is attained, a comely complexion acquires fresh beauty, gracefulness and polish, from a cheerful temper, good living, and an even flow of spirits. Having reached the acme of sublunary enjoyments, and surrounded with all the pleasing endearments of life, man then displays the perfection of his nature, a vigorous and majestic form, pre-eminent in the creation, and a mind capable of appreciating the importance of his own character.”

“Thus we see the life of man in its different stages. It begins from the cradle, pleasing childhood succeeds ; then active hot-blooded youth ; afterwards manhood, firm and dignified ; when severe debilitating old age



steals on with silent steps, and renders us a foetus for eternity."

This interesting and elegant description of man, by a writer of eminence, was too appropriate to the subject of this chapter to be omitted.

The period of infancy being wholly under the care of the mother, she should fully understand that this lovely structure cannot expand or advance in growth without a due portion of sleep; that Nature has given with its birth the proper food for its nourishment; its natural restlessness points out that exercise is most important; it delights in being in the fresh air, is inspirited by being washed, and highly gratified by friction used afterwards,—so much so, that it requires care to prevent their springing out of the arms of the mother or nurse; and is always pleased by cleanliness. In fact, the mother who suckles and dresses her own infant, will feel the truth of what is here advanced; and to her great delight will find, if she follow Nature's plan, that her infant will thrive in the most lovely and engaging manner, and its



intellectual powers be progressively unfolded. Thus her labour will be rewarded by the exquisite expression of its countenance, and the sweetness of its mind and disposition. In this happy case it becomes not only her constant care, but her greatest delight : after it has received her unwearied attention for a length of time, it will amply repay all her solicitude. These refined and interesting enjoyments are never known to the mother who neglects the duty she owes her child.

Children of irritable dispositions are often difficult to soothe ; they are easily disturbed, and are prone to cry violently ; and there is no means of preventing this disposition, but by strengthening the general health. The most judicious care should be observed not to excite their feelings by impatience ; as crying to excess has been known to produce ruptures, and is considered particularly dangerous to the male infant. It is not uncommon for the infant to cry on wakening, when they are not attended to ; a circumstance which often displeases and irritates the nurse, who, instead of attempting to soothe and give



it comfort, snatches it up, at the same time pouring out a volume of invectives. The infant who is kindly and tenderly watched, will smile at the sight of the mother as soon as it opens its eyes ; and on having the napkin changed, will stretch out its little limbs and express the pleasure it feels, and enjoy being rubbed and warmed, while the mother is delighting it with her tender conversation. Children very early discover their natural disposition : A child of a happy temper is nursed and educated with much less trouble than one of a fretful or passionate character. Wrong management in the mother or nurse is the occasion of much misery to infants and young children, who have no other mode of expressing themselves, than by fretting and crying. The affectionate mother is gifted with patience that exceeds belief ; she bears with mildness the fatigue she has to undergo, and anxiously inquires into the cause of their grief. But far different is the effect on the nurse,—she is often petulant and ill-tempered. An even temper is an important feature in the character of the nurse,



governess, and tutor. Good sense plainly tells us, that those who cannot govern themselves are very unfit to govern youth, or have the care of young children.

The mode of nursing infants and young children varies : those who are about them must discriminate what best suits their different dispositions. Mothers are not all equally capable either to take the charge, or direct those who are engaged for that purpose. We may hence conclude that many children are injured, and others die, from wrong management.

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## CHAPTER IX.

ON THE GREAT IMPORTANCE OF THE APARTMENTS WHICH CHILDREN OCCUPY BEING SPACIOUS, AND PROPERLY VENTILATED.

Facts, apparently of minor importance, but which are really valuable, are frequently disregarded, in consequence of their beneficial tendency being unknown.

PURE air being the main spring of animal life, we may hence conclude that the apart-



ments which children occupy should be spacious, and have a sufficient number of windows to admit of their being properly ventilated. The most effectual method to destroy health is breathing a contaminated air: pure air is the medium through which a greater strength of fibre is imparted to a child,—why then should they be debarred from that privilege? Inhaling repeatedly the same air increases perspiration beyond what Nature requires, relaxes the solids, and renders children delicate and sickly. They are submitted to the external air, in order to promote health, at the same time that they often occupy small and crowded apartments. It is a material point to make choice of rooms which are spacious, and that will admit a sufficient portion of the external air,—a circumstance which is by no means sufficiently attended to.

Important as it is to the health of children to inhale a pure air, nevertheless the admission of the external air when the children are in the apartment must be regulated by the age, constitution, and situation of the child, the



season of the year, and state of the weather ; that being proper in one instance which might be very detrimental and improper in another. This must in great measure depend on their previous habits.

Children should not inhabit the same apartment in the day which they occupy at night. A day nursery is essentially necessary to health, comfort, and cleanliness : as the air of a room that has been shut up all the night is rendered impure from several persons inhaling and respiring the same, it necessarily becomes unhealthy, and unfit for us to breathe. This apartment should be quitted for one filled with pure air, and perfectly clean and neat to receive the children. The plan is not only highly important for health, but has the happiest effect even on the minds of children,—inspiring those pleasurable feelings which tend to delight and invigorate their powers.

We must observe, that the servant who cleans the room previously to the going in of the children, should invariably, when the weather is fine and dry, throw open the windows ; but in case of moist or damp weather,



the door of the room should be moved quickly backward and forward for some minutes, to free it from the impure air : on leaving it open after this operation, the air of the apartment would be rarefied, and become pure : this should be done instead of opening the windows. Attention to this plan will greatly tend to preserve the health of the children, the details of which should be directed by the parent mother ; as domestics, being uninformed on such subjects, require her giving the proper orders. Care should be taken to guard the windows against the possibility of an accident ; but the bars should be so constructed as to open, that in case of fire there might be the means of escaping\*.

The furniture of the day nursery should be simple, but neat-looking. Common matting

\* Some years since, seven children belonging to Mr. Wood, a mason, in Leadenhall-street, were all burnt to death with their nurses, from the staircase being on fire ;—many hundred persons were ready to receive them, and the pavement guarded by feather beds ; but, through the impossibility of moving the bars, they all sunk in the flames !—If the bars open like a casement, they might fasten with a padlock, and the key be hung on a pin out of reach of the children.



is much preferable to a carpet : it is sufficiently soft to prevent injury from a fall, is clean, and neither retains dust nor any unpleasant smell ; can be rolled up, and the floor swept with very little trouble. The room in this case would not require the boards to be often scoured, which is a point of material consequence. It is the usual practice for the room to be scoured, without any reference either to the season of the year or the state of the weather ; whereas a room recently wetted is always dangerous to occupy. This should never be done in the morning, as what depends on the early rising of the domestic is scarcely ever done in the right time. As soon as the domestic has finished the operation of cleaning the room, the carpet is put down, without the least reference to the effect which a damp room is liable to produce. This unhealthy practice is even more pernicious than leaving the boards uncovered.

Sir William Watson, sen., late of Lincoln's Inn Fields, was of opinion that damp rooms generate fevers : he therefore deprecated the plan of ever wetting rooms in the winter



season. He observed, that, when the rooms even appeared dry, the water which had been introduced between the crevices was very long in being exhaled. When we inhale the moisture of a damp room, it is more destructive to us than to be exposed to damp with the mixture of the external air; as in that case the water is in some measure absorbed, and carried off by the atmosphere.

The same physician gave it as his decided opinion, that many children at schools have lost their lives from this cause, or have become cripples from diseases engendered from being put into damp school-rooms and bed-chambers.—These remarks were the result not only of study and observation, but from having been called upon to attend in many cases where he had seen the sad effects of inhaling moist air, especially in a confined apartment.

For want of knowing how to ventilate rooms, we commit mistakes that are pernicious to children, and indeed to persons of all ages.

In this climate a fire in the sleeping-room



is essentially necessary in winter, in order to dispel the collected damp : it produces an equable temperature,—an object of the utmost importance.

Many families, whose income can well afford this necessary expense, object to it from an idea of its making children tender, and liable to take cold. Attention to this point, from its being so conducive both to our health and comfort, will be found to be œconomy instead of extravagance. Let us forgo some luxury, and enjoy the great advantage of having fires in our sleeping-rooms. Fire rarefies and purifies the air; and on the same principle that a damp room is unhealthy, so must a room without a fire be in a climate so oppressed with humidity.

The body should never be chilled : although it is recommended not to be kept in an overheated state, still a certain degree of warmth nourishes and comforts the human frame. The great means of promoting health both in children and adults, is to wear clothing that will afford a comfortable degree of warmth, and to occupy rooms of a moderate tempera-



ture. Exercise in the open air causes the most agreeable warmth that we can enjoy, and its beneficial effect prevents children from crowding round the fire.

In infancy, and while the frame is expanding, young people are liable to feel chilly. The nurse who properly understands her business, when this happens will take the child on her knee, and rub its hands and arms, and legs and feet; and the tutor and governess will promote their pupils practising some part of the gymnastic exercises. To undress an infant or little child in a cold nursery is exceedingly cruel, unfeeling, and injudicious, and should never be done; as, if it should not affect it with taking cold, at all events it makes the child unhappy and fretful.

In the absence of fires, chimney-boards should never be allowed, neither in nurseries nor elsewhere: the plan of closing the chimney is most detrimental to health; it should be cleanly swept on leaving off fires, to prevent the unpleasant smell as well as dirt from the soot falling into the room, which is liable to



happen in stormy weather without this precaution.

As the sleeping-rooms occupied by children should never be wetted in winter or in damp or rainy weather, a dry mop should be passed under the beds daily, in order to keep the room free of dust and flue. Matting for covering the room, as recommended for the sitting-room, is both clean and useful.

As soon as the children have quitted their sleeping-rooms, the servant who waits upon the nursery, after bringing up the breakfast should immediately go and take off the bed-clothes, shake the feather-bed, and leave it uncovered, in order to be cooled and freshened, opening the windows if the weather is dry, but on no consideration if it rains or is damp and foggy. In the latter case have recourse to moving the door, as described before. Let every thing be taken out of the chamber that can detract from its cleanliness; and all the vessels washed with hot water, in order to make them perfectly clean. The fire should be lighted before the children



rise, and be kept up the whole of the day : the plan of lighting a fire a short time before they go to bed, does not impart a sufficient warmth to the room : without a fire is made to answer the purpose for which it is intended, it will not give either health or comfort. If the room is agreeably warm, it prevents children wishing to sit too near the fire, which dries the skin, and closes those delicate channels, which are intended for carrying off that which if it remained would be injurious to health.

Children should be particularly attended to, that they do not hold their water too long ; by nurse's proper management they will rarely contract the habit of soiling their clothes. The first thing after breakfast they should be accustomed to sit on the box, as described\*, when the bowels will thus perform their office regularly from habit ; at the same time, the practice of leaving a child fastened in a wicker chair for a length of time is highly improper and injurious, and

\* See Appendix.



should never be suffered. Habits of cleanliness may be very early established, which tend both to health and comfort.

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## CHAPTER X.

### ON THE NECESSITY OF CAUTION IN EXERCISING INFANTS, AND ON THE COMMENCEMENT OF CHILDREN'S WALKING.

Exercise, like air, is of such importance to the health of infants and young children, that it forms a considerable part of the art or science of nursing.

THE sensible mother and good nurse are alone capable of judging as to the degree as well as species of exercise best suited to the age and strength of the infant. The practice of throwing an infant up high is always attended with danger; exposes the brain to injury, and likewise the bowels\* and other inward parts to severe and sometimes fatal

\* A surgeon informed the writer of this work, that he was sent for to a child who had been thrown up so high that on falling down it pitched on the thumb of the nurse, which so injured the bowels that it died.



derangement. A nurse should be carefully instructed that a gentle cheerful movement is best for infants.

In the early period of life, Nature seems particularly solicitous to increase and invigorate the bodily powers. One of the principal instruments she uses for this purpose, is that restless activity which makes a child delighted to be continually moving. The slothful careless nurse, who crawls backward and forward in the room with the child on her arm, without any attention to its position, is a doleful attendant on an infant. Not entering into the duties of her office with feeling and alacrity, she is the cause of great injury to the child, and imposes constant uneasiness and disappointment on a little helpless being, who has no other means of complaining than by fretting and crying.

For the first two months after the birth, infants should be held in rather a reclining position; as they grow older they will increase in strength and be capable of sitting upright. The movement of them must then be varied and increased, as they have the



power of bearing it. Few persons who undertake the care of children, are aware at this age of the importance of holding them properly ; but on this the beauty of the form in a great measure depends. The best plan is, after smoothing the dress, by laying the child on the knee ; for that purpose, it should be placed on the left arm of the nurse, near the wrist, the arm being in such a position as to keep the thumb uppermost, then the fore-finger of the right hand is to be placed on one side, and the thumb on the other side of the child's waist, and the hand to be left hollow on the stomach : the right arm should be used by the nurse alternately.

The infant will in this position sit light, without suffering from undue pressure on any part of the body or limbs ; will enjoy moderate exercise, and spring with delight as nurse moves it up and down to some cheerful tune. The anatomist would in a moment perceive the mischief which must result from the infant being made to sit *over* the arm, resting upon its thighs, with the heavy hand of the nurse pressing on its chest and stomach,



compressing the lungs, from the child naturally bending forward to counteract the weight *over* the arm. This awkward and unhealthy position is liable to cause curvature of the back, bend the thighs, and prevent the chest from expanding. An infant will from its general appearance plainly discover to those who understand the principles of nursing, whether it has been properly held and exercised.

The lively and cheerful nurse will take care to vary the exercise that she gives the baby, but never to toss it violently about : at the same time, gentle and constant movement is necessary to the growth and expansion of the frame. Frequently sitting by the fire and rubbing the child with the hand, so as to warm and comfort the limbs, has an excellent effect.

As nursing an infant many hours together is exceedingly fatiguing, laying the child on a mattress on the floor is a great relief both to the nurse and the infant ; the liberty it affords the baby of turning any way it pleases, without being exposed to the danger of fall-



ing, is exceedingly beneficial. The desire of crawling on the floor should be closely watched and prevented ; those who are aware of the injury that crawling does to the stomach and loins, will never allow it for a moment. In every respect it is improper and prejudicial ; not only soiling the clothes, but, from the promoting an unnatural growth of some of the parts, and diminishing in a great degree the proper size and strength of others. We should recollect that walking erect is one of the most distinguished privileges which man receives from his beneficent Creator, giving him a dignity which is enjoyed by no other animal.

Whenever the child is dressed, it will feel delighted in exercising its little limbs in walking up the waist of its mother or nurse, smiling and crowing with the voice of gladness in a tone which is peculiar to infants ; and the gaiety and playfulness which appear in every look and movement when their limbs are entirely free, imparts the generous glow of health to their expanding frames.

Nature by degrees brings all her works to



perfection. Man, the most beautiful of her works below, attains his perfect growth by a slow and gradual process,—unless indeed we counteract her grand and admirable operations by our ignorance and want of right management.

When a child discovers signs that it wants to be on its feet, by endeavouring to push itself off the nurse's knees, let her second the effort;—this is the only precise time that can be fixed for putting it on its feet. These signs will be exhibited early or later, according to the strength and good nursing which it has received. If the different movements of a child be closely attended to, we may observe as its strength increases, that it will not only be continually in action, but will sooner attempt to raise itself, and use its hands and feet. It is very important for the attendant to watch the actions of a child, rather than to urge it to make any positive advance before nature is fully prepared; for want of these attentions, the most baneful consequences sometimes ensue. A child should not be kept too long on its feet at one time;



but it should be frequently rested on the knee, the shoes and stockings taken off, and the legs and feet rubbed till they are warm.

Most mothers are far too anxious to see their children walk before they have attained sufficient strength for that purpose; and it would be well if they would instruct nurses carefully to avoid the injury the child may receive, by forcing it on its feet before the right time. A machine called a plough is extremely to be recommended: this moves on four wheels, and consists of two upright pillars, with a cross bar for the child to place its hands upon; its axles should be covered with leather, to prevent its sliding away from the child by moving too fast. This simple contrivance relieves the nurse, as stooping for any length of time is very fatiguing; the back-string should be held loosely to prevent accident: every possible attention should be given to a child beginning to walk, as many have suffered, and some fatally, from a bad fall. When the child can walk alone, nurse is sometimes expected to employ herself with



her needle. This is bad management ; there is scarcely any period of childhood which requires greater care, or in which her vigilance is more required.

Let us, in all we have to do for infants and young children, follow Nature. Her dictates are those of wisdom, and her plans will be found our only sure guide. Instead of which, we are either too tardy or too impatient ; and for want of a right discernment, we are continually falling into error, the fatal consequences of which we must ever deplore.

*Note.*—The stockings should be made of lambs' wool, which is a soft and warm substance ; and the shoes of broad-cloth instead of morocco, with a very soft leather sole : they should be made to go on easy, and to fit without pinching. Stiff hard shoes are exceedingly injurious ; and highlows, which confine the ancles, and impede the local circulation, are much to be reprehended.



## CHAPTER XI.

ON THE MOST WHOLESOME DIET FOR  
CHILDREN.

Temperance is the best physic ; and those who exercise this eminent virtue, rarely stand in need of the aid of medicine.

EVERY attention should be given to advance the happiness of children ; and the mother is the grand and responsible agent for promoting that happiness.

In the higher ranks of society, the mother has those engagements which render it impossible that she can pass much of her time in the nursery ; and as such is the case, it becomes an important part of her duty to make a wise selection in the individual to whom she commits the care of her children. A woman of strict principle and good temper, whose dialect is free from provincial accent, of gentle and unoffending manners, is the character which is most desirable ; as the effect of coarse vulgar manners, with rough temper, is very soon observed and felt, even



by little children. Vulgarity of behaviour is at no time more conspicuous than in the way in which uneducated persons take their food : their enjoyment for the most part being sensual\*, they impose no restraint whatever on the appetite, and even less on their inclinations. They never restrict themselves as to quantity, but continue the repast till appetite is completely satiated,—a circumstance which marks their want of refinement and education.

Order, in all domestic regulations, is an unequivocal proof that the heads of the family pay due attention to its arrangements. The want of this wholesome discipline is never more displeasing than when we see irregularity at table. Children therefore should be instructed from the period of being placed there, to sit perfectly quiet; nor should they be allowed to talk, or move from the table, until the repast is finished. The

\* Lavater observes, that you rarely see those in the humbler walks of life with beautiful mouths : their mode of eating is assigned as one cause, and giving way to their feelings and temper is considered another cause, for this defect.



observance of rules in a nursery is indispensable. So much depends on early habits, that every sensible parent will take the utmost care to establish them on a solid basis.

None but a wise mother can form a competent judgment of the necessary restraint which ought to be imposed on the natural will and inclinations of young children. The subduing those which are wrong, and the firmly fixing those which are right, will be her incessant care; and her exertions will be commenced at that period of infancy, before reason has any power to discriminate.

Attention to these great and important points cannot be enforced too early; for as children advance in good habits, they recede from those which are hurtful. Every care should be observed not to irritate or thwart the inclinations of children unnecessarily. The injury it does both to their minds and bodies is incalculable; at the same time, nothing which is improper should ever be allowed. If children are but kindly and judiciously managed, occasions of displeasure



will rarely occur, so much depends on their being treated with mildness. Their self-will more often arises from wrong management than from a perverse disposition: their natures are yielding, their affections warm and tender; so that with gentleness and kind persuasion they may be easily trained to virtue. Children, from taking their supper at an early hour, feel an immediate want of food on waking; and a crust of bread should therefore be given them, as it must be some time before several children can be dressed and got ready to take breakfast, which should be brought up immediately when wanted. Long waiting distresses young children exceedingly, and makes them fretful and uneasy. Milk-porridge is preferable to the common breakfast of boiled milk, being less heavy for the stomach, and acting healthfully on the bowels. The great point is having it well made: a sieve should be kept for the purpose of passing it through; instead of which it often happens, from carelessness, that servants are apt to use the same sieve for different purposes. The food for the



children is very seldom attended to in a right and proper manner. The breakfast-basins should be of a size suitable to the age of the children, and sufficiently large to contain more than is necessary for the meal, in order to prevent spilling. The quantity as well as the quality is important as it regards the health of children.

Nurses, from not being aware of the injurious effects of children taking too large a quantity of food at one time, are in the practice of insisting on their not leaving any part of the quantity given. It is easy to see when they have had a sufficiency, and in that case the basin or plate should be removed; but this plan must be adopted by express order of the mother. It is always better to give rather less than they want, than more than can be eaten; as they must not be suffered to be wanton. When children have satisfied their appetite, it is common to see them playing with their food;—this should never be allowed. In the case of the infant, Nature has made a wise provision in causing it to return the superfluous quantity of food,



which if retained would oppress the stomach : nurse must judge for the children more advanced.

It rarely happens that this part of the management of children is attended to. We see them with extended bowels, wholly caused, in most cases, by eating and drinking too much. Sometimes it may be occasioned by worms, and not using that portion of exercise necessary to assist Nature in her various operations. Children well managed are never subject to an enlargement of the intestines, unless they be otherwise diseased. This enlargement of the bowels should be carefully guarded against, as the appearance is particularly disgusting, and is the cause of much suffering.

Children should be taught to hold the spoon in either hand, and to take one piece of bread in the spoon at a time ; as filling the stomach too hastily is improper, and should be prevented. The spoon being full widens the mouth very improperly ; by such means its form is injured.

Attention should be given that they do



not swallow any of their food without its being properly masticated. Nature points out that animal food should never be given to children till they have teeth to divide it. When meat is proper for them, nurse should carefully attend to mincing it quite small ; from their teeth being tender, they have not the power of sufficiently bruising it.

An idea prevails in most families, that any thing is good enough for nurse and the children ; but the lady who superintends her domestic concerns with that attention which makes her alive to every arrangement, will not fail in that part which relates to the nursery. From being present occasionally at the time the children's dinner is served up, she will not only have an opportunity of seeing whether it is well dressed ; but her presence when unexpected, will impress the mind of the servant who presides in the kitchen, with the necessity of giving due care to the manner of its being cooked. We are apt to exact too much from our servants ; the consequence of which is, if domestics have more expected of them than they are really



able to perform as they ought to do, some part of their business must be neglected, and consequently badly managed.

Nurse should observe that little children do not take their food while it is too hot ; as sad accidents may occur from this circumstance \*. Nurse should never give an infant any thing which she has put into her own mouth : the practice of chewing meat for babies is highly improper and unwholesome for children, as well as extremely disgusting. The beverage for children should consist of milk and water, barley-water with a piece of lemon-peel boiled in it and very slightly sweetened, or simple toast and water properly made. [See Appendix.] It is better for the stomach that the drinks should be chilled, especially in the winter season. A very small quantity of fluid is sufficient ; the inclination for fluid of any kind is governed by habit. Particular attention should be given that children do not soil the table-cloth. If chil-

\* An account was given in the newspapers, of a child swallowing a piece of batter-pudding extremely hot, and in consequence it died almost instantly in convulsions.



dren conduct themselves in an orderly manner in the nursery, the less correction will be required when they sit at the table of their parents. Children become disagreeable from improper management.

Walking before breakfast is very injurious to children ; but in an hour after that meal, if the weather be fine and dry, they should enjoy the advantages of air and exercise. Gardens are frequently damp of a morning, from the number of shrubs with which they are generally ornamented, and which hold the wet ; this circumstance renders a garden improper for those who go into it for the benefit of their health. When the sun has exhaled the dew, the garden may then be considered the most eligible place.

The faithful domestic only should be trusted with the care of children when they are out of sight of their parents. The common nursery-maid is inclined to go long walks, to gratify herself, and will frequently stand talking to her acquaintance, to the extreme injury of her charge ; nay, she will also allow strangers to kiss them ;—this



should never be suffered. Even the woman who nurses and has the care of the children should be very sparing in this particular. The breath of persons who eat strong meats and take strong drink is highly improper, and must be very disagreeable and unhealthy for infants and young children. Nurse should never allow any of the servants either to take or kiss the children,—a liberty which they should understand is highly reprehensible.

When the children return from their exercise in the open air, they should rest themselves by lying down on a mattress, placed on the floor for that purpose ; it should have a case to fasten on with strings, that it may be changed when necessary. The case should be made of printed calico, the print representing rural scenery, such as a farm-yard, with cows, sheep, dogs, horses, &c. This entertaining covering would amuse the children, and keep them on the mattress : in this situation they might very possibly fall asleep, which might prevent the vexation which frequently occurs on their being formally



laid down to go to sleep. The shoes of the little children should be taken off, and their feet rubbed. A simple meal, of a piece of bread with a small quantity of preserved fruit, or bread-cake, should be given them as a refreshment before dinner,—a meal which should not be later than two o'clock ; as exercise immediately after eating is highly improper, from disturbing the function of digestion ; they should always remain in the nursery an hour at least after their meals.

The afternoon's repast should consist of Souchong tea, moderately sweetened with loaf-sugar, and plenty of milk, as being a beverage of which all children are fond ; this privilege takes off the painful feeling of nurses enjoying what they are denied. Probably she gives some tea to a favourite child ;—this is both cruel and ill-judged, such unfair conduct causing a jealousy, breaking the harmony of the nursery, and totally destroying the happiness of the little group. Their enjoyment should never be clouded by the privation of any reasonable comfort.

Let children have every arrangement made



to please and delight their infant minds, that may not interfere with their real advantage. We should recollect that infancy and childhood are the seasons in which our pleasures should be interrupted as little as possible: those parents who love their children will never inflict on them needless privation. Bread and butter is not so good as bread-cake, especially if the latter be made light, with a few caraway seeds, which are more wholesome than currants, as that fruit is apt to turn acid in the stomach. The tea-cups should have two handles, as being more easily held. Nurse should continue her care that they do not take more than a moderate quantity; and also let her prevent them from pouring their tea into the saucer, as it is a vulgar and improper habit. This simple repast will engender no disease, nor produce any mischief whatever; on the contrary, by making the children happy and satisfied, the effect will be highly beneficial, and tend to make them sweet-tempered.

The management of the food for children singly considered, appears of far less impor-



tance than it really is : but those mothers who are of that opinion, will do well to recollect that on the food which is given to children, as well as on its being rightly prepared, depends their healthy temperament, as well as their future usefulness in society ; for they cannot take any part as members of the community as they advance in life, if they are infirm and sickly.

The wise and conscientious parent will attend very minutely to the food which is given to her children, and at the same time have that species of nourishment provided which suits the state and age of the children. The subject of their diet, and exercise, and rest, is a serious and important consideration ; as the growth, health, and well-being of the child, from its birth to the age of puberty, depends on the degree of care which the parents may exercise.

“The human frame is a machine complex in its formation ; and the operations of Nature on it, as it respects its mechanical laws, are often rendered dark and obscure by the mists of ignorance and prejudice. But to



every reflecting mind capable of appreciating its value and usefulness, it must appear as it really is, a subject deserving our highest regard and attention. Man, designed to be the pupil of observation, has scarce any innate discrimination; and consequently his infant race pass through a long period utterly helpless, alike divested of ideas to guide, and of strength to manage for themselves. But to the parent is imparted both; whose province it is to judge for them, and actually to put into their hands or mouths whatever they may stand in need of. When the parent therefore forsakes the paths of simplicity, and lays down arbitrary rules, the result of false science, instead of patient experience, or mistakes the clamour of fashion for the voice of nature,—confusion and disease must be the unavoidable consequence.”—*Dr. Underwood on the Diseases of Children.*



## CHAPTER XII.

## ON THE DRESS OF INFANTS AND YOUNG CHILDREN.

The fond mother, whose affections are engaged to promote the comfort and happiness of her child, will never cloud its enjoyments from the pleasure of indulging her vanity.

THE present improved mode of dressing the infant may be considered convenient, and generally appropriate; at the same time, the young mother is too often tempted to indulge her taste, rather than to consult the ease and comfort of the baby. The robe, from an idea of being graceful, is of an inconvenient length; and the petticoat and cloak being of a corresponding size, the dress is thereby rendered far too heavy and fatiguing. The fashion of fastening the sleeve of the robe up to the shoulder-strap with a ribbon is very objectionable, more particularly in cold weather. The cap, from being loaded with lace, and this lace so stiffened that the points in the edge are almost as sharp as thorns, of course



must be exceedingly teasing, and make the infant uneasy and fretful : this full-trimmed cap, now so universally worn, is also a cause of preventing the face from being defended from the glare of the sun and light, as the hat can only be placed on the back part of the head. When we consider the tender state of the organs of sight in infants, we may easily suppose it must be painful as well as injurious to expose them to a strong light, either of the sun or fire. Nurses are apt to treat infants and young children as if they were mere machines, and had neither sense nor feeling : we may observe them handled by the nurse without any regard to position, and quite careless whether they are or are not affected with a sense of fear.

From indulging our vanity in the mode of dressing our children, and in displaying an elegant and expensive taste, both in the articles, as well as that of ornamenting them with rich and beautiful trimmings,—the dress of the infant becomes an object of extreme solicitude, lest it should be injured or put out of form. Under these circumstances the



infant cannot be exercised as its age requires; as with every care on moving it, the dress must be discomposed, nor can it be lulled to sleep without pressing the puffing of its full-trimmed cap. A lovely infant, elegantly habited, is no doubt very gratifying to the young mother, who studies to ornament her child's dress by the ingenuity of her fancy, —the robe bordered with her own needle-work richly wrought: but in all this anxiety to make her infant admired, she weakly overlooks the important point of making it lovely, by its exhibiting that blooming health which constitutes infantile beauty. The rational mother will much prefer a plain simple dress, which does not prevent the infant from being nursed with ease, and having that portion of exercise which is indispensable to promote health, and the expansion of the frame and development of the mind. An infant thus properly managed will daily become more interesting and engaging, and fully repay those who have the charge of it for their trouble and fatigue; and will display that beauty and intelligence which an



expensive dress cannot improve, but may be the means of its never attaining.

The robe should be made of a moderate length, with the petticoat to match; also an under-petticoat of fine Welsh flannel, which should be fastened to a body-coat of dimity; a cambric cap, with a single border not too full sewn on to the cap, without any ornament whatever. The bunch of lace to distinguish the male infant is ridiculous in the extreme, and must injure the baby by heating the head, which part should always be kept cool. The sleeve should come down to the elbow. In cold weather the addition of a fine flannel waistcoat would add exceedingly to the comfort of the infant. It is very important to have the child sufficiently clothed, as warmth is essentially necessary for its growth and beauty; neither will it thrive kindly without this genial care. A simple dress is the most appropriate and desirable in every point of view. The affectionate and considerate mother will adopt those plans which best accord with the well-being and happiness of the baby. The un-



ornamented dress is the most reasonable ; it prevents both expense and trouble, causes less time to be employed in either the preparation or the putting of it on, and above all, affects the mind of the mother and nurse with less care and vexation. Why should parents be so cruel as to oppress their offspring at such a tender age with the shackles of fashion?

Hats, bonnets, cloaks, and other appendages to the dress for the infant and little child on going out, should be light, and as convenient as possible ; at all events, heavy cloaks for babies, and cloth coats for children more advanced, are very unsuitable and incommodious. The hat for both sexes should be precisely the same ; a very light white beaver hat of moderate size, made to tie under the chin, gipsy-fashion, would shade the eyes from the light, and defend the face from the cold wind ; binding them with ribbon at the edge is apt to get soiled, a rough edge, of a light brown, would keep longer clean, and is very becoming to the infant face.



The present fashion, the umbrella hat, is quite at variance with their comfort; and it must be considered a very extraordinary infatuation, that this strange over-sized hat should have been adopted by all ranks in society. Swans'-down ruffs, I am requested by a physician of eminence to mention, as being exceedingly injurious; the fine pieces of down breaking off are liable to be inhaled. And he assured me, that he had not any doubt but that it had caused fatal diseases of the lungs, which the best medical practitioner might be at a loss to account for; and even if he discovered the circumstance which gave rise to it, the art of medicine must prove available to remedy the mischief.

If little children wore lambs' wool stockings which came up high, and fastened with strings to the body-coat, and gloves made of the same materials; a soft silk shawl, not too large, to cover their bosoms, to tie behind, with their light gipsy hats,—they would be warm, and yet quite at liberty to take exercise: but from the present plan of huddling up little children in so many fine clothes, they



can only creep about,—and their manner of being dressed wholly precludes their receiving the benefit which results from enjoying air and exercise, without any restraint.

However much the infant and little child may suffer from being dressed in so many trappings, yet it should be understood that the effect is not simply bodily inconvenience, but may very probably injure the temper, from the increased trouble it must give to the attendant, which will put her out of humour. Nursing an infant, if well performed, requires considerable exertion, and is very fatiguing; more particularly so, when the mother only attends to her baby at certain times of the day, and who commits it to the care of the nurse at night. The infant, from being placed in this unnatural situation, becomes uneasy and troublesome: this ruffles the temper of the attendant, and makes any circumstance that adds to her care both painful and distressing.

As the infant advances, it hears the language of admiration at its red morocco shoes, and the fine feathers in its hat, &c. with a



promise of the best frock and sash if it will be good. From such foolish promises the mind becomes attached to fine clothes, almost as soon as it can distinguish any thing. This injudicious management may reasonably account for the prevailing fondness for being finely dressed. As the seeds of vanity are deeply sown at so early an age, they must spring up in baneful luxuriance, and overshadow the nobler qualities of the mind. Even old age, if youth has been spent in the follies of dress and fashion, is not satisfied without ornament; and youth itself at the present time is devoted to little else than the business of the toilette, affording a melancholy reflection for rational beings.

In consequence of wearing an expensive dress, the child who rose in the morning all joy, with infantile gaiety and playfulness, from an unlucky accident gets its elegant frock torn,—and all its happiness is destroyed in a moment. The lovely little bosom immediately rises, and the eyes are filled with tears; not with tears of sorrow for what has happened, but the dread of nurse's displea-



sure. The summons to approach the rod is obeyed with down-cast look, the finger put into the mouth, and the child advances with unwilling step to meet its expected punishment. Who can paint the sufferings of a child unconscious of offence, going to receive punishment from the cruel hand of a violent nurse? a sharp tap on the arm, or a shake with a heavy hand, is the least it has to dread. In such a situation the sight of its bright and intelligent eyes brimful of tears is quite heart-rending; even to imagine what a little child must endure on such an occasion is distressing. Can the feeling mother, to gratify her vanity, be the indirect cause of clouding the sunshine of infantile life? Can we conceive such a want of principle, or imagine it possible that those, whose duty enjoins them to protect from every harm the lovely pledges of affection, can be guilty of inflicting such unmerited sufferings? Can the parent who calmly reflects, rest satisfied to expose her beloved child to so much misery? Surely it must be impossible. The woman who really possesses maternal ten-



derness, will most conscientiously endeavour to adopt those plans which will tend to the happiness of her children. She will conduct herself toward them with the utmost gentleness and tenderness, never exciting wrong temper, or injuring their feelings by submitting them to the correction of a nurse. The mind soon loses its native sweetness if treated with harshness, and either droops under the hand of the tyrant, or becomes of the same hard and obdurate disposition. We should exercise our powers to prevent those painful disappointments, which are the fabrication of mistaken plans.

Children should constantly wear the same simple style of dress :—when a dress consists of articles which are not expensive, and made only to accommodate, it never becomes an object of excessive care. Short petticoats, lambs' wool stockings, and shoes which protect the feet from damp, will make a little child comfortable, and never be the occasion of grief or uneasiness. Let us recollect that infants and young children are wholly in the



power of their attendant,—a strong reason for guarding them as much as possible from occasions of displeasure in their nurse.

We should consult the happiness of our children in every arrangement in which they are concerned ; preserving their innocence, and the engaging character of childhood, which is wholly free from artifice or design : nor has vanity any share in the composition, till we are so unwise as to plant the seeds of this tormenting harassing passion,—a circumstance which has caused the downfall of the most beautiful in person, and the most splendid in talents.

Is the dress of the infant to preclude its being properly exercised, and to restrict those fine energies which are instinctively given to children as a part of their nature !—and shall we then prevent those inclinations, so important to forward its growth and expansion ? In vain, however, will the air expand the lungs, and the heart propel the blood to the extremities of the body, if their efforts are not seconded by exercise, for



the preservation of life and health. That man was intended for action, is in nothing more evident, than from a consideration of the necessity of exercise or labour, to guard him against weakness and disease. Such is the nature of the human constitution, that without the assistance of those powerful agents, the solid parts must be deprived of their due elasticity, and the fluids become too thick for circulating through the various orders of vessels of which the body is composed.

If we observe the lively activity and joy demonstrated in the character of a child, we shall perceive in a moment how unsuitable is that dress which impedes this loveliness. "Nature does not forget beauty in her operations: and what can beautify our form more, than the veins lying parallel to the skin in those parts conspicuous to public view,—the pliant wrist, the taper arm; they variegate with an inlay of living sapphire, they spread vermilion over the lips, and plant roses on the cheek; while the eye, tinged with glossy jet, or sparkling with cel-



lular blue, rolls in polished crystal.—When we consider all the parts and structure of the body, is not the body of man the noblest piece of animal mechanism possible in nature? Does it not really transcend the power of man to imagine any form or structure more perfect, more elegant, more grand and commanding!”

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## CHAPTER XIII.

### ON THE PROVINCE OF THE NURSE.

When we attempt to lay down rules for that which we do not understand, we only expose ourselves to the contempt and ridicule of the wiser part of mankind.

THE anxious mother, when she consults “*The Good Nurse*,” may very possibly feel some surprise and disappointment at not finding any directions given respecting the treatment of those diseases incident to infants and children. Let her recollect, that to prescribe proper remedies for disease of any kind, is the province of the medical at-



tendant, and not that of the nurse. Her province extends no further than the exercise of judicious care over either the patient or the infant, and the management of the sick chamber or the nursery,—strictly following the orders of either the mother or the medical attendant.

The mother of good understanding will never allow her child, upon an attack of sickness, to take any nostrum which an ignorant attendant in the nursery has the presumption to recommend; neither will she venture to prescribe a remedy herself, further than those simple means usually resorted to on being seized with a cold: if they do not succeed, then no time should be lost in sending for the medical attendant. The sufferings and sickness from those diseases to which children are incident, form a great portion of that anxiety which every mother has to endure, and which is often exceedingly augmented by her attempting to prescribe a remedy herself. The same complaint, bearing a different character in each child, precludes the possibility of any one but the



medical practitioner forming a right judgment of the case ; for although the features of the disease may not vary, yet the constitution and strength of the child may require a very different treatment : this plainly points out the danger of the mother attempting to prescribe a remedy herself. The folly and mischief of persons resorting to remedies, when they neither understand the disease nor are qualified for the important office of administering medicine, is too obvious to need any illustration.

The first symptoms of these incidental diseases are generally such as are attendant on a severe cold, and may be easily mistaken, in consequence of the fever which is excited in both cases. The indisposition arising from cold is generally considered too unimportant to have much attention paid to it, although the effects of taking cold is daily proved to be the cause of the most alarming and fatal diseases.

On a child being first seized with a feverish complaint,—let it arise from what it may,—the sensible mother will immediately attend to



the state of the bowels : if they are confined, a mild aperient medicine should be given, which ought always to be kept in readiness for such occasions, and obtained from her medical attendant, with proper directions for using it. The diet should be lowered, and consist chiefly of gruel, barley-water, toast and water, and the juice of orange ; and tea may be added, if wished for : care should be observed not to increase the heat of the child by nursing it too near the fire or placing it under heavy bed-clothes. Before the child goes to bed, the feet should be put into a tepid bath ; as the child's being placed in the tepid water for ten minutes would relax the skin, and afford relief by producing a gentle perspiration. In some cases children are affected with heaviness, attended with a chilly feeling, which is always a sure indication of approaching fever. In this case a bath of about 92° should be prepared, and the child remain in it for ten minutes : on being taken out, it should be rubbed effectively, in order to restore the natural warmth, and then put between blankets



in a warm room:—the utmost care must be taken to keep up the warmth of the bath, and on no account to expose the child to a change of temperature. Some warm fluid, such as weak souchong or chicken-tea, should be given. The bowels must be attended to, and likewise the feet, which are generally cold on the attack of disease: after rubbing them, they should be wrapt in new flannel, and a hot brick placed to the soles of them. The first indication of indisposition in infants and children is mostly returning their food; this plainly proves that some unexpected cause interrupts the functions from being performed: when this occurs, nothing should be offered the child but some simple fluid. If children could be prevailed upon to drink freely of luke-warm water, it would be the means of washing the stomach; on its being returned, the offensive matter would be carried off. The organs of taste in children are acutely sensible, which renders it exceedingly difficult to make them swallow medicine. Dr. James's powder has the advantage over most others, as children may be



deceived by mixing it in the jelly of fruit; and its effect is generally successful, when prescribed with medical judgment; but on no account should it be given without medical advice.

Nurses are prone to tempt sick children to take their usual food by offering them sugar\* as a reward for their compliance: this erroneous plan is one among their many mistaken notions. The nurse not being aware of the cause of the child refusing its food, nor that of its being returned, accounts for her anxiety to make it eat; but were she informed that this aversion proceeded from an irritable state of the stomach, which prevents the process of digestion, she would be convinced of the propriety of the child only taking some mild fluid. This propensity however in the nurse, is a powerful reason for the mother giving every attention to the management of the child, by her own personal attendance.

\* Much sugar is exceedingly pernicious to children, as it contributes to increase the quantity of slimy fluids. Every thing for children should be sweetened moderately.



A woman of forty years of age is apt to consider herself efficient to direct, without possessing that knowledge which is indispensably necessary to manage a child in either health or sickness. In that case she may be considered a serious evil, and very difficult to contend with at all times, but more especially when a child is afflicted with disease. From setting up her own opinion in opposition to that of both the mother and the medical attendant, she defeats the wisest arrangements, invariably availing herself of their absence to follow her own superstitious prejudices. A young woman of tender feelings will be far more willing to follow directions, and less likely to counteract orders, and much more desirable for the child to sleep with. "Children should never sleep with nurses who are advanced in years ; it checks their growth, enervates and renders them puny and withered, and essentially prevents the development of their mental and bodily energies." An instance occurred in a family not long since, of a child of five years of age, in perfect and blooming health,



who was taken from the nursery to sleep with an aged grandmother : after some time the child appeared less playful, its energies visibly decreased, and its bloom was exchanged for a sickly paleness. A physician was sent for, who declared himself at a loss to account for the cause which affected the child. On inquiring whether it lay sufficiently warm at night, he was informed of its sleeping with an aged person ; when he requested that it might return to the nurse, who was a healthy subject in the prime of life. The change it produced was soon visible : in the course of some weeks it resumed much of its usual healthy appearance, and the want of energy and playfulness was succeeded by its usual happy flow of spirits.

The practice of giving little children rich cake and pastry with sweets is highly prejudicial :—only one deviation from the rational plan of simple fare has been the cause of much suffering to a child, and great anxiety to its mother. The articles bought at pastry-cooks' shops are, from being of an inferior kind, more destructive than those



made at home, where the composition may be depended upon ; but under the most favourable circumstances they may be considered very unwholesome for children.

Introducing children into the parlour after the dinner is over, leads to their partaking of various sweets, and also drinking wine, both of which are exceedingly detrimental ; and this unhealthy treat is allowed at a time when they should be going to bed. From the preparation for this visit being at a late hour of the nursery arrangements, of course it makes them fractious and uneasy, and nurse is put out of humour from the children being troublesome and fatiguing ; so that the mischief this innovation of the order of the nursery causes, is a general disturbance. The parents are displeased on hearing the next morning nurse's detail of their fretfulness, and of their rest having been interrupted. Did we seriously examine the disastrous circumstances which are frequently occurring, we should find the cause of them originated in ourselves, at least in our own mismanagement.

Before closing this chapter, it may not be



inappropriate to observe, that nurses should be cautioned never to put any thing into the hands of a child, with a view to amuse and keep it quiet, as that may be the cause of doing it an injury. A ring with keys hanging to it is frequently made a toy for the baby : the liability of their being thrown against the face renders them a very improper plaything ; a pincushion is likewise dangerous. The thoughtless nurse does not consider the mischief which may happen, by putting an improper article into the hands of a baby or little child. It is likewise not uncommon for nurse, when she takes the children out for the air, to pluck a flower, or sprig of some shrub, and give it to the baby or little child ; the inclination for putting every thing to the mouth, especially in infants, renders this practice very hazardous\*, lest any part of a

\* A gentleman, known to the family of the writer, walking in his hay-field, plucked a blade of grass and put it between his lips : on speaking to one of the hay-makers it slipped down his throat, when it lodged under a gland ; the part inflamed and brought on mortification, which terminated his life.



leaf should get into the throat, which might prove fatal to the child.

Leather dolls are much to be preferred to wooden ones, as being less heavy and less likely to cause injury from a blow; a wicker rattle for a baby is a safe and simple toy. A basket of pieces of wood, resembling small bricks, made of deal, would be found very amusing to little children: a soft leather ball is always entertaining, and from engaging both hands is very desirable, as well as the exercise of bowling it about. Attention to amuse and please children is the business of the nurse: from their being diverted and entertained, occasions of passion or wrong temper are rarely excited. The woman who possesses maternal tenderness is the only person who can anticipate their wishes and guard them from harm.

If mothers did but reflect on the important duties of their situations,—which religion, as well as nature, calls on them faithfully to discharge,—they would never lose any opportunity of increasing their knowledge of those duties, which their offspring so justly and



powerfully claim for the promotion of their future welfare. Nor is the most attentive care to regulate and improve the mind the least part of their duties, as early impressions are of the highest importance ; never forgetting the adage, “As they first are fashioned, so they always grow.”

Parents have it very much in their power to make the choice, whether their children shall be healthy and fitted for the offices of active and social life ; or, under a pressure of numberless complaints, become a burthen to themselves, and a trouble to all with whom they are connected.

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## CHAPTER XIV.

### ON DENTITION.

Whatever we undertake, we render more valuable by due attention to the time of its being performed. In all situations, neglect involves us in endless perplexity.

CHILDREN nursed with excess of tenderness generally suffer much from teething, and more frequently die in convulsions, than those



who are more hardy, from being allowed the benefit of the air, and a due portion of proper food and exercise, and submitted daily to the free use of water and friction.

Teething is a subject in which mothers are much interested, from the indisposition it generally causes. Children very rarely pass through the process of dentition without suffering from some complaint. We may remark, that it almost invariably begins in the *lower jaw*, in the first or middle teeth, two of which are usually cut first, and afterwards two corresponding ones in the *upper jaw*; and it is often a very considerable time after this before the contiguous ones advance: sometimes indeed it happens, though rarely, that six or eight follow in hasty succession. The four double-teeth usually denominated *grinders*, succeed the eight front teeth; and at the expiration of some weeks, the canine or *dog-teeth* appear; and lastly (of the first teeth), the two corresponding ones in the upper jaw, commonly distinguished by the appellation of *eye-teeth*.

About the seventh year those are shed,



and replaced by a new set; and about the twentieth year or later, appear the two inner grinders called the *teeth of wisdom*. In children who are strong and healthy, this process generally advances in the manner above described. When the teeth are cut early, they press through the gums without much distress; but in children of weak debilitated habits, it goes on with slowness and uncertainty: accordingly, some children cut their teeth what is termed *across*, from their not only appearing first in the upper jaw, but also coming at a distance, instead of being contiguous to each other; and when this happens, it may be considered as an indication of difficult or painful dentition. The ease or difficulty therefore of children cutting their teeth may be in some measure prognosticated, from the circumstance under which the two first may happen to come through the gums; the succeeding ones generally making their way in a corresponding manner,—though to all these general rules there may undoubtedly be some exceptions.

The symptoms which usually precede and



accompany teething, are various in different children : but generally speaking, a child begins first to drivel and slaver much, the gums swell, spread, and become hot ; there is often a circumscribed redness on the cheeks, eruptions on the skin, a lax state of the bowels, with green or pale-coloured stools, starting in the sleep, watching, the thrush fever, difficulty of breathing, and convulsions ; and almost in all cases the infant suddenly shrieks, and puts its fingers into its mouth.

It may be observed that children with florid health, and those whose constitutions are delicate and relaxed, are, though differently, much affected by teething ; the former being liable to acute inflammatory fevers and convulsions, and the latter to slow hectic fever, with atrophy or general wasting.

This account of the process of teething is copied from the writings of a highly respectable medical practitioner, who strongly recommends every possible attention to be given to promote the health of children from the time of their birth, by those methods which most effectually second those grand



invariable laws, which are evident to those who study the general œconomy of the human frame.

Children who live wholly on the breast-milk the first twelvemonth, suffer much less from teething than those who are fed with heavy indigestible food. They are less liable to be attacked with fever, or to be affected with any spasmodic complaint, from being nourished as Nature designed. After that period, it may be desirable for them to take a small quantity of simple beef, mutton, veal, or chicken-tea\*, and light puddings. In the commencement of feeding children, it is very important first to attend to the *quality* of the food which is given, and secondly to the *quantity*; as the health of children greatly depends on strict attention to this point. From a general idea which prevails in the minds of uneducated persons, that in proportion to the quantity of food will be the growth and strength of the infant, most children are over-fed: this erroneous idea is the great

\* See Appendix—for making chicken-tea, &c.



cause of ill-health and disease. From oppressing the stomach with too much food, the first passages become disordered and weakened, and incapable of performing those operations intended by Nature, in a proper manner. The bowels in consequence are made partakers of the mischief, the blood becomes crude, and the whole system is completely deranged. The growth is impeded; and the intellectual faculties being acted upon by repletion, it is not surprising therefore that debility of the system is induced by over-feeding. In adults, by too much thought and intense study, the same effects are produced.

Infants properly nursed,—by which is meant their having enjoyed a sufficient portion of regular and constant exercise, been submitted to the free use of water, either bathing (by simple immersion) or washing, and who have never lost any portion of sleep which nature requires, and have enjoyed a full portion of the external air, when the state of the atmosphere would admit of their



being exposed to it,—are rarely the cause of much anxiety to mothers during the process of dentition.

We are apt to embrace with too much eagerness systems which are suggested by wise and enlightened writers, without sufficiently investigating the principles on which they are founded ; and to adopt them, without any reference to their fitness or co-operation with our former plans. From this cause, the best digested systems come into disrepute ; and we have to blame our own want of judgment for the misapplication of those plans which have been recommended as essentially beneficial, both for ourselves and our children.

Submitting children some portion of every day to the external air is well understood to be an important part of the most approved management. When the indiscriminating mother or nurse, anxious to promote the health of the infant, exposes it to an easterly wind, without any regard to its baneful effects ; this wind, so destructive to infants, young children, and delicate youth, by chilling the



blood in a peculiar manner, is the cause of checking the insensible perspiration, which inevitably produces the most fatal disorders. In spring, the cheering rays of the sun delight and exhilarate not only the human species,—but all nature seems to rejoice, and welcome the return of fine weather. But we are no sooner gladdened by its enlivening influence, than the breath from the unwholesome east checks the delightful feelings it inspired ; when disease, silent and unperceived, undermines the invigorating powers, and we become victims to decay. The tender infant and little child should never be exposed to the dangerous effects of the easterly wind. And the votaries of fashion, who court the lovely bloom of the lily and the rose, should never expose themselves to this destructive wind, from the reasons before assigned. It produces a roughness on the skin, which in some persons even puts on a scaly appearance ; and in others, for want of the superfluous moisture which is intended to be evaporated, or carried off through the pores of the skin, from their being closed by



this chilling blast, becomes a collected mass, and shows itself in blotches, over not only the face, but frequently over the surface of the body.

The plan of loading children with wraps, and then exposing them to inclement weather, is a fatal mistake. We may guard the body from cold, but we cannot guard the lungs from inhaling the poisonous qualities of the easterly blast. Children in consequence are often affected with a difficulty of breathing, and a complaint in the bowels. Youth thinly clothed, with shoes which cannot defend the feet from damp, expose themselves in a thoughtless manner to moist and cold air; the consequences are, inflammation of the lungs, the termination of which is daily exhibited in the pale emaciated objects in consumptive patients.

Children, during the process of dentition, are frequently affected by a slight degree of fever, which makes it particularly necessary to guard them against their being taken out, for the benefit of the air, when the weather is cold, or the wind boisterous. The air of the



house in winter, without the weather happens to be mild, is much to be preferred for infants and little children. In case of the child being feverish, or particularly irritable, a tepid bath is recommended ; also lancing the gum, when the tooth is nearly approaching ;—of this the medical attendant alone can judge.

The mother who neglects the proper and natural care of her infant has nothing to expect but pain and disappointment. If we contrast the neglected being, with the one who has all the operations of nature seconded by wise and judicious care, we shall scarcely believe they were born with a capability of assuming the same lovely appearance. The healthy happy child may be compared to a fine flower, expanding with luxurious beauty, when covered and sparkling with dew on a May morning ; while in addition to these exterior charms, its innocence beams on its intelligent and divine countenance !



## CHAPTER XV.

## ON VACCINE INOCULATION.

To lessen an evil is a noble work ; to prevent one, is the height of human foresight and wisdom.

THE natural small-pox has justly been considered the most formidable of any disease to which either the infant or adult is subject. Every effort that man could devise for its mitigation, has been resorted to for that purpose.

We considered ourselves highly favoured when inoculation was first introduced : the mitigation of such an afflictive and fatal disease was considered an invaluable blessing to mankind. To affix boundaries to the discoveries of wise men, both the present and past ages prove, is utterly impossible: nor is the instance of Dr. Jenner's introduction of vaccination among the least extraordinary of the present day. The operations and qualities of animal and vegetable matter are frequently the means of more than common benefit to mankind. The discovery of vaccination may be considered one of the most remarkable and beneficial that ever occurred ;



and it is important that its salutary effects should be spread throughout the habitable world. The art of inserting the matter is so simple, that any person, however uninformed on the subject of medical science, may be easily instructed in performing this operation. This has given rise to many persons of the most inferior description presuming to practise vaccination. A physician of eminence informed me, that a blacksmith had commenced practising the vaccination of patients.

It is well understood, that on the mode of inserting the matter, added to proper attention to the patient, depends the success of the process of vaccination. When it is rightly performed, and the patient has the advantages of medical judgment during the time of the matter operating on the system, no doubt can be entertained of the security against receiving infection from the natural small-pox.

The advantages of this discovery have been so fully proved, that it seems unnecessary to advance more on the subject than to recommend it, from the opinion of the best



informed medical practitioners; observing to have the operation performed by a qualified person, and not by an *empiric*.

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## CHAPTER XVI.

### THE CONCLUSION.

When we adopt any system or plan, practised by the best informed and most considerate part of mankind, we wisely avail ourselves of their experience.

THE desire of being useful to those who we believe stand in need of our assistance, and who we suppose may receive advantage from our experience, should animate our endeavours, and stimulate our exertions, to afford them all the aid in our power.

It would have been presumption to have offered to the young married woman the recommendations contained in this volume, were not the writer's knowledge guaranteed by having been frequently called to attend upon the sick-bed, as well as by having been the mother of a large family, and constantly devoting the greatest portion of every



day to the care and attention required in rearing her children, and managing her domestic concerns. From closely pursuing these interesting duties, watching with maternal anxiety the daily progress of the growth of the infant and development of its understanding, the authoress is not unsupported by hope, that her observations, from being founded on many years' experience, may prove useful to the young married woman. In the present volume, the subject of the management of the infant does not exceed that period when the child is wholly intrusted to the care of a nurse. It may, she trusts, be satisfactory to those parents who approve of what has been already stated, to know that the subject will be resumed in a work which is now preparing for the press, and which will be published as a sister volume, under the title of "*The Good Housewife*," expressly intended for the benefit of the young married woman on taking possession of her house. An important æra in the life of a female who enters into the marriage state, and who seriously reflects on the duties she is called upon faithfully to discharge ;



when the neglect of these duties not only deprive her of that happiness which is ever attendant on virtuous conduct, but involves her chosen friend in sorrowful disappointment.

“*The Good Housewife*” is intended to give general information for arranging domestic œconomy, with a separate address to each servant; commencing with the housekeeper, and ending with the kitchen-maid; also hints to some of the principal men-servants. These addresses will not only be included in the volume of “*The Good Housewife*,” but the rules for each servant will be published in separate small books, to be given to each domestic as a guide or directory.

Order in all family arrangements constitutes a great portion of the happiness of married persons; and even the want of a key or a corkscrew has thrown a whole family into confusion. Great as are the advantages resulting from order, nevertheless without a mutual wish of making each other happy, by the influential disposition of affectionate condescension, let the order and splendour of the establishment be what it may,—without these endearing and engaging qualities in



each party, home, instead of being the resort of love, of joy, and peace, will wear the appearance of a winter's day, and chill the owners, from being a cold and comfortless retreat.

The volume of "*The Good Housewife*" will be written with a view to lay on the study table; as the matter it will contain may be considered highly interesting to those who are called upon to discharge the conjugal, maternal, and domestic duties. Truth, simplicity and usefulness, will be the leading features in this domestic volume; characteristics which we may presume will insure the approbation of the public, and answer the important design of promoting the general happiness of society.



## APPENDIX.

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### USEFUL INSTRUMENTS AND APPARATUS

*For the Sick and Lying-in Chamber, which may also  
be safely employed in case of sudden Accidents.*

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#### FOR ACCIDENTS.

The Probang and Throat Forceps.—Small Scoop.—Ear Forceps and Syringe.—The Eye Cup and the Loop.—The Safety Tourniquet.—Thorn Pliers.—Tooth Files.

#### SICK CHAMBER.

The Enema Syringe.—Feeding Pot.—The Dispenser.—Tongue Scraper.—Bed Pan.—Urinal (Day and Night).—Stomach and Feet Warmers.

#### LYING-IN CHAMBER, AND CHILDREN.

Nipple Pump.—Nipple Shield and Teats.—Breast Glasses.—Elastic Infant Syringe.—Gum Lancet.—Shedding-Teeth-Forceps, and Physic Spoon.

*For Accidents.*—The Throat Forceps will be advantageously employed when fish bones or pins, or other extraneous substances may have stuck in the



throat in the act of swallowing. When the offending substance cannot be seen, the Probang, dipped in melted butter or sweet-oil, should instantly be employed, as the person might be choked before medical assistance could be obtained. This will push the substance down the throat, or so entangle it in the sponge as frequently to bring it out.

The Small Scoop and the Ear Forceps are useful when substances have been pushed into the ears, which is frequently done by children in play. When insects enter the vestibule of the ear, if they cannot be seen, they may be laid hold of by the forceps. Sweet-oil may be very advantageously poured into the ear, which will destroy the insect without injury to the ear. (On applying any metallic instrument to the ear the chill should be taken off by warm water.) Or the Ear Syringe of Elastic Gum, by means of which a gentle stream of warm water may be injected into the ear, which removes wax also.

The Eye Cup, filled with water, being applied to the eye, and the head held back, the eye-lid should be opened and shut several times ; in this way light substances are frequently washed out. The horse-hair mounted as a loop, and introduced under the upper lid, and the eye then shut ; upon its being withdrawn will very generally remove any thing troublesome from it.

It is not the intention of the authoress to introduce any instruments that require the medical skill and experience of the surgeon ; but as in cases of



extreme danger the application of the Tourniquet to the nearest large artery has often saved a valuable life, which would have been lost before medical assistance could be obtained,—that instrument in its most simple form has been introduced, and a few practical rules laid down for its use.

The large arteries of the extremities are seated in the interior of the thighs, and in the same situation in the arms. The pad of the tourniquet should be placed upon the artery, previous to the twisting the ligature by the turn-stick : in an accident when the blood is rushing from the wound, the tourniquet pad should be applied above the part, and attention paid, as the ligature is twisted, to the state of flow from the wound ; when it is nearly stopped, the turn-stick may be made fast, and the person in this way kept until the arrival of the surgeon.

The Thorn Pliers will be found very serviceable where splinters of wood or thorns have entered the flesh, or under the nails ; from the fine points they are brought to, they will generally extract such substances.—In cases where a carious tooth is broken, great laceration is prevented to the tongue or cheek by the use of the Tooth-file\*.

*The Sick Chamber.*—The Enema Syringe should

\* A gentleman of Kent, from neglecting to file the ragged points of a broken tooth, caused a wound in his tongue which endangered his life. Happily, from the skill and close attention of an eminent surgeon his life was with great difficulty preserved, by removing part of the tongue.



contain about a pint of fluid, yet the piston of the syringe may be so placed as to do for any intermediate quantity ; it should have an elastic conducting tube, and also two or three clyster-pipes in sizes. Care should be taken that the pipe be covered with sweet-oil before it is introduced, and that the clyster is not too much heated.

The Disperser has been found a grateful appendage to the sick chamber, from its diffusing Eau de Cologne, or any other valuable essence, through the apartment, with as little waste as possible. The cork of the bottle containing the fluid being taken out, and the silver rose screwed on the neck of the bottle, the heat of the hand is sufficient, when the bottle is held in an inclined position, to send out small streams, which are expended on the bed-clothes.

The Bed Pan is so well known that little is requisite to be said upon it. One of pewter is to be preferred, as it is less likely to break or be injured ; and it should have a flannel case to it.

Very useful vessels are now made of earthenware and pewter for the local application of warm water to the feet and stomach ; and flannels for fomentations may conveniently be wrung in a coarse net with a turn-stick previous to their application.

The Feeding Pot is made of pewter similar to a teapot, only with a half lid and a widened flat spout. It is very convenient to give broths or gruel to persons who cannot bear an alteration of their posture ; and also to the insane, when their arms are shackled.



The Tongue Scraper is a thin spring or blade of silver, with a handle at each end, so that it may be conveniently bent to enter the mouth, and the fur and slime of the tongue removed, which is often a great luxury and comfort to the invalid.

*Note.*—In cases where an incontinence of urine distresses the patient, an elastic bottle with sponge tied with a tape round the body will often be a considerable alleviation to their sufferings.

*The Lying-in Chamber.*—The Nipple Pump is a safe and useful instrument for drawing the milk. Indeed in many instances it has allowed ladies to suckle their children, who would otherwise have been prevented: it gently draws out the nipple, and clears the apertures from whence the milk flows, and is frequently a great comfort to those who have a redundancy of milk, by the relief it affords. Since the improvement of the Thumb Valve, it can be immediately withdrawn when troublesome.

The Silver Shield and prepared Teats have relieved many mothers who have sore or inflamed nipples, and afforded them the pleasure of suckling their infants: care should be taken to secure the teat to the shield with double thread waxed, and after it is used it should be kept in cold water.

The Breast Glasses or Shells are used by ladies who have a copious supply of milk, to prevent their clothes from deterioration, or themselves from cold.

A small elastic Syringe will be found very con-



venient for giving an infant a clyster, which is much more easily applied than the common apparatus.—

A yellow-ware Slipper.—A Urine Glass.

Any of these instruments may be had of Mr. W. H. Pepys, 22 Poultry.

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### A LIST OF THE ARTICLES

*Required in the Sick and Lying-in Chamber and Nursery.*

A Common Deal Table, for the accommodation of the nurse, whereon she may place the medicines, and the different articles required for the patient.

A Bed Table standing on a pillar, the top part turning on a swivel, which may be raised by a screw. By this means the preparation for any meal or dressing apparatus can be furnished without interrupting the patient. When the patient is ready for a meal, &c. it may be turned on the bed in complete readiness for the meal, and moved off with the same ease. This admirable invention for the convalescent patient is to be had at a turner's in Shepherd's Market, Piccadilly.

A Bed Chair is exceedingly useful in cases of great debility, when the patient may wish to change the position.

A Warming Pan should fasten with a hasp, and have a long tube for the handle : by this means the



sulphurous effluvia from the coals escapes from the aperture at the end of the handle.

A Phosphoric Apparatus for obtaining a light quickly : the match must not be put into the fluid lower than the part described by the chemical preparation of a red appearance.

A Rumford Reading Lamp is very convenient for giving light in the evening ; from having a shade to it, the light will be prevented from offending the patient.

A Low Lamp with a shade, for taking to the bed on the patient requiring attention.

A Chimney Lamp and Water Panakin for the night.

A Phial-stand to prevent an accident from those phials which contain the medicines falling down ; in consequence of which possibly the medicine may be lost at a time when it cannot be replaced.

A Horse with hinges, to stand at the fire for airing the linen of the patient.

A Horse for the towels in use.—A Teakettle.—A small Saucepan and Cover for warming messes for the patient.—A Waste Pan for slops.—A small Basket containing wood, paper, and matches.—Pens, Ink and Paper.—A small Pocket-knife.—A Pair of large Scissars.—A Pair of fine ditto.—A Pair of Nail Nippers.—A common brown Fan.—A Tongue Scraper.—Tooth Brushes.—A Flesh Brush.—A Hair Brush.—A Nail Brush.—A Phial Cork-screw.—A common sized ditto.—A large Pincushion



filled with pins of all sizes.—Bodkins, large and small.—Needles, the same.—Common Tapes of different sizes.—Coarse and fine Threads.—A roll of fine Rag.—Some fine Welsh Flannel for different purposes.—Two pieces of the finest Sponge, denoted by a piece of string which is intended for the feet.—A square of best Windsor Soap.—A square of Curd ditto for nurse to use; and a Wash-hand-basin.—A Foot Bath of yellow ware.—A Chamber Bath.—A small Pair of Bellows.—A Footman, to stand before the fire.—A small Iron Table, in long illness, to be placed in front of the fire, to keep different articles warm.—A Stone Bottle of best Vinegar.

#### LINEN.

A full supply for a change for the patient, likewise for the bed; the latter to be laid between the feather-bed and mattress, to be in readiness.—A Flannel Cloak.—A Bed-gown of ditto.—A Wrapper lined either with flannel or soft silk.—A soft warm half-worn Silk Shawl.—Nurse's night-dress should be made to fit, lined with flannel.—A Pair of Worsted Gloves for nurse to wear at night.—A Pair of fine Fleecy Hosiery for the patient.—A Pair of warm Slippers lined with the same.—A fine Welsh Flannel Waistcoat, to be changed frequently; they are mostly worn too long without washing, which makes them exceedingly unhealthy.—Several Pairs of soft Lambs' Wool Stockings.—A Pair of Scarlet Muffatees for the patient if the weather is severe.—A full supply of



Towels, fine and coarse.—Glass Cloths and Dust-ers.—A well-stuffed Pad, to place on the seat of the night-table and box used in the sick chamber.

#### NOURISHMENT FOR THE PATIENT.

Gruel should be made of the finest Norfolk Groats boiled over a slow fire till the kernel is completely freed from the husk. It should be rubbed through a coarse sieve, adding small quantities of boiling water, in order that it may pass through the sieve more easily. Simple Groat Gruel is considered one of the best breakfasts and suppers that can be taken ; is the most comforting soother of an irritable stomach, and particularly acceptable to the invalid, or the gourmand after a day's work of intemperate feasting ; the addition of a tea-spoonful of Epsom Salts gives it a quality which will assist the principal viscera to get rid of their burthen. Groat Gruel put into milk, one-third gruel and two-thirds milk, well mixed and boiled up together, makes an exquisite breakfast for the adult, as well as the infant or child, and may be eaten with either a small portion of salt or sugar : this mixture is called Milk-porridge ; it may be recommended to all invalids with whom milk does not disagree.—Beef-tea should be made of fresh-killed meat ; the proportion is half a pound of meat well scored, put into a pint of luke-warm water, and boiled twenty minutes ; the least portion of salt may be added : the fat should be taken off before boiling, and when finished, poured through a thick sieve or



cloth.—Mutton and Veal-tea is made in the same manner.—Pearl Barley Gruel:—Take a couple of ounces of pearl barley, wash it clean in cold water, afterwards put it in half a pint of boiling water and let it boil for five minutes; pour off this, and add to it two quarts of boiling water; boil it to two pints and strain it. The above is simple Barley-water: to a quart of this is frequently added two ounces of figs sliced; the same of raisins; half an ounce of liquorice bruised, and a pint of water;—boil it till it is reduced to a quart, and strain.

*Obs.*—These drinks are intended to assuage thirst in ardent fevers and inflammatory disorders; for which a mild diluting liquid is one of the principal remedies.

Beef, Mutton, and Veal-broth made for the sick must not have any vegetables whatever put into it, from their being liable to disagree with the stomach. Minced Meat, when a patient is exceedingly weak, is the best: as the fatigue from masticating the food prevents their taking a sufficient quantity, it may be considered the easiest mode of getting down nourishment. When the patient is weak, the meat should be minced fine, and the meat it consists of should be underdone, and simply warmed up with its own gravy, with a small quantity of salt, and put on a sippet either with or without being toasted, as most agreeable. Butter is very improper for a weak stomach; but if eaten, it should be spread upon toasted bread when cold, but never taken in a liquid



state.—Larks roasted and put upon toast are easy of digestion.—Hares and Partridges the same.—Pheasants are a hard meat, unless kept too long for the invalid.—Inside of a Sirloin of Beef eaten either when roasted or minced, is very nutritious; and Down Mutton is excellent food both for invalids and children.—A boiled Calf's foot makes a nice dinner for the convalescent.—Potatoes should be particularly well boiled, and afterwards mashed, both for the invalid and children.

*Obs.*—This article is very rarely well dressed, in which case it becomes exceedingly indigestible. Most vegetables are flatulent, and should be eaten sparingly by weakly persons and children.

Port Wine mulled is restoring; a glass with a slice of dry toast before dinner would be found cheering. Take a piece of ginger, a few allspice, and the same of cloves, and boil them in a very small quantity of water about ten minutes; add one glass of sound port wine, and sugar to taste; let it boil up, then strain it through a lawn sieve; a little nutmeg may be grated over it if approved.

Egg Wine is both nourishing and pleasant.—Beat the yolk of two eggs, taking away the treddles; mix them with a glass of cold mountain wine; have ready a wine-glass of boiling water; put a glass of mountain wine to it, and boil them up together; then pour it on the mixture of egg and cold wine, instantly returning it quickly into another vessel, continuing changing it till it rises with a fine white froth.



To make Caudle.—Take very thick groat gruel, put one-third of mountain wine that has had the rind of lemon thinly pared and put into the wine a fortnight before it is wanted ; when mixed and sweetened with fine sugar, put it in a nice saucepan and make it hot ; when poured out, grate some nutmeg over it.—This caudle is intended for visitors.

Isinglass dissolved in milk is an excellent restorative either taken warm or cold ; if taken cold, some wine and sugar may be added.

Raspberry Vinegar is particularly grateful in all feverish complaints. The best mode of making it is having the raspberries full ripe and gently pressing them : to a pint of the pure juice put a pint of syrup of best loaf-sugar, boil them together for twenty minutes, skimming them well ; when cold, bottle it and let it be tightly corked ; when wanted for use add the best distilled vinegar to taste. The raspberries will make excellent raspberry-jam, with a portion of pure currant-juice to make up for that which has been taken from them.

Lemonade.—Lemons are most plentiful from November to March. Put a pint of fresh lemon-juice to a pound and three-quarters of loaf-sugar, dissolve it by a gentle heat, scum it till the surface is quite clear, add an ounce of thin cut lemon-peel : let them simmer (very gently) together for a few minutes, and run it through a flannel. When cold, bottle and cork it close, and keep it in a cool place ; any quantity of this syrup put into water to suit the



taste, will make a very excellent cooling liquid in ardent fevers.

#### TEAS.

Souchong tea with a small portion of Hyson, covering the leaves with boiling water. As soon as they begin to unfold, the teapot must be filled up with boiling milk; after standing about five minutes, it should be poured off into another hot teapot. Dr. Fothergill particularly recommended milk-tea for breakfast for weakly persons.

Teas of every kind should not remain longer on the leaves than ten minutes; the water standing too long on the leaves makes it extract into itself the earthy parts of the herb, which renders it an unhealthy beverage.

Orange-tea, made with dried and bruised Seville Orange-peel, in the manner of common tea, and drank with milk and sugar, has been taken by nervous and dyspeptic patients with great success.

Keeping a piece of dried orange-peel in the mouth an hour before dinner, when the stomach is empty, is very grateful and strengthening to the stomach.

Camomile-tea, which affords a fine bitter, is considered a good stomachic. The best manner of making it is to take six or eight flowers and put them into a teacup not too large, to which may be added two or three cloves, pouring on them boiling water; cover it close, and when quite cold it is ready for drinking. This plan simply extracts the bitter, without any of the earthy part of the plant; instead of which the flowers are commonly put into a tea-



pot, and are not changed till they are mouldy. A teaspoonful of Huxham's Tincture of Bark being added makes a good tonic.

To make Coffee.—Coffee badly made debilitates the stomach : when it is made of the best coffee, in the German Filter, and as much as one ounce and a half for two moderate-sized breakfast cups, it will be strong and perfectly clear ; made in that manner, it is considered a cheering beverage. Coffee is improper with the slightest degree of fever.

Apple-tea is made by pouring boiling water upon roasted apples. If the apples are not sufficiently tart, flavour it with a squeeze of lemon, or sweeten it with lemon syrup, which will make it pleasant to the taste.

Boiling water poured on orange marmalade will produce a very agreeable drink.

Tamarind-tea.—One quart of boiling water upon a quarter of a pound of tamarinds, pouring it off when cold, is an excellent drink, in fevers.

Toast and Water.—The best manner of making it, is toasting a square of bread, cut rather thick, till it is a dark brown, but not burnt ; put it into a jug that has a cover, filling it up with boiling water, letting it stand till cold, and then pour it off.

The sick chamber, among other articles, should be supplied with two sieves, the one a fine lawn strainer, the other coarse hair, to pass gruel and liquids through ; as nothing should ever be given a patient without being strained.—Messes of every kind should be fresh made daily.



## PUDDINGS.

Rice Pudding may be considered the most simple and wholesome pudding that is made. If boiled, the best mode of making it is to take a teacup of rice; after washing it, boil it for twenty minutes in a full-sized saucepan, with plenty of water; then pour it into a sieve, shaking it in order to get rid of the water. Stone a handful of the best raisins and mix them well with the rice, then put it into a clean cloth, which should be kept for that pudding only; as the rice should appear perfectly white. The cloth should be loosely tied, in order to leave room for the rice to swell; let it boil half an hour, putting it into boiling water.

*Obs.*—When this pudding is made for the nursery the plums should be chopped in pieces; as children are apt to give more attention to taking out the plums than in eating the rice. This manner of dressing rice is very nourishing, and never cloy; it should be eaten with fine powdered sugar and fresh butter melted. For children, warm milk instead of butter; white sugar is the lightest on the stomach. Rice simply boiled in milk for half an hour, then sweetened and baked without either eggs or butter, is a good pudding for the invalid and children. It may also be boiled in milk made rather stiff: when cold, put to it a couple of eggs well beat, then tie it up in a cloth and boil it half an hour. These wholesome puddings cannot offend the stomach. Rice



boiled as for a curry is a good standing dish to make a part of the dinner daily, and is much more healthy than eating too many potatoes.

Bread Pudding made light is a pleasant change; flour should never be put into bread pudding, as it makes it heavy.

Flour Pudding.—To make it light, only half the whites of the eggs should be put in, and milk sufficient to make it the thickness of a custard: a pint of milk takes one hour's boiling; the eggs should be well beaten.

Apple Pudding.—Apples put into a very thin crust made of beef suet finely chopped, and mixed well with flour, and then rolled out thin and well boiled,—a piece of lemon-peel added gives an agreeable flavour,—is a wholesome pudding for children.—Stone Fruit puddings are not good for children.

*Obs.*—The simple compound only can agree with the invalid and children; instead of which the stomach is exceedingly injured by the various composition.

Roasted Apples, eaten either with boiled rice or bread, make a nice meal.

*Obs.*—The articles for the sick chamber are most of them the same as for the lying-in chamber, which makes it unnecessary to repeat them.—A smelling-bottle of salts without perfume should always be kept in both of them; and “those who do not object carrying a small bottle of good salts or Eau-de-luce, may, by affording a timely stimulant, be the means of preserving life.”



## NURSERY.

The cradle should be *large*, and the head lined, but without the addition of curtains ; the first mattress should be of hair, the upper one of fine wool ; the pillow of downy feathers well filled ; the covering should consist of a fine blanket, bound round with a broad binding of very fine calico muslin ; the coverlid of fine calico. On placing the child in the cradle, the pillow should be levelled, and a thick soft blanket doubled several times to prevent the mattress being wetted. As the infant advances, a very soft morocco leather to cover the mattress under the flannel is necessary ; as every possible care should be observed to keep the cradle delicately nice. The nurse should be careful in covering the child, to simply lay the clothes lightly over it, leaving the child at full liberty to move about.—The cradle may well be objected to when improperly managed.

It is common for the mattress of the cradle and crib-bed, after having been wetted, to be placed out of doors to dry, and carelessly left out till the dew falls ; in this state they are replaced, when the child is laid upon it without any regard to the danger to which it is unavoidably exposed.

*Obs.* Crib-beds may be considered extremely improper for children : they neither afford warmth nor sufficient space for a child to move with ease ; add to which, young children should never sleep alone. Tent-beds are very objectionable, from the form of



them precluding the possibility of admitting a sufficient portion of air.

**A Box.**—The dimensions about a foot and a half square and one foot and a quarter high. On opening the lid, a mahogany seat raised from the edges, perfectly smooth, with accommodation for the child to sit upon when the bowels are moved. This convenient invention is safe, and prevents any thing which might be unpleasant.

A box of this description, only of a larger size every way, would be found to answer for the accommodation of the patient in the sick and lying-in chamber.

**Washing-stand.**—This Stand should be half a yard high, sufficiently large to hold a wooden bowl to contain a pail of water.

*Obs.* This accommodating washing-stand is convenient to be placed by the side of the nurse when she washes the baby: and when the child is sufficiently advanced, it can stand by the side of it, and dip in its head and shoulders; when nurse, to complete the operation of washing, can take the child in her arms, and place the lower parts in the bowl.

The guard for the fire should be simply one semicircle, with legs sufficiently close to prevent the children from getting conveniently between; but not any lower cross-bar, lest any of the children might raise themselves upon it. A close wire is objectionable, from keeping the fire from the room generally.



As windows are too high for little children to look out, benches might be fixed for them to stand up, with a step if necessary, to prevent them from getting on the chairs for the purpose of looking out to see what passes.

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### RECIPES\*.

#### FOR INFANTS.

If any part of the skin of the infant appears red or tender, let it be washed with the following mixture :—Weak solution of sugar of lead, two grains to an ounce ; one part of distilled vinegar to three parts of water. This mixture should be kept in a phial in a cool place, and the bottle should be shaken up every time it is used.

#### FOR CHILDREN.

Emollient Lavement.—Take of common salt one tea-spoonful, fine olive-oil a table-spoonful, warm water from three to six ounces :—mix them.

#### DUSTING POWDER.

Those parts coming constantly in close contact require to be frequently sponged with tepid water, and afterwards made dry with a soft cloth : when perfectly dry, they should be dusted with equal parts of Fuller's-earth and prepared chalk, tied up in a piece of clear muslin.

\* See Dr. Hamilton on the Diseases of Children.



## DRINK.

Almond Emulsion.—Take of sweet almonds (blanched), four ounces ; refined sugar, two ounces : bruise them well in a marble mortar, and then add by degrees simple cinnamon-water three ounces ; spring water (boiled) a pint and a half, to be added when cold. Dose for children, a table-spoonful occasionally.

Imperial Drink.—Take of cream of tartar, refined sugar, each two drachms ; outer rind of fresh lemon one drachm ; boiling water, one quart : after it is cool, strain off the liquor. Dose for children, a table-spoonful.

Rennet whey is a healthy cooling drink for both invalids and children. It requires to be made with good rennet.

## SPERMACETI MIXTURE.

Mix a drachm and a half of spermaceti with the yolk of an egg ; and having rubbed them well together in a mortar, add by degrees six ounces of distilled common water, of nutmeg syrup and Tolu each two drachms, laudanum forty drops :—three table-spoonsful of which may be taken every two or three hours, or when the after-pains are violent, which it seldom fails to remove.—*Dr. Churchill.*

This recipe is inserted for the information of those ladies who attend to poor women in their lying-in.

It is important to understand that salts taken in a small quantity of water injure the stomach and



bowels.—The pungent thste may be taken off by an infusion of lemon juice.

A safe and effectual remedy for a Cold.—If the following plan were resorted to on the first attack, it would be the means of preventing serious mischief, which frequently is the cause of the most fatal diseases.—On going to bed put the feet into a pail of warm water; from the depth of the vessel it is more beneficial than a foot-bath; take a mild aperient medicine, and afterwards a copious draught of water-gruel, barley-water, or white wine whey. Sleep in flannel sheets instead of going into a heated bed. If the symptoms are not subsided in the morning, continue in bed, also taking freely of any of the above fluids or common tea : in case of this plan not succeeding, lose no time in sending for medical advice.

THE END.



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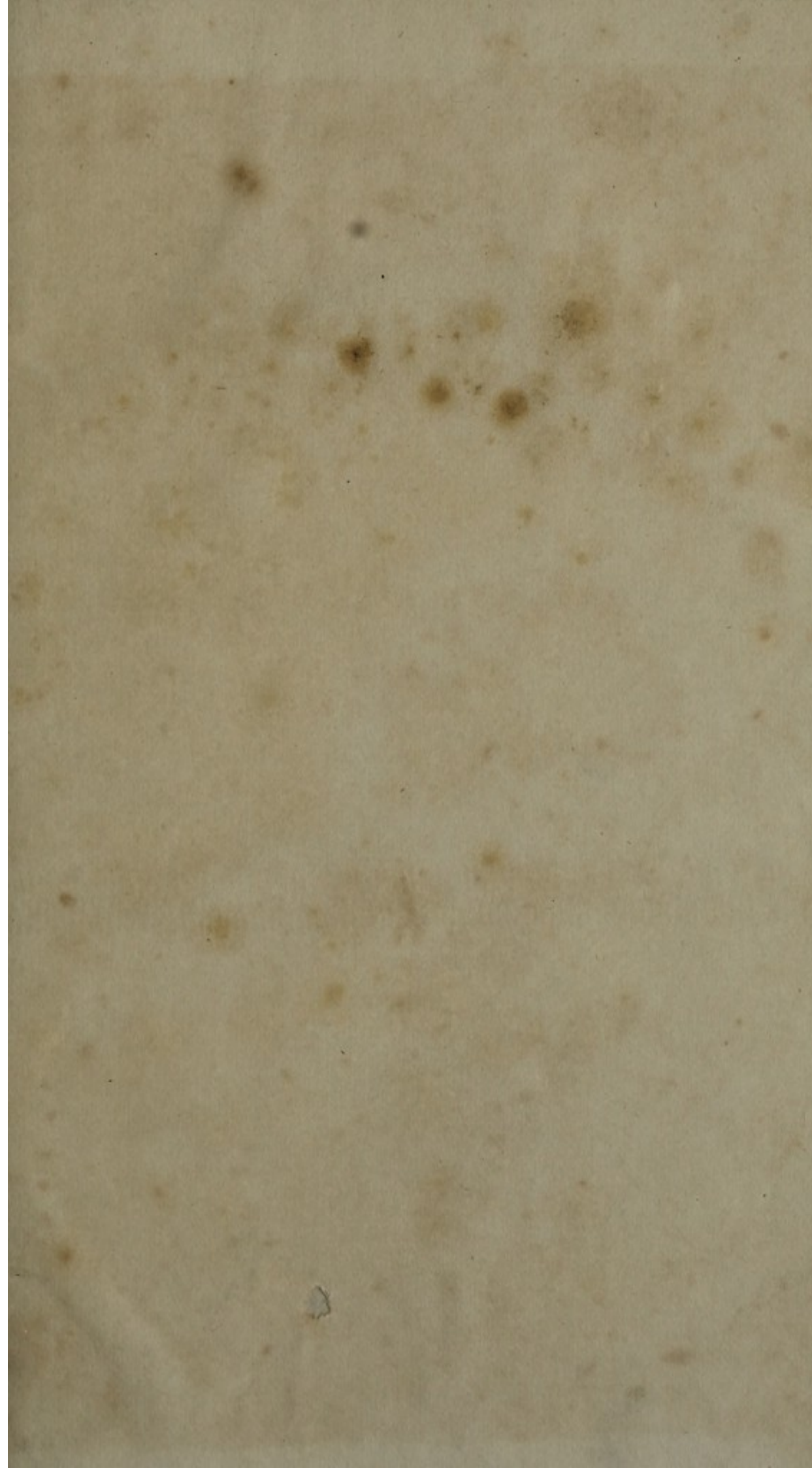
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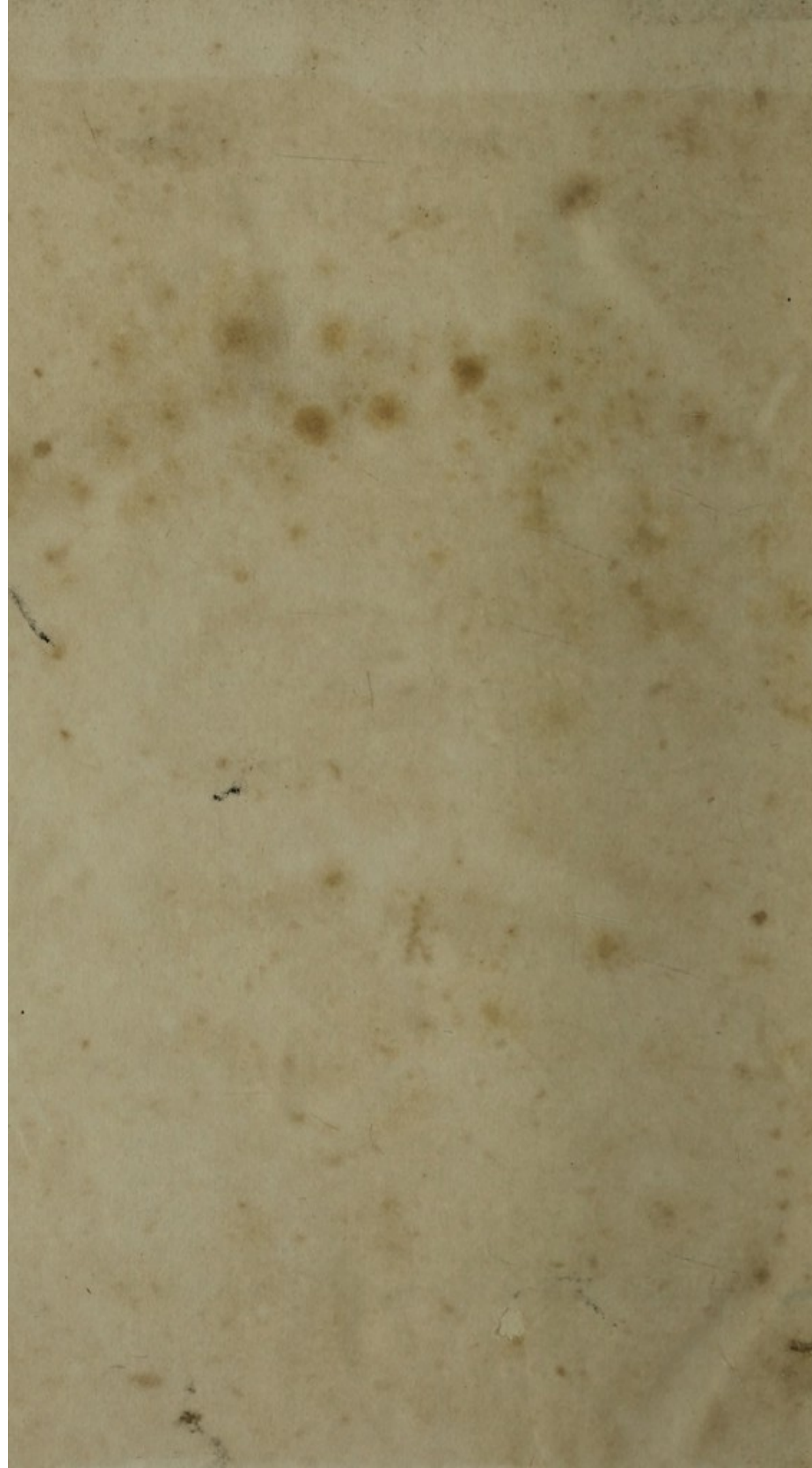
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Henry and

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