

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

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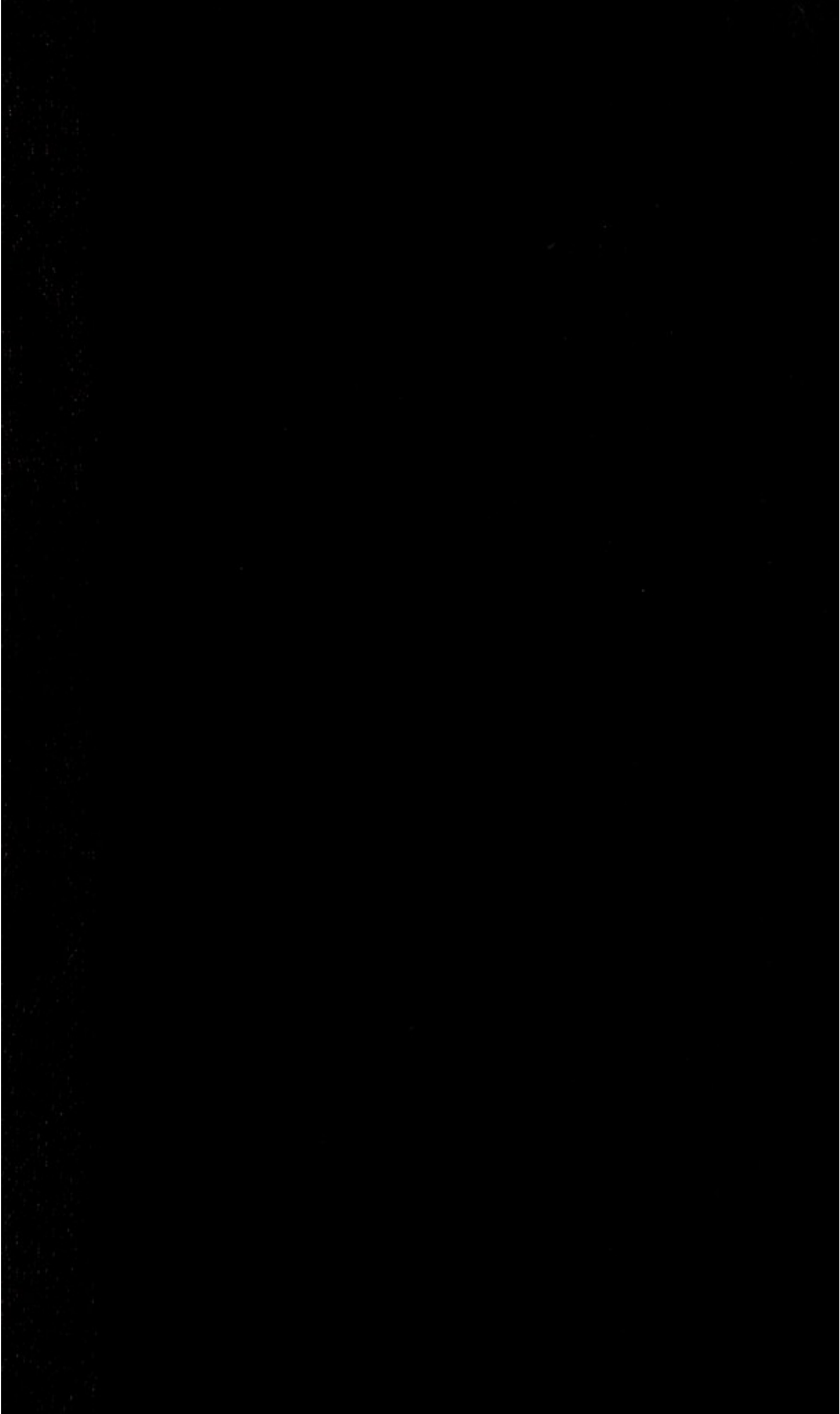
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By M<sup>rs</sup> Hanbury.

6

**THE GOOD NURSE.**

THE GOOD NURSE

CHITTY

OF THE MANAGEMENT

SICK AND INFIRM CHAMBER

THE NURSE

THE GOOD NURSE

AND THE NURSE

Printed by W. Phillips, 11, Old Bond Street, London.

LONDON:

PRINTED FOR S. BARNETT, 25, OLD BOND STREET

AND W. PHILLIPS, 11, OLD BOND STREET

1835

# THE GOOD NURSE;

OR,

## HINTS

ON THE MANAGEMENT

OF THE

SICK AND LYING-IN CHAMBER,

AND

THE NURSERY.



DEDICATED, BY PERMISSION,

TO

MRS. PRISCILLA WAKEFIELD.

---

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

---

LONDON:

PRINTED FOR S. PROWETT, 23 OLD BOND-STREET;

AND W. PHILLIPS, GEORGE-YARD, LOMBARD-STREET.

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1825.

THE GOOD NURSE;

OR,

HINTS

ON THE MANAGEMENT

MRS PRISCILLA WAKEFIELD,

OF THE

SICK AND LYING-IN CHAMBER,



MRS PRISCILLA WAKEFIELD,

PRINTED BY RICHARD TAYLOR,

SHOE-LANE, LONDON.

1828

TO

MRS. PRISCILLA WAKEFIELD,

AUTHOR OF "MENTAL IMPROVEMENT," &c.

MADAM,

*THE encouragement I have received from your approbation of my plan, of putting in form for the press my long experience of the Sick and Lying-in Chamber, has induced my making the attempt: should it answer the great end designed, that of mitigating the pains and sufferings occasioned from extreme disease, and preventing mischief in the Lying-in Chamber, by adopting a reasonable plan, I shall feel fully rewarded for the trouble I have taken, and consider myself as one among the many whom your advice has gladdened;—for, believe me, I consider our highest happiness to consist in doing good, and being useful to others.*

*You, Madam, have incontestably proved this truth more extensively and unequivocally than most women of the age.*

*Your projection of the plan for the savings bank, which is now become so great a national benefit, will ever claim the gratitude of your country; as well as the suggestion for relieving poor lying-in women at their own homes.*

*Your fostering hand has comforted the afflicted, lessened and softened the sufferings occasioned from age; and what I consider as, if possible, more extensively useful to society, you have devoted not only your time, but your extraordinary talents, to the improvement and cultivation of the human mind. Your two sons, the younger now an eminent counsel, are indebted to you for their early Greek and Latin. And although the higher classes have immediately engaged your pen in their service, nevertheless the poor child has not been overlooked: you have presided over the school of industry at Tottenham, Middlesex, where you resided; and the place of your birth has presented you with an honourable public testimony for your devotion and services for many years to*

*the poor of that extensive parish. The knowledge you have imparted to their tender minds constitutes the happiness of a nation, by rendering every member of the state capable of the noblest enjoyment,—that of doing their duty in the situations in which they are placed.*

*The Almighty has blest you with long life, that, I trust, you might enjoy the great privilege of witnessing the happy effects of your labour. Your sun is now setting in a cloudless sky, irradiated with the splendour arising from the diffusion of good to thousands: and I have no doubt but that the time will arrive when the name of Mrs. Wakefield will be lisped by the infant whose mother has been supported and comforted by her benevolence.*

*I am, Madam,*

*With sincere regard,*

*Your attached and affectionate friend,*

**THE AUTHOR.**

the poor of that extensive parish. The knave-  
 ledge you have imparted to their tender minds  
 constitutes the happiness of a nation, by ren-  
 dering every member of the state capable of the  
 highest exertions. I trust, that I shall find you  
 in the situation in which they are placed.

The Almighty has bestow'd upon you a long life,  
 that I trust, you might enjoy the great privi-  
 lege of witnessing the happy effects of your  
 labours. I am, Sir, your most obedient servant,  
 and I am, Sir, your most affectionate friend.

THE AUTHOR

to convey the best mode of conducting  
 the sick and lying-in chamber for the  
 is attended with more success than  
 quantities than the most of the

## ADVERTISEMENT.

IF books were to be estimated by their bulk, this would have but a very slender claim upon the public: 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 domestic work is intended to convey the best mode of conducting the sick and lying-in chamber; as nothing is attended with more serious consequences than the want of this necessary

information on subjects so materially connected with our happiness.

Every treatise on disease that I have as yet seen, has been deficient on this particular point. It is in vain for the physician to prescribe medicine, unless his advice may be carried into effect by a capable judicious person, one who will exercise strict principle and good sense in the various attentions required in the sick and lying-in chamber, which, I think I may say with truth, are nearly co-equal in value with the medicine itself.

The minutiae of the sick and lying-in chamber may not have been considered so far important as to claim a place in a medical and scientific work, or the proper arrangement of it so sufficiently understood as to claim the attention or occupy the time of the student, whose mind is intent on more apparently important subjects; yet it cannot be denied that the success of the medicines he orders, must in great

measure depend upon the conduct of the nurse, and her good management of the sick and lying-in room.

I am ready to conclude that the subject is but very imperfectly understood, and that very few heads of families are qualified to *direct* those engaged to perform the business of a nurse. This truth was my first inducement to put my experience in form for the press; and I shall feel myself amply rewarded if it does but answer the intended purpose,—that of giving information to those who stand in need of it.

This humble work is not intended to display talent, or to court the praise of the man of science. If it shall be but the means of lessening the sufferings occasioned by disease, and softening the pains of the sick bed, I ask no other recompense. I shall not affect any style but the most simple and undecorated. I have divided it into chapters for the better accommodation of the reader;

I hope that the sense may not be lost in elegant phrases, or in a multitude of words, but that all who read may understand; and that the meaning may be plain, not only to the inexperienced young married lady, but to the unlettered and untutored reader. With this hope I submit it to the judgement of the public.

I have presumed to dedicate this humble volume to Mrs. Priscilla Wakefield, in whose praise it is not necessary to speak, as her benevolence has been too universally felt to need any encomium. At the same time I beg to present it to the notice of the married ladies of Great Britain, hoping it may prove a useful appendage to their medical closet.

Should this domestic volume meet with the approbation of the ladies, I propose sending to the press a sister volume, addressing the young married women on the advantage of order in all family arrangements, with the best mode of con-

ducting the nursery for infants and young children till six years of age; as well as proper rules to be observed towards servants, and their different employments.

ducting the nursery for infants and young children till six years of age; as well as proper rules to be observed towards servants, and their different employ-

ments. The hospital is situated in the parish of St. Martin's, and is open to all who are desirous of being educated in the art of nursing.

What is the number of pupils? The number of pupils is limited to twenty, and the expense of each is £100 per annum.

For what term is the hospital open? The hospital is open for the term of three years, and the pupils are admitted in the month of January.

What are the regulations of the hospital? The regulations of the hospital are, that the pupils shall be educated in the art of nursing, and shall be bound to attend the hospital for the term of three years.

What are the duties of the pupils? The duties of the pupils are, to attend the hospital for the term of three years, and to be educated in the art of nursing.

Who are the governors of the hospital? The governors of the hospital are, the trustees of the hospital, and the officers of the hospital.

Where is the hospital situated? The hospital is situated in the parish of St. Martin's, in the city of London.

# INTRODUCTION.

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## GENERAL IDEAS ON THE SCIENCE OF GOOD NURSING.

Whatever tends to preserve the order established by nature for the preservation and perfectibility of man and society, is valuable.

PERHAPS there is not any attempt more difficult, or which carries with it less probability of success, than that of endeavouring to convince the ignorant. Those who are really well informed, are conscious of the many defects and weaknesses which every human being is liable to; but the man whose mind has never been cultivated, owing to his limited and confined sense of things is apt to imagine he has little to learn.

This applies with equal force to the person who undertakes the office of nursing the sick and young children.

I have long been convinced that persons who undertake this important charge should be better taught than domestics in general; their employment being of such a nature as not only to require considerable judgement, but strict principle, with an easiness of disposition arising from a good heart;—one that is graced with affection and kindness, added to a patient mild temper; as an irritable nature or constitution is very unsuitable in an attendant on the sick and lying-in chamber, as well as in the nurse who attends on young children.

The science of good nursing I consider to be very imperfectly understood, and that very few heads of families are capable of directing those engaged for the purpose of attending on any one affected with severe disease. It is not uncommon in cases of extreme illness, to see those who ought to fill the place of the most usefulness, either by their exertions or advice, at this momentous crisis to quit the room, from being incapable of witnessing (with firmness) the sufferings with which many are afflicted on the sick bed: from

which cause our tenderest connexions are too often left at the closing scene with unfeeling persons, who frequently are intent upon little else than that of purloining valuable articles of dress, by placing them on the bed, as from custom every thing which is found there (when the spirit has taken its flight) is considered the perquisite of the nurse,—the dying man wanting every possible tenderness and attention to soften the pangs of dissolution. This circumstance is one among many others, of the *great* value of an affectionate friend, one who will not forsake us at this awful moment.

Men should be taught by the conviction of their own senses, that the radical source of comfort must spring from those we *best love*: and if they *forsake* us, when we most stand in need of their assistance and affectionate tenderness, then is the case forlorn indeed!

On some fond breast the parting soul relies,  
Some pious drop the closing eye requires;  
E'en from the tomb the voice of nature cries,  
E'en in our ashes live their wonted fires.

Great, indeed, is the advantage of adopting a right system for the best and surest method of conducting the sick and lying-in chamber, which unequivocally proves the utility for each one to be well informed on subjects which cannot fail to be useful at some time or other to those who possess this knowledge.

It is high time to prove this truth—that right management in the sick and lying-in chamber is of the utmost importance. In the first case, we are to adopt those plans which immediately and effectually tend to lessen disease, as well as the sufferings it occasions. In the latter, I contend, that by reasonable and proper management, generally speaking, all serious illness arising from a circumstance occurring in the course of nature, and which has not any disease attached to it, did not wrong management frequently produce artificial complaints, might be prevented. In the first instance, the improper fashions adopted by the female cannot fail materially to injure the frame, by preventing the wise operations of nature; such as the steel busk worn in the front of

the corset, with the long stay, which is laced as tight as possible, confining the body and hips, leaving no power for the expansion of the frame. These fashions, which I consider highly criminal, especially being adopted in early life, cannot fail of producing mischief. How much is it to be lamented, that mothers do not better manage their daughters, than to admit of plans so destructive to their well being: add to which, the erroneous mode of passing their time must enervate the habit and constitution; such as late hours, crowded theatres, and all the train of fashionable amusements. Were the case otherwise, and young women conducted themselves more rationally, there is no question but the mother would pass through the event of childbirth more safely and with less suffering: and, above all, by establishing reasonable plans in both dress and conduct, the mind would become more enlightened and more feelingly alive to the imperious duties of life.

Dr. Fothergill,—whom I had the pleasure of knowing, and whose great aversion to the giving much medicine I can well recollect,

although it was at a very early period of my life, —observed, that much more might be done by regimen and proper *self-government*, added to rational conduct. Upon his death-bed, his old servant coming to sit by him during the night, he said, “ Well, Morley, thou seest I am very near the close of a long and, I could hope, useful life. I wish I could feel a full assurance that I have never been the means of injuring any one: I fear, with an anxious desire to do good, that I have not fully succeeded.—Physic,” he continued, “admits of much mischief; and not any but a wise practitioner can avoid at all times doing wrong: but could medicine be applied without any error in judgement, it might justly be considered a useful science indeed; but when all the possibilities are admitted, little can be expected, and less depended upon.” This was the opinion of this great and good man: he was one of those who profess with a society called *Friends*; but he would have been an ornament to any sect or profession. His life was marked by its extreme purity; and he was not only the man of science, but

the Christian and the gentleman. Neither was he ever known to descend from the path of wisdom, which shone brighter and brighter to the perfect day. When he made a visit to the sick chamber, he was in the habit of sitting silent by the bed-side; and he would say, "Thou need'st not give thyself the trouble to speak, I see the case." Every action of his life was strongly marked with wisdom; and no one could come in contact with him, who did not feel its powerful effects: and, I may add, his benevolence was equal to his capacious mind, which was not only felt by those who knew him, but extended to all those whose distresses came under his notice.

I trust I shall be excused for introducing this anecdote: but I believe that most persons will agree with me in opinion, that it is always pleasing, and often useful, to call to mind the conduct of those whose lives exhibit a series of actions beneficial to mankind, and whose religion instructs them in their duty to God and good-will to one another. This excellent conduct speaks louder than the preacher, and cannot fail of carrying with

it conviction. Human life may be considered a state of acquirement to every rational being; but at the end of time we shall all find much neglected, and but little attained.

The wise man will every day add to his stock of knowledge; neither will he blush to own that he is often obliged to his poorest neighbour for information on the most common occasions; recollecting the period is hastening, when we shall be called upon to show how we have filled up our time during our pilgrimage on earth—what we have done, as well as what we have neglected. Negative virtue will avail but little, when we have the highest authority to endeavour to attain a state of perfection.

A man who has not any wish to increase his income, may be useful in various ways to the State and the Church, as well as the place where he resides. He may there establish plans for ameliorating the condition of his poor neighbours: he may make the widow and the orphan happy. I esteem a highly medical character, either physician or surgeon, as of the first class of society; neither

do I think any one character exceeds them, except the minister. They are grand and useful professions, and cannot fail to dignify the man who conscientiously discharges their incumbent duties. These gentlemen necessarily come in contact with persons, who, from want of education, imbibe such prejudices as are invariably attached to the uneducated.

These prejudices greatly obscure the power of their minds; add to which, it is too often the case that they want those *principles* which teach every man his duty. When we reflect on the important business of the physician or the surgeon, it fills the mind with concern, that after many years of study and practice, the vehicle through which their knowledge is conveyed, is a channel so little to be depended upon, that no wise man can rely upon that success which he might reasonably hope for.

I shall very possibly be charged with presumption, in endeavouring to inform a class of persons who stand so much in need of improvement. But the sincere interest which

I feel on the subject is the motive of my present undertaking, which has been flatteringly encouraged by the opinion of an eminent medical gentleman, so that I have at length been induced to give it a form for the press. I could gladly wish my experience were going to be arranged by some one more capable, but one more zealous I believe is not possible.

I have long thought it a circumstance to be lamented, that the character of the professional gentleman is so liable to suffer injury from the ignorant attendant in the sick chamber. Neither can his mind be divested from anxiety at the mischief which possibly might occur from this cause; as it is not unfrequent for the ignorant attendant to take the liberty of acting in direct contradiction to the orders given her, preferring her own opinion, thereby rendering the family very unhappy. Can we suppose any man in such an interesting situation as the physician, more distressingly placed; or, on the other hand, can a more hopeless situation be conceived for the patient. Should I in the smallest degree be the means of relieving both from this painful and

dangerous dilemma, I shall feel exceedingly gratified. And I trust the purity of my motive will place me beyond the reach of censure.

I consider that young women educated in fashionable seminaries have not the opportunity of attaining this useful knowledge, their attention being wholly engaged in the more showy and attractive parts of education. But I am ready to think that the want of this practical knowledge on a subject so highly important, renders the female character, however amiable or otherwise well educated, incompetent to perform the duties of a wife or mother. Useful information is inseparably connected with our happiness: the showy and elegant parts of education are very fascinating, and no doubt are the means of attracting notice and admiration; but a well-regulated and informed mind, with that chastened and corrected temper which is the result of love to God and man, combined with necessary domestic attainments,—which, as Lord Bacon expresses it, “comes home to every man’s business and bosom,”—makes not only the per-

fect character, but produces that happiness which shines with benignity on all around us.

I by no means disparage the value of refined accomplishments; I admire and honour the person who possesses them; but they have their place. Nevertheless, they alone will not constitute the comfort of the man of rank, whose home is often rendered miserable for want of a due sense in his endeared companion of those imperious duties belonging to every married woman.

Some men have an opinion, that a lady highly accomplished is unequal to the management of her domestic concerns. The late celebrated Mrs. Knowles prettily and wisely observes,

Don't think me less fitted for doing my duty,  
For knowing its order, its use, and its beauty.

If, when a man returns from the senate or business, he finds his castle all confusion and misery, can any charms make amends for this cruel disappointment, to say nothing of the distress occasioned by sickness? When that attacks any member of a family, how deplorable is it to find the female head *defi-*

*cient* in that knowledge which enables her to project plans beneficial to the persons afflicted. But the female who is properly informed in this as well as every other domestic subject, is raised in the estimation of her husband and friends : they look up to her as a being of a superior order, and she feels a happiness equal to that which she dispenses around her.

Let the amiable female, then, endeavour after those acquirements which are becoming the dignity of an intelligent being, created and redeemed for ETERNAL HAPPINESS.

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Let the amiable female, then, endeavour  
 after those acquisitions which are becoming  
 the dignity of an intelligent being, created  
 and redeemed for eternal happiness.

The following is a list of the works which  
 have been consulted in the preparation of this

work.

To the Editor of the *Female Review*.

My Dear Madam,

I have the pleasure to inform you that  
 your copy of the *Female Review* is now  
 ready for the press.

I am, Madam, your obedient servant,

W. G. B. B.

CHAPTER I.

OF THE NATURE AND EXTENT OF THE  
 FEMALE SUFFERINGS IN GREAT BRITAIN.

SECTION I.

OF THE CAUSES WHICH PRODUCE  
 THESE SUFFERINGS.

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**THE GOOD NURSE.**

# LIST

## THE MANAGEMENT

### SICK AND DYING CHILDREN

#### CHAPTER I

## THE GOOD NURSE

THE NURSE is a person who is entrusted with the care of the sick and dying. It is a position of great responsibility and one which requires the highest qualifications. The nurse must be kind, patient, and self-sacrificing. She must be able to give comfort and support to the patient in his time of need. The nurse must also be able to observe and report to the physician the progress of the patient's illness. The nurse is the link between the patient and the physician, and it is her duty to see that the patient receives the best possible care.

H I N T S  
FOR  
THE MANAGEMENT  
OF THE  
SICK AND LYING-IN CHAMBER.

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CHAPTER I.

TO THE PHYSICIAN.

Praise undeserved is censure in disguise.

**CENSURE** is a tax that every great man must pay to the public, and I may add that every man of science must do the same. The higher our rank, the more we are distinguished, of course the more we are exposed to this unavoidable evil. Many characters would pass unobserved were they not placed in such elevated situations. When we suffer censure from a wise and good man, we receive it as the consequence of some defect

which alarms the mind ; we feel the force of it, and from the exercise of our reason we are convinced of the truth as well as the advantage resulting from the information, as it enables us to correct a failing, which possibly we were not aware of until that moment, and which from habit might have been adopted and overlooked. But when a man of science is censured from coming in contact with an ignorant and uninformed person, he feels the injury ; and although he may look down on the censurer with contempt, nevertheless that injury may extend far beyond his calculation. The fact is, that few are so insignificant but at least they may do mischief, with little capacity to do good. This consideration ought to convince us that no talent or endowment can ensure any one, however high, from this mortification. The good Lindley Murray observes, that the man who detracts from the character of any individual, is more deserving of suffering death than the man who stops you on the highway and takes from you your watch. In the latter case the extent of the injury is

known and retrievable; in the former it can neither be ascertained nor retrieved. If you injure any one in the opinion of the public, you are sure that ruin will be the inevitable consequence.

It is not to the honour of humanity, but it is, I fear, a fact, that *too many* persons feel a secret pleasure in oppressing those who stand high for either virtue or science, as if they supposed they were, phoenix-like, to rise from the ashes of those whom they destroyed. But as the medical profession is highly scientific, and as some of its members are by no means so well informed or so gifted with talent as the generality,—owing to the malpractice of such members, all, even the best and greatest, are exposed to the censure of the ignorant and indiscriminating.

To save from unmerited aspersions men depending so entirely upon their reputation, is the object of this work; and also to prove to the heads of families, that many of the errors attributed by them to the medical practitioner, may be more truly placed to the account of their own inability to make a wise

selection of the attendant on the sick chamber. The author has no other view than to improve that portion of the management of the sick room which immediately devolves upon the female, and which does not come within the sphere of the medical attendant.



## CHAPTER II.

ON THE CHOICE OF A NURSE, AND ON THE QUALITIES NECESSARY TO MAKE HER AN ACCEPTABLE PERSON.

To fit the niche that we 're design'd to fill.

THE great perfection in every description of person is to be qualified for what they engage to perform. Characters of equality as regards their respectability are more or less desirable, as they possess capability to discharge the business they undertake. A woman accustomed to tuition would find herself greatly at a loss in the sick chamber. All persons require a talent for what they intend to pur-

sue. Without this natural inclination, we are incapable of discharging the duties of our situation. The first quality in a nurse should be strict principle joined to good common sense, unbiassed by low prejudices and ignorant superstition, which I must observe are common failings among uneducated persons. When we recollect that a Johnson was affected by their gloomy and unreasonable influence, can we be surprised that those so far his inferiors should be apt to adopt this strange and unnatural turn of mind? For my own part, I conclude that this weakness originated from romance. The first impression is lost; nevertheless the wondrous tale remains, and is very destructive in many cases, and in none more so than in the sick and lying-in chamber, and the nursery. A crow flying across the window, or the cat sitting with her back to the fire, is considered an ill omen, and as a prelude to some misfortune.

The mind thus affected expresses all the feelings this impression occasions. They are too violent to be repressed; and, let the pa-

tient be ever so dangerously ill, nurse immediately makes the observation without reserve. Gay's fable of the Farmer's Wife and the Raven is admirably descriptive of this character. We have no means to avoid making choice of a person with this infirmity; we can only engage one who comes *well recommended*. I may here observe, it would be satisfactory if nurses were to have certificates of their conduct and abilities from the families they have served. It would save trouble and give confidence to their employer; and, above all, make them cautious of their behaviour.

My choice of a nurse would be, a middle-sized woman, not lusty, but sufficiently in good case to give an assurance that she was not of a fretful temper—healthy and with good teeth, as the person attendant on the sick and infants comes in close contact with both. It is a point of consequence that her breath should not be offensive; neither should she take snuff—that is very objectionable indeed; plain in her dress, but particularly neat and cleanly; no trimmings or curls—they are

troublesome and unbecoming. Nurses cannot command their time; therefore it is a *strong* reason against their requiring much leisure for dressing. The sick are not to be made to wait, neither is the infant to lie screaming in the cradle while nurse is adjusting her hair. Young children express their feelings violently if they do not quickly obtain what they want; neither can any management prevent it till the moment arrives when they can understand the tone of displeasure, or the endearments of affection. They soon express being pleased with a tender and soothing mode of speaking, and will early smile at their mother or nurse; but by being spoken to sharply, the little mouth is instantly lowered at the corners, the bosom swells, and they soon burst into tears. This mode of speaking should never be practised; it is a species of tyranny that is excessively cruel.

I would recommend to avoid having for either situation a nurse advanced in age; she cannot be equal to the various exertions, and the infant should never sleep or be much

with an aged person : the latter is nourished, and the young one rendered sickly.

When a woman has passed a long life of service, I think there ought to be a public provision prepared for her as a refuge for her old age. I would gladly see alms-houses established for some, and pensions for others. When persons have passed their lives in being useful to others, it is *hard* that they should die neglected and forgotten, and that their former services should be buried in oblivion.

I believe, as far as the exterior, I have fully described what I approve: in respect to their qualifications, they are not so easily depicted. I consider that a nurse should have a talent for her business. It is beyond a doubt that many persons are born with strong propensities : you hear of lads that will persist in going to sea ; others intended for the sea prefer the Bar. What can we say to those attachments, when those who possess them know nothing of the mode of life they wish to obtain ? Nevertheless, I am led to doubt whether any man succeeds as well as the *one* who feels this anxiety for any particular

calling or profession. This propensity exists *more in men than women*; the objects of pursuit are certainly more decided in the one than in the other. It is not unusual to see the female character possessing great capability, great versatility, and *more energy*, than we find generally in men. I have not any doubt that most men would find themselves unequal to the attendance on the pains and sufferings occasioned by severe disease.

A widow or married woman is best calculated for the employment of a nurse. Those who have been mothers feel more tenderly, their affections having been more called into action than those of the single woman. Now I conceive that a nurse who is a nurse from choice, will fill her post better than one who follows the employment without any attachment to it. It is *arduous* and *laborious*, and trying to the feeling mind to witness the sufferings of persons oppressed by extreme illness. The attendant on the sick requires a steady powerful mind, combined with cheerfulness; a poor spiritless woman would be apt to quit the room in the moment of exi-

gency, whereas the other character would exert every nerve for the benefit of the patient whom she has engaged to serve.

Persons who are afflicted are apt to be peevish; nurse must be calm and persevering, and endeavour to soothe that peevishness by gentleness and uniform kindness, rather than retort the bitter invectives, which should always be attributed to the complaint and not to the patient. There are nurses whose attention and kindness to their patients exceed all rules that can be laid down for their guidance: to meet with such, is an invaluable acquisition.

Near connexions, if ever so kindly disposed, are from their feelings rendered often incapable of being actively useful; add to which, few have the ability to be so: but it is highly necessary that every woman should understand the theory well, to enable her to *direct* or to make a *proper* choice.

The mind painfully impressed soon affects the frame: I have seen a person paralysed in a moment; joy and grief in extreme soon destroy our tranquillity, and therefore it is

that a near relative, from being deeply afflicted, is rendered incapable of taking an active part in the sick chamber. This proves the necessity of making a prudent choice of a nurse; and when that happens to be the case, it is a source of great comfort to an afflicted family; and when they feel full confidence in the medical attendant, so far all is done.

If nurse's plan is a good one, it is best not to interrupt her; but, on the contrary, no ceremony should be used, but a firmness of conduct on the part of the family. Let nurse be kindly cared for; night watchings with constant care and anxiety require much consideration; a dish of strong coffee should be brought to her the first thing in the morning; a glass of wine should be given as the occasion may require; and a little brandy when any thing occurs which affects the bystander, and on moving a patient in an infectious disease, or on opening a broken limb. Infection is taken in a moment; I recommend one ounce of best bark to be put into a quart of spring water, the rind of a Seville orange,

and a quarter of a pint of good brandy, shaking it well and taking a glass frequently. It is wisely applied in the sick chamber when infection is at all to be apprehended; and although our attention may be almost entirely taken up with our patient, nevertheless it is our imperious duty to pay a proper regard to self-preservation.

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### CHAPTER III.

#### TO THE NURSE OF THE SICK CHAMBER.

The practice of actions which are useful to the individual and to society renders us more or less valuable; and in proportion to such actions we rise in the scale of existence, let our calling be what it may.

I TAKE this opportunity of addressing a few lines to those who are engaged in the employment of nursing the sick and young children, considering that they fill no mean place in society. On *their good conduct* the happiness of the afflicted and the helpless

depends. The business of a nurse is generally undertaken with the same indifference as that of the woman who engages to dress your dinner; whereas the objects of a nurse's care are of the highest value, and the neglect of one kind attention may prove ruinous to the peace of a whole family.

I lament that mothers do not educate their daughters for this express employment, letting them go out very early into respectable families in the middle classes of society, who would take the trouble of instructing them in the useful parts of the business.

I consider that many of you who are well disposed, enter into the employ with very little knowledge of what you engage to perform; both situations require strict principle. A sick-nurse has many painful offices to perform, and many trying scenes to pass through. Let me recommend to you not to enter on this employment unless you can patiently bear confinement, as well as the fretfulness occasioned by pain. In children you expect, with all their dear engaging ways, to have nothing requiring patience: but it is far different;

very young children are occasionally fatiguing and tiresome: much fatigue is apt to affect the temper; but this should be carefully guarded against.

The child's nurse I hope will be uniformly *kind* and *gentle*; by this reasonable behaviour, you will ensure the love of your charge, and the confidence and the respect of its parents. Let me recommend to you never to deceive your employer, to attend strictly to speaking the truth, and never on any occasion to make use of a profane, vulgar, or coarse expression. Self-interest may deter you from striking a child, lest you should lose your situation; but there are many ways of distressing a little child, such as snatching and pushing it, and speaking harshly: but the woman who practises this conduct is not fitted to her office. Children *properly* trained are *obedient*, and nurse should on *her part* be *firm*, but *kind*. This little helpless charge is wholly in your power; to make it unhappy is both cruel and unnatural.

If you adhere to being faithful, you will find it takes from you *great responsibility*.

The mode of your bringing up, does not enable *you* to *form* plans for education for even *little children* who are placed in a superior rank in society: it is impossible for you to form any *right* judgement of what is best for them; what remains for you is to practise mild conduct, never exciting temper. It is nurses' injudicious treatment that occasions children being ill-behaved and passionate. Don't tell them to beat the ground or table if they fall down; this *teaches* them to be *revengeful*. Bring them up in love; let them be instructed in kindness and affectionate behaviour to one another. A nursery of dear children trained after this manner will not only be happy themselves, but their attendant will be so at the same time. If a child meets with an accident, immediately inform your mistress, that every thing may be done that is necessary. Children managed with a rod are always tyrannical; those who are managed by affection are amiable.

Nurse requires a peculiar talent to amuse and manage her charge; she should enter-

tain by showing them pictures, cutting out birds or houses in paper, telling them innocent stories, but avoiding to relate nonsensical tales of ogres, ghosts and goblins. Teach children *truth*, and what they can understand; by these means the little darlings will be happy and amused. Frequently take them on your knee to rest their legs. Little children require nurse to attend, that they do not stand or run about too much to over-fatigue themselves. This necessary care she should consider her duty. A kind heart will teach you many things which can scarcely be mentioned.

Frequently take off the children's shoes and rub their feet; it ought in cold weather to be done several times a day, as also their hands and arms. Never put them to sleep with their shoes on; their feet should be left at liberty, and made warm before they are put into the cradle.

You should be particularly neat and attentive to your person, changing your linen frequently, and using water freely, to prevent any thing unpleasant, or that might interfere

with the health of your charge. You should study to be cheerful, as children are fond of cheerfulness, and as they are apt to be affected by the disposition of those they are much with. I believe you will find that the performance of what I have here set down will give you that satisfaction which no one can deprive you of.

With respect to the duty of those who undertake the care of the sick, I can only recommend to you to practise great tenderness, with a willingness to do what is ordered by the medical attendant and the friends of the sufferer; but so much depends upon your constant care and attention, that no medicine can do good if you neglect your office. Observe never to speak of any thing that is dismal; you should be cheerful and quiet, speak very little, encouraging the patient to stillness: but in case of the patient not sleeping, or being very low, do not leave the bedside; then speaking pleasantly may do good. Do not make the observation, if any thing occurs which you may consider an ill omen; it disturbs the patient, as *recovery depends*

*very much* on the state of the spirits. Should they *sink*, it might be very questionable whether the patient could recover.

Take care to make use of every opportunity to rest yourself. If the patient sleeps, you should put yourself into the easy chair. This is a *reasonable* indulgence, without which you would not be able to go through the fatigue of your business: at all events, never move about when that is the case; leave every thing, as sleep should never be interrupted, and a woman who understands her business will attend strictly to this point.

Don't be out of temper because the family may differ with you in opinion; recollect, you are *expressly employed* to do what the *physician* and *family require*, and not to follow your own plans. Surely the minds of the near relatives should not be made uneasy because you do not like to be dictated to. This is a want of principle; it is your express duty, as well as your interest, to do as you are instructed. Good temper and an obliging behaviour will always ensure you respect: but, above every consideration, it

will bring with it peace at the end of your time, when possibly you may be reduced to the same sad situation.

I sincerely wish that all who are so engaged may be enabled to discharge their duty; it will not matter at the end of time, whether master or servant, each one of us having our respective claims; and the more faithfully we conduct ourselves, the greater will be our happiness both here and hereafter.

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#### CHAPTER IV.

##### ON DECEIVING THE PHYSICIAN.

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

THIS unprincipled conduct I know is frequently practised in the sick chamber; the medicines are put aside, the patient being disgusted either with the smell or taste, and nurse fancies it a part of her business to comply in imposing on the physician by

stating that they have been administered. The same is often practised with respect to their food, indulging the patient with what possibly may be highly improper. This weak and mischievous conduct is very reprehensible.

If a man of talent and education is engaged, from the high opinion the family entertain of his abilities, surely it must be very distressing, should he discover that a system of deception is practised calculated to bring him into disrepute. I am of opinion, if the nurse did her duty, she would adhere most rigidly to the order and plan laid down by the physician; but I must observe that circumstances may change, and a sensible well-informed woman may see cause for differing from the plan proposed for her to follow.

I conceive the cool observation of such a woman may give a greater knowledge of the complaint than can be possibly gained from a short visit from the physician. The one judges from facts; the other, according to the best of his reasoning faculty. I must recommend to the nurse to be very particular in

her account to the physician of any changes which may have taken place in her patient.

*Deceptions* of any kind are *wrong*, and lead to *mischief*, and those whose minds are well principled will not practise this conduct: it is mean, highly criminal, and renders the individual practising it contemptible; but in the sick chamber and the nursery it is reprehensible in the greatest degree. Should any unfortunate mistake happen, or accident take place, let the truth be immediately told; but, with the best intentions, unpleasant circumstances will occur.

It may be necessary for the attendant in the sick chamber to omit giving a medicine, or to repeat the dose, as her best judgement may direct: this proves the advantage of having a judicious person in that situation; but there can be no excuse for her not informing the physician, on the very first opportunity, of what she has done. This is absolutely necessary to support her character, either as an honest woman or a good nurse.

A certain degree of respectful behaviour is due to our superiors; it is the means of

gaining that esteem which those who take improper liberties never can possess. There is a certain propriety of conduct and behaviour that no one should overlook ; and those who have good sense will endeavour all in their power to practise it : that, joined to strict principle, will render the character truly valuable.

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## CHAPTER V.

### ON THE NECESSITY OF THE BETTER REGULATION OF MEDICAL ATTENDANCE.

Right ends and means make wisdom.

WHEN attacked with severe disease, we immediately seek for the best assistance to remedy the evil, and of course apply to a physician, not feeling what we consider *inferior* aid satisfactory. The apothecary must, however, attend, though etiquette does not allow him to give an opinion : yet this apothecary, although perhaps not so highly educated, very

probably possesses natural talents superior to those of his guide : the title of Doctor, however, carries an air of consequence in the sound, supplying a succedaneum for every deficiency. Fortune may have withheld her favours from the poorer son of Æsculapius, in consequence of which he is compelled to place himself in a shop and to vend medicines, paying visits to those who are unable to have what is considered the best medical assistance.

May I inquire what was the chemist intended for, but to supply medicines agreeably to the order of the physician? Instead of which, when a physician is called in, an apothecary in form must attend; and in order to remunerate himself for his time and trouble, he must charge for the medicines at least 100 per cent. more than a chemist would. The physician must keep his carriage, and reside in a house in one of the squares, two circumstances indispensably necessary for an introduction to the *great*. The consequence of all this is, that he charges one guinea on the stones, and more off the stones in proportion to the distance. I contend, it

would be better for society to have a more reasonable plan adopted.

A physician should enter the apartment of the sick *alone*, and not with a *train* of persons, which cannot fail to *alarm* and *irritate* the nerves of the patient. It is dreadful when any one is lying in helpless agony to be disturbed by the entrance of the physician, apothecary, and three or four members of the family, as I have sometimes witnessed, all talking, and upon indifferent subjects *totally foreign* to the one before them,—while the sick man feels agitated, naturally looking upon the physician as a judge who is come to pass sentence upon him. I think this detail will plainly show how disadvantageous this must be to any one extremely ill; but it is a common form adopted from custom, without any reference to the benefit of the person whom they come to visit, at a moment of great and heavy expense, which many can very ill afford, and when *all* that is *wanted* is the *aid* of *one well informed* medical attendant.

I would gladly see the physician acting upon a totally different plan, and that having written his prescription, it should be sent to

the right place, which is the chemist's shop. In this case there would not be any inducement to give a greater quantity of medicine than was absolutely necessary; but in the present state of practice the physician is *compelled* to order that which will *pay* the *apothecary*, or he would not have his future recommendation.

I know this subject has been ably treated by a gentleman who was nearly connected with one of high character in the medical line. It has probably not yet reached the press; but it has been decidedly proved by stronger arguments than mine, that the present plan is a fabrication of mischief. Can it avail for an apothecary to make his visit when he has not the liberty of moving a single step? But yet he must attend as a matter of etiquette. I could gladly see the physician write a conscientious prescription, without any other reference than the welfare of his patient. This would make many happy—this would be adopting a plan of reason and good sense, in opposition to one of mere form and ceremony.

## CHAPTER VI.

## ON THE MANAGEMENT OF THE SICK CHAMBER, COMMENCING WITH THE DUTY OF SELF-PRESERVATION.

That we are happy in exact proportion to the obedience we yield to those laws which nature has established for our preservation.

SELF-PRESERVATION is the first law of nature; that life is long which answers life's great end. We cannot entertain an idea for a moment, that man should intentionally conduct himself contrary to this great and imperious law of *self-preservation*: but it is a truth beyond dispute, that he is constantly at variance with those reasonable plans which alone can be said to tend to his preservation. I am sorry to observe, we are too often the instruments of our own destruction. We rather live to gratify our inclinations, than to follow those plain and simple laws which unequivocally ensure our preservation. Health

is continually infringed upon from our want of proper and rational conduct. Instead of making reason our standard on all occasions, we follow just what gratifies us for the moment, neither weighing causes nor effects. When we contemplate the fashionable mode of passing time, we may rather wonder that health is not quite annihilated from the present organization of society.

The unnatural hour of taking the principal meal, seven o'clock dinners, as well as the time of retiring to rest, which is frequently a late hour in the morning, the dress made up of ligatures and bandages, to say nothing of inventions of steel in order to keep us erect; then the crowded assemblies, the tumultuous theatres, the opera, independent of being exposed to the night air, reeking with perspiration from these crowded apartments, coming immediately in contact with the cold air;—when, added to these positive evils, the *passions* are *unchained*, *overwhelming* every particle of *reason*, we float about in the regions of fashion and folly, forgetful of our rank in the scale of existence, and *totally lost*

to a sense of the *nobility* which is annexed to it. We ought to know how to appreciate the high privileges we are created to enjoy, and forget not that noble Grecian maxim of *Reverence thyself*. Nor is the least of our blessings that of sound health; the absence of it so depresses the energies of the mind, that it renders us incapable of filling the parts intended for us to perform in the great drama.

When the time arrives for each one to 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 *greatly matter* whether we have *faithfully* discharged our duty in the situations in which we have been placed.

When our health is lost, and we are afflicted with any severe disease, we are *then convinced* of the *value* of *that possession* we prized so *lightly*. We may well be overwhelmed when it occurs; the enemy then attacks us with a strong hand; and in all engagements victory being uncertain, *no man*

can enter into *battle* without a *chance* of *falling* in the combat.

When we are surprised by a disease, we are forced to yield; shut out from all the world, deprived of the alluring fascinations of life, suffering acutely from pain—that countenance which once charmed every beholder now sunk in pallid agony—where are we at such a moment to look for comfort? Our only resource is calmly submitting to a fate we cannot avert; and from being convinced of the insufficiency of our power to afford ourselves that *needful* degree of strength to *preserve* our *equality* of mind, we are taught a lesson that every wise man would wish to learn, and that which appears a hydra form is possibly an angel sent on an errand full of love.

A *kind* friend at this moment is invaluable, with a *skilful* medical attendant and an *experienced* nurse. These aids are of the greatest comfort, and tend expressly to self-preservation; neither have we a chance of being restored without them. Let us, then, calmly appreciate our blessings, at the same time

recollecting that we are all placed here for a short uncertain season, and that our enjoyment must be the consequence of pursuing that *reasonable* line of conduct *worthy* the employment of rational beings. If the tenor of our lives is not agreeable to this standard, it may undoubtedly be considered merely beguiling the moments, without leaving any vestiges which the mind can satisfactorily rest upon, or which may be considered as tending to our preservation.

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## CHAPTER VII.

### ON THE MANAGEMENT OF THE SICK CHAMBER, COMMENCING WITH AN ILLNESS.

Yea, though I have walked through the valley of the shadow of death, I will fear no evil.

I ENTER upon this work with feelings of considerable anxiety, being fully aware of the importance of the subject, as well as the necessity of great caution in laying down plans

for administering comfort to those afflicted with severe disease; knowing that in most things reason and experience are our best guides: but in this case we stand in need not only of those sterling aids, but of tenderness and affection, to make us efficient to perform the office of attendant in the sick and lying-in chamber, either to the advantage of the patient or our own satisfaction; and I believe it is a truth beyond dispute, that in whatever we undertake, unless we succeed in our endeavours, we soon become hopeless.

I have frequently been called upon to attend upon the sick chamber, when I have had full opportunity of observing in several instances the advantage resulting from *judicious* management and an accurate perception, being thereby enabled in some measure to judge of the skill of the medical attendant. For instance, I was sent for into the country in a case of extreme inflammatory fever: the first thing, upon entering the room, that arrested my attention was a large bottle of Peruvian bark, and another of laudanum: I was struck with surprise, and after the first

half hour was over, on feeling the patient's pulse, which was 140, I determined to dismiss those medicines; and I sent instantly for another physician, to whom I related the fact: the plan was immediately changed, and Dr. James's powder given in large doses. I had reason to be thankful after the operation of the first powder, which produced the most beneficial effect by profuse perspiration, and relieving the bowels; the patient became somewhat calm and collected, and the pulse lessened. I believe I may say, and that with truth, that had the plan been continued with bark and opium, the patient had not long survived.

Dr. Hamilton, late of Old Broad Street, was called in, when he approved of the propriety of the change. I do not weakly boast of any more ability than mere common sense would dictate; but had I not been gifted with this common sense, the patient had died. His lady, an accomplished woman, having never made the subject of disease one of her inquiry, was not aware of the cruel plan this ignorant practitioner was pursuing. I never

left the room but one night in three weeks, but took occasional rest on a mattress upon the floor. My fatigue was amply repaid by seeing the afflicted sufferer restored to perfect health and his family.

I could enumerate several other instances, but it does not appear to me to be necessary, to prove the advantage, and I may say *extreme value*, of having a *judicious* attendant on the sick and lying-in chamber.

In every case which can happen to us, we cannot expect success unless we pursue a *reasonable* plan. I believe the *cause* of most of our sufferings arises from the want of this rational conduct.

When any one in a family is affected by severe disease, we naturally send for the physician we most approve, and at the same time anxiously endeavour to find a good nurse, one who comes well recommended, and one whom we believe deserving of our confidence. When these points are accomplished to our satisfaction, it gives both relief and comfort to all parties.

When a judicious attendant sees cause to

differ from the medical practitioner, it *becomes her duty* to *inform* him in the first instance of her own opinion, and the reasons upon which it is grounded, and then the family of the patient: this should not be the effect of caprice or whim, but the result of serious thinking, and should be expressed with humility. In all we have to do in the chamber of the sick, we should ever attend to the pointings of duty, as so much depends upon the conduct of a nurse. On the other hand, the *greatest exertions* of the *wisest* man may be *foiled* by a *silly* ignorant woman who is *self-conceited*, and presumes to prefer her own judgement to that of the physician. The business of a nurse places her in a situation of much labour and of great anxiety, and requires a firm steady mind to be able upon all occasions to discharge the duties of her office, always acting upon strict principle.

## CHAPTER VIII.

## ON THE MANAGEMENT OF THE SICK CHAMBER, AND THE INTRODUCTION OF THE ATTENDANT.

Sweet to the soul is the desire accomplished.

IN a moment of distress occasioned by sickness, what can exceed the comfort of meeting with an efficient person to attend on the patient, who from experience as well as principle is capable of filling the situation with advantage to the afflicted sufferer? Those who have never watched over the pains and abasements of a sick bed, cannot possibly form the *least idea* how *deeply interesting* it is to a feeling mind, to know that any one under such depressed circumstances is *dependent* upon *our care*.

I have sat bowed with grief, counting with impatience the hours of night, when I could not reasonably hope the dear object of my solicitude could live to see the morning;

when the silent tear has trickled down my cheek: yet my energy has not failed, but under this distressing situation I have been equal to perform the most painful offices. The comfort I was enabled to give to my patient was a recompense not easily expressed: a tenderness that anticipated every want could not be expected from a hireling; but I believe there are many kind-hearted persons filling this situation, who at the same time may be wanting in judgement.

In situations of deep trial we are apt to be overwhelmed, and from grief are rendered incapable of exertion, or even receiving comfort from those never-failing supports, *hope* and *resignation*. When we cannot avert the dart which wounds the soul, then let us resign ourselves to the stroke with dignity. When we feel any power to gain relief, we are bound to lay hold of the ability afforded us; but nature in these cases is mistress, and will be heard: let us not refuse the aid she bestows upon all; let tears be our relief. When the mind becomes calm, though sorrowful, let us implore that aid which is never

refused to those that ask it of Him “who doth not willingly afflict the children of men.”

Do not, then, suffer the distressed object of your solicitude to be lost for want of your aid: believe me, gentle reader, if there is a balm in Gilead—if there is any thing to soothe the wounded mind when the beloved object may be committed to the silent tomb, it is this reflection, and this alone, which can comfort us, when we feel that we have done our duty, and that we left nothing undone which it was in our power to perform. I will go still further; and I may add, Happy is that mind which feels no *self-reproach*, no recollection of kindness neglected, or of cold indifference in the place of affectionate attention; then we may feel ourselves standing on a *rock* which no storm can assail. Thus far I have described the first effusions of grief, with the remedies we are to apply to.

Having provided ourselves with an attendant, as soon as she has arrived let her take off her bonnet, putting on her shawl and white apron, so that when she is introduced to the sick chamber she may appear

as one of the family. Judge, then, how soothing it must be to see a qualified person approach the bed with an encouraging but gentle tone of voice, making the inquiry how the patient finds himself. This prospect of having a kind attendant animates the invalid; he feels the comfort in idea, and in silent gratitude thanks his kind benefactor for this blessing at the moment when he stands so much in need of assistance. He considers it a favour for which he cannot be too grateful.

|| Nurse, after sitting a few minutes, begs to retire into the next room, there to give her necessary orders, leaving some kind friend during her absence. Nurse sends for the housekeeper, and requests to be supplied as follows:—

|| A white deal table on which to place the different articles; let it be furnished with the proper necessary liquids, plates, basins, spoons, &c., a lamp with a water panikin, in order to keep any thing wanted warm in the night. I would recommend barley water; toast and water, remembering to pour boiling water upon the toast; lemonade; raspberry

vinegar and water, which is both cooling and pleasant; oranges, squeezing them in a glass when wanted, passing the juice through a lawn sieve,—I prefer every kind of drink being strained—it prevents the patient being offended with pieces of skin, or any trifling thing proceeding from the sugar—I prefer fine moist sugar, as being more pure; tea and sugar (souchong tea I consider a very refreshing beverage); a large bottle of vinegar, one of water, and another of brandy, and port wine: although they may not be wanting for the patient, yet they may be very necessary for those attending in the room; a waste pan, towels, glass cloths, change of linen for the patient, the same for the bed; two loose pillows; plenty of pocket-handkerchiefs; a bottle of *salts* without perfume, an *article of much value* in cases of sudden fainting; indeed no person ought to be without one always at hand, as an occasion for wanting a smelling-bottle may occur very unexpectedly; a bottle of the eau de Cologne, paper, pen and ink; a roll of fine rag, the same of flannel; a pin-cushion stuck with pins; a large goose-quill,

in order to place through the key-hole of the door, as a signal when the feather is out that no one is to attempt to enter, as it indicates that the patient is asleep or engaged ; whereas if you lock the door, some person may attempt opening it, and by that means disturb the patient ; also a wooden poker from the handle of a birch broom ; a tub with damp sand for the purpose of throwing under the grate to prevent the noise occasioned by the falling of the cinders ; I would advise burning chiefly coke, as making less noise and giving less light ; a pair of list shoes, a pair of lamb's-wool gloves to wear at night, a flat candlestick with a wax candle and a shade ; matches, phosphoric tinder-box, a large pair of scissors, a fine pair of ditto for snipping a blister, needles and thread, sweet oil, and a pipe and bladder.

Nurse returns to her post with a cheerful countenance ; no *gloomy* looks, no *forebodings*, but enters on her business with pleasing hopes that all will soon be well. The greatest quiet must be observed, no *talking* or *whispering*. When any circumstance oc-

curs requiring consultation, it should take place in another apartment.

I will suppose the illness I am describing to be an inflammatory fever; let nurse supply the patient with drink frequently, as taking liquids freely, cools and dilutes the blood, which of course thickens from the heat. Let the head be placed under the head to raise the patient, that he may take what he drinks the more easily. His best friend retires, feeling great relief and satisfaction at having a qualified person to take the charge of the invalid, one on whom the family may depend. The lady of the house never having witnessed such an awful scene, is aware of her own incapacity; and her own want of knowledge on the subject causes her to feel the value of a respectable nurse.

## CHAPTER IX.

CONTINUATION OF THE MANAGEMENT OF  
THE SICK CHAMBER.

Let us not be weary in well doing, for we shall reap if we faint not.

THE nurse, upon entering a family, when she perceives the mistress of it is incapable of advising, is placed in a situation requiring *great* caution not to assume a power which does not belong to her. Let discretion and a sense of duty teach her not to *presume* upon this circumstance, although she must act independent of her employer from that cause; let her preface her opinion upon any particular mode or plan, by observing that long habit and experience have enabled her to judge of the benefit arising from what she recommends. Indeed a lady, let her rank be what it may, will not be offended under such circumstances, but, aware of her own incapacity, will give way to that experience which is most likely to be serviceable.

I cannot but conclude, I hope not harshly, that the GREAT are educated as if they were beings of a superior order, not subject in common to the same diseases as the poorest mechanic. I lament that they should not be better informed. It seems a strange delusion, but the deception must end, and we must assuredly all pass through the same awful event: the most powerful either from rank or possessions, the most beautiful as well as the most engaging, are equally liable to be afflicted with the meanest individual: this truth proves that we are all subject to sickness and to death equally with our poorest neighbour. The rich and the gay are more depressed by the awful visitor than the poor man, whose enjoyments appear much more limited; but were we to investigate the advantages and the contrary of each, the man who appears blessed with every good which can flatter human pride, has his cares co-equal to his advantages, from which the poor man is exempt.

Nurse having made her arrangements, feels herself comfortably settled, and with

*hope*, the grand stimulus, is now anxiously awaiting the arrival of the physician, the family not less impatient. But let me guard you from considering him *infallible*; remember, he is a being liable to *frailty* and *error* like ourselves. We should endeavour to discriminate and judge, in some degree, of the reasonableness of his plan; at all events, it is easy to be perceived whether the medical attendant appears to act conscientiously; the man who pays his visit as a matter of course, and the physician who is seriously interested in what he undertakes, are two characters widely different, and cannot be considered in the same point of view. I have known a physician whose *vanity* led him to talk of little else than himself; boasting of his engagements, and telling uninteresting anecdotes. Could I possibly place my dependence on his care in a case of urgent distress? By no means: give me the man who speaks little, and that only to the purpose. It is not because a gentleman is a professional character that I am to place in him an implicit confidence, which can only

exist from the propriety of his conduct: for example, if an astronomer come to view Jupiter's satellites were to converse on the newest fashions introduced at the opera, or if a surveyor come to show me the plan of a building were to talk to me of the motion of the planets, is it possible for me to feel any confidence in either of their opinions? It is necessary for the mind to be *immediately* upon the subject of our inquiry, and that it should be withdrawn from every other subject and confined to the *sick chamber* alone.

My criterion, Dr. Fothergill, I can well recollect, spoke *very little* in the sick chamber, but sat silent contemplating the patient; and his serious but amiable and mild deportment was so dignified, that no one could presume to interrupt him. To trifle in cases of life and death, is both cruel and reprehensible to a great degree, and bespeaks the man who acts so inconsiderately, as not fitted to his profession.

The physician arrives, nurse receives her instructions; she begins by darkening the chamber, as light is very exciting; puts the

quill through the lock, and after the medicine is administered sits quietly by the side of her patient. Should the feet be very dry and hot, she sponges them with lukewarm water, placing a flannel in the bed to prevent its becoming damp. By this gentle means the skin becomes relaxed, and the heat of the feet is lessened: this is *one means* of inducing sleep. I apply the sponge in like manner to the hands if very dry and hot; sometimes sleep is produced by passing the hand gently on the back of the patient's, or turning over the leaves of a book in regular time; this monotonous sound lulls; and I have known a patient who for several weeks could procure no sleep until this was resorted to.

If in the absence of fever the feet become cold, and a general chillness prevails, let them be well rubbed, and the hands and arms the same, with eau de Cologne or brandy: bathing the forehead with the same is very reviving. When a patient is suffering from extreme disease, kind attentions are very gratifying and comforting, and nurse should

never leave the side of the bed when any one is very ill. In case of extreme perspiration, I prefer Welsh flannel sheets; indeed in many cases they are very desirable; in cold weather they are very nourishing, and prevent the patient taking a chill,—thus rendering a warming-pan unnecessary, which is certainly unwholesome from the sulphur of the coals. I take this opportunity of recommending a warming pan without any apertures, shutting very close, and fastened with a hasp. Flannel sheets, being made of animal substance, contain a great deal more warmth than linen. I do not consider that flannel is sufficiently used; I am decidedly of opinion that were flannel under-dresses worn, women would be more healthy, and fewer die of consumptions. If, however, the patient objects to the use of flannel, as I recommend, then the next best plan is, after the linen has been well washed, to let it be dried in the air, well shaken, and smoothed with the hand, being in this state far more healthy than linen smoothed with the iron or mangle.

I do not approve of nurse having any of

her meals in the room. Hearing a person masticate is very unpleasant, besides the disagreeable smell of the food : neither do I approve the nurse making tea in the *night* ; boiling the water and rattling the cups is very disturbing. Let nurse make a jug full of tea while at her supper, which can be kept warm and taken at her pleasure.

Night now approaching, let every necessary for the room be brought up at once upon a tray, that the door may not be continually opened. I do not advise drawing the curtains round the bed, but just a yard from the head, as it prevents a free circulation of air, which is of no small importance in health, but *more* especially in time of sickness. Breathing a pure air is highly beneficial, and cannot be enjoyed when confined by the curtains ; in that case we are respiring and inhaling the same air, which cannot fail to be exceedingly prejudicial. It is to be regretted that this is a point scarcely at all attended to, and never properly : the curtains drawn close round the bed, and the chimney-board, are both most unhealthy inventions,

and persons are certain to experience injury from breathing an atmosphere thus deteriorated. Rooms should in all cases be properly ventilated.

If any medicine is directed to be taken the last thing, I recommend its being given an hour before the patient settles for the night, and some light nourishment afterwards. Medicine being taken when the stomach is free from food, is important; if opium, I contend it is the *only* mode for its producing the desired effect. When opium is taken merely to allay *pain*, it matters then to *give* it when *wanted*; but if taken to allay *irritation*, and of course to induce sleep, it should be invariably taken *one hour* before the patient settles for the night, by which means the opium begins to operate, and sleep is produced, at the moment we want it: but when given the last thing, the patient feels disappointed at not perceiving its effects. This increases the patient's anxiety, and this very anxiety acts as an antidote against its being effectual, and instead of promoting sleep, increases what it is intended to allay.

If the beloved companion comes to take leave of her husband for the night, let me entreat of her to talk as little as possible, confining her conversation to the circumstance before her; let no news be detailed, no new images created to disturb the imagination; in fact, nothing which can excite or interest should be mentioned. Any conversation that might occupy the thoughts, or cause an anxious moment, should be carefully avoided; even *pleasant* things are *burthensome* in extreme illness.

When nurse has finished her supper, which should be at an early hour, say nine o'clock, then let the room be left quiet, placing the quill through the lock of the door. If the patient is very ill, I advise one of the servants to sleep in the room, or the adjoining room, as I do not consider it safe for nurse to be left totally without assistance in case of exigency.

If the room is near, let the assistant have a mattress, upon which she may lie down if not wanted. It is important in cases of long sickness to take care of those who are useful.

Let nurse have her night-dress made to fit and lined with flannel, so that she may easily move about and not bundle herself up, which is very inconvenient, and renders her incapable of performing her duty with celerity. Her night-cap, in like manner, should be made to fit, and lined also with flannel, to prevent the necessity of muffling the head in a shawl. I once witnessed a patient greatly alarmed by the shadow of nurse's head upon the wall, which appeared like a small moving mountain.

Nurse should now wear the worsted gloves that were provided for her, that her hands may be warm if she has occasion to move the patient. Before she settles, let her put some barley-water or other drink into the panikin, placing it on the lamp; when it is always ready. Let it be particularly attended to, that nurse should be *relieved* in the course of the *day*, that she may be *enabled* to *watch vigilantly*; for it is cruel and dangerous for nurse to be sleepy when she is the *only* person to be *depended* upon, and equally cruel not to give her a proper portion of rest. Let nurse finally give some little refreshment

to the patient, adjusting the pillow, smoothing the clothes, and making him as comfortable as possible.

Now we will suppose that all is finished, and the family having retired, the patient is left alone with nurse, *they* placing a *full* confidence in her care; then is the time for her to show not only her kindness, but her goodness of heart: then is the time for her to show all her tenderness, and her power to do good, recollecting that "He who seeth in secret will reward her openly, and that she will in no wise lose her reward;" and that if she discharges her duty faithfully, and acts the part of a *friend* as well as that of a *nurse*, she will have a satisfaction that will far exceed all she receives for her trouble; it will be a golden arm to support her weary head when reduced to the same sad situation.

## CHAPTER X.

CONTINUATION ON THE MANAGEMENT OF  
THE SICK CHAMBER.

O gentle sleep! Nature's soft nurse!  
How have I frightened thee,  
That thou no more wilt weigh my eyelids down,  
And steep my senses in forgetfulness!

IF the patient is favoured with sleep even at intervals, it may be considered a great blessing: sleep renovates and restores the strength, which of course must get exhausted by long absence of it. The greatest possible care should be taken not to have a patient disturbed. When nurse perceives her patient inclined to sleep, let every thing give way; never mind what time it may happen: at all times perfect quiet is necessary, but more especially at night. Some nurses will make it very long before they get the room settled; but from the plan of having every thing properly arranged, all goes on orderly.

A patient should never be awakened to

take medicine, as no *medicine* can be so effectual as *sleep*. I have seen, when the physician arrived and the patient was asleep, nurse immediately make some noise in order to rouse him : but this should never be suffered. Sleep is the balm of Gilead of this state of being ; it quiets and comforts us beyond any other rest we can enjoy. It is a cessation from thought, from anxiety, from care ; indeed so highly do I estimate its balmy influence, that I do not conceive any heavier temporary calamity can befall us than a sleepless night ; it increases every malady, both mental and corporeal ; it is unnatural, and should be guarded against as much as is in our power.

I will suppose our patient has been favoured to obtain some sleep—On waking, let medicine be given the first thing ; that is a point I never fail attending to, as having a more beneficial effect when taken on an empty stomach. The first business of the morning is to have the room cleared of every thing which can keep up infection ; and should the room be carpeted, I recommend at the beginning

of an illness having the carpet moved, the woolly and rough surfaces catching and retaining the infectious matter which is continually floating about.

Nurse should have very early a strong dish of coffee: night-watching is very fatiguing, and persons who endure it for any length of time can only do so by *care* and attention to themselves. Indeed, a good nurse is justly entitled to *every kindness* in our power; the value of a nurse who conscientiously discharges her duty, cannot be too highly appreciated. Let the fire-place be cleaned, using a piece of flannel, but no brush, doing all with the hands—wearing a pair of thick leather gloves—no scraping with the shovel; noise of every kind, irritating and disturbing the patient, is liable to do injury.

When the friend or lady of the house is expected, let all be made ready for her reception; the room swept over with a short brush as more convenient, and then washed over with vinegar. All sick rooms are more or less affected from the state of the patient. I recommend to any persons coming into the sick room the first thing in the morning, to take a

crust of bread before they enter; it is very baneful to receive any infected air upon an empty stomach; also great care should be observed not to inhale the breath of the patient. Also, let a small bag with camphor fastened inside the dress be worn: if the fume of some mild tobacco is not unpleasant, it is an excellent antidote to infection. Vinegar should be kept constantly boiling,—the steam impregnates the air with fine antiputrescent vapour. Great as this caution may appear, it is not more than necessary. Let me advise you to be very careful that the patient is not pained with the idea of becoming disagreeable. Illness is very humiliating, and we should carefully avoid depressing the patient.

From the observations I have made in the sick chamber, I have found great benefit arise from keeping alive with hope the expectations of a patient: the animal spirits once sunk, nature has a much more difficult task to overcome the disease she has to encounter. Every face should wear a cheerful aspect, and the tone of voice should be equally encouraging. Superstitious calculation on *days*, such as changing the dress,

or neglecting to do so until the arrival of a particular day or time, is *ridiculous*: but superstition is an attendant on uneducated persons. I would gladly convince them of the fallacy of such prejudices; my only wish is to place the standard of reason in its stead.

I believe few circumstances can affect those suffering under severe disease, more than the sight of those they really love. Judge, then; what an inexpressible pleasure it must give the husband to see an affectionate being approach the bed, one possessing every quality to engage. I recommend the patient taking souchong tea for breakfast; a very small quantity of green may be added, if more agreeable. Never persuade those who are ill to eat; when the powers of digestion are weakened, it is necessary to take food sparingly; most nurses want judgement on this point, and are anxious and pleased to see their patient have a good appetite, unmindful of the danger of this practice: it is no doubt the cause of affecting the head with pain, and producing fever, and many fatal consequences. Temperance, even abstinence,

is necessary in cases of sickness. Regimen in many disorders is of more avail than medicine.

The patient is now to have his bed made. Every family should possess a camp bedstead ; it answers very well for a man servant, and is particularly accommodating in illness. A large sofa will answer extremely well, if the other is not to be procured : after supplying it with plenty of blankets, using the sponges, one for the lower and the other for the upper part of the body, and changing the linen, let him be carefully moved on this bed by his men servants, as women are incapable, owing to their want of strength, of moving any one who may be heavy, without disturbing and perhaps hurting the patient. During all this ceremony, let perfect quiet be observed ; no talking more than is necessary—no long Canterbury tales, but let every thing be done with careful attention to the comfort of the patient.

When this is done, let the clothes be taken off the bed, and, shaking it, leave it to cool ; but I prefer a fresh bed, one that is in use, to be placed in its stead, as the dust is very

offensive. This change will greatly refresh the patient, and should be done as his state may enable him to bear it.

Let the patient, during the time of lying on the sofa, have some nourishment, lest he become exhausted; great care should be taken that nothing is done in a hurry, as accidents are the inevitable consequence. If a blister is to be dressed, let it be done at this time; but never let a blister be moved in less than twenty-four hours, unless it gets creased, and thereby causes unnecessary pain. Be careful in taking it off to leave the loose skin; merely snip it at the bottom, holding a cloth to catch the water, as in cases of great heat it will excoriate the part where it falls.

If an injection is to be given, let it be done in the morning; if the disease is inflammatory, do not put any salt in, as it is too heating and irritating; but in case of lowness and tardy circulation, then a spoonful of salt is proper. More depends upon quantity, and plenty of sweet oil. I recommend an injection of good beef and mutton to be given every morning;—in a state of *weakness* it will be found very nou-

rishing and beneficial. Observe, when giving an injection, to keep the pipe straight towards the back, not filling the bowels too quickly: that is always attended with pain. Let all these matters be managed in a morning after breakfast, leaving nothing to interrupt or disturb the patient's early settlement in the evening.

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## CHAPTER XI.

### CONTINUATION OF THE MANAGEMENT OF THE SICK CHAMBER.

Hope, smiling Hope, shall lead thee on

To perfect the great work begun;

Patience an altar raise,

On which devotion shall arise

Like incense to thy native skies,

The sacrifice of praise.

AFTER every kind of exertion, we naturally feel fatigued, and want repose. The refreshment that a patient feels on being taken out of bed and placed in one particularly nice,

gives such pleasing sensations to the mind as predispose to sleep. While making these changes, let great care be taken lest the patient be over-exerted, and from that cause debility incurred. When thus placed in bed, around which every thing wears a face of comfort, let his best friend come to sit with him while nurse takes her dinner. I caution her not to let her tenderness get the better of her prudence in receiving his breath; this is of very great consequence, for two reasons: the one, its being unnecessary to endanger her own safety; the other, the danger of increasing his illness by the anxiety attendant upon the knowledge of her having caught the contagion.

I knew a lady in my own family whose husband was seized with an ulcerated sore throat; she incautiously received his breath, and thus fell an early victim to the same complaint the day six weeks from that on which she became a bride.

The mind of the patient being cheered, diffuses general renovation. The sick and infirm person should never be irritated, and

every thing should be done for him in the kindest manner. Dr. Falkner observes in an admirable work he published on the Passions, (and which at this moment is out of print, but I hope to see it again restored to the public,) that he believes if patients in many complaints could have objects to view on which the mind could dwell with pleasure, they would gradually tend to lessen disease. When a patient is beginning to recover, he should be daily placed upon the sofa, and each successive day he should remain there for a longer period than the day before. This tends to advance his progress considerably. That, as well as the following points, should be strictly attended to, especially in severe fever: a darkened room, great quiet, strict attention to letting the patient have a free circulation of air, and at the same time aiding those means intended to produce perspiration. These are the leading features of the conduct to be pursued in the management of the sick.

Hot dry skin is almost always occasioned by checking perspiration, which brings on

the disease which we call fever. I knew three brothers who went on the Thames one hot afternoon; rowing very fast, they overheated their blood: when they came to land, they sat down upon the grass, caught violent colds in consequence, and all three died before the year was out. Two of my young friends fell a sacrifice to dancing, coming when very hot in contact with the cold air. When the pores of the skin are so very relaxed, we receive the cold air in greater quantity: our bodies being porous, according to the state of the blood, so is our danger.

Dr. James's powder has a peculiar quality of acting upon the skin, and when given with judgement is a most admirable and safe medicine. I knew him, and I think I may say he was a man of acute practice. When opium is ordered, let a tea-spoonful of sal-volatile be put into some water and drunk after it, as it relaxes the skin and carries off the ill effect of the opium.

When the strength of the disease subsides, leaving the patient in a state of extreme weakness, great caution is required to move

forward with a trembling hand: the first step has been taken—the patient has moved on the sofa—observe, the mouth should be carefully attended to, scraping the tongue, then taking a piece of fine cambric, and with a finger wiping round the gums. As soon as the patient is able, let him frequently use his brush, washing his mouth and gargling his throat.

Every part of the body should be kept *exceedingly* clean; by this means the skin has nothing to obstruct the insensible perspiration.

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## CHAPTER XII.

### CONTINUATION ON THE MANAGEMENT OF THE SICK CHAMBER.

No one has a right to enjoy the good or labour of another, without rendering an equivalent by his own labour.

THE physician arrives, finds the patient progressively recovering, and pursues my plan of coming *alone* into the room. When any

disease quits the frame, it possibly leaves the patient in a state of great lowness; neither can the patient be raised from this state but by degrees, and taking proper stimulants; this requires care and attention. Persons of impatient disposition are not content with being removed from danger, but are then for rapidly advancing. I have seen much mischief from this feeling. Disease returns in a small degree generally towards evening; too much exertion is always attended with danger; we should fear to take liberties, but do the utmost in our power to aid in the cause.

If an apothecary attends, do not let him make his visits too long; it is often done with a good intention, but I highly disapprove it: it matters not *who* talks or excites the patient, it is always to be avoided; neither let any news be brought into the room, nor mention any one coming to the house. All those circumstances act on the patient who is weak. As the invalid begins to recover, let gentle friction be used several times in the course of the day, over every part of the frame, either with the flesh brush

or the hand ; it stands in the place of exercise, and is both refreshing and invigorating.

We may raise the patient up during the day with several pillows, putting over the shoulders a fine flannel cloak, frequently sprinkling the bed with eau de Cologne. If *low*, taking a few drops on a lump of sugar, or a tea-spoonful in the tea, is very reviving. I recommend the use of a bed table, as being particularly accommodating for taking the meals ; and in cases of great weakness and long sickness, a bed chair is very useful. Let the patient be supplied with fruit, and if light nourishment may be given, arrow-root is very agreeable ; a little sago or milk porridge is both simple and healthy. Let nurse attend very strictly to the room being early settled ; few things tend so decidedly to recovery as sleep—it should be cherished as much as possible. It is not uncommon, after the patient has been much exhausted, that he inclines to sleep a great portion of his time : this I conceive to be an effort of nature that *we* should *second*, as being very favourable to recovery.

It happens as some people are getting better that they are exceedingly peevish, fretting at every trifling disappointment: if it is not the natural disposition, do not regard it; it is the effect of the spirits having been long tried. When persons are taken from active life to the confines of the sick bed, it can scarcely be wondered at, when we recollect the great change to which they are reduced.

When a patient is able to bear being loosely dressed in a wrapping gown, then I prefer his lying on the sofa to remaining in bed. He has the advantage of moving about, and being more at liberty without danger of cold: a pair of lambswool stockings may be drawn on, always keeping the feet warm. Let the hair be nicely brushed, and the head rubbed with eau de Cologne. All these attentions are very pleasing; and take especial care when he begins to walk about, that his pleasure is not alloyed by leaving a looking-glass in the room; the sad change in his appearance cannot fail to shock, and may do much harm.

I would recommend a small tea-cupful

of cold chamomile tea, with a tea-spoonful of calcined magnesia (if the state of the bowels require it), every morning about eleven o'clock. Let it be made fresh daily, a few chamomile flowers in a tea-cup standing for not more than ten minutes; all teas should be poured off in that time; most herbs after the water being long upon them yield an acrid quality, and the wholesome and finer qualities are extracted in a few minutes after the boiling water is poured upon them. I presume the patient wears a fine Welsh flannel waistcoat, as one of the best preservatives of health; but I would insist on its being very frequently changed.

When the patient is sufficiently restored to begin to take solid food, I recommend great caution in the *quantity* as well as the quality; light puddings should first be allowed; the appetite after fever is apt to be more than natural, and of course the *attendant* must regulate it; but above all things let her be cautious not to suffer her patient to eat *too much*: this is a failing in most nurses, from thinking this a sign of return-

ing health, and that the improvement of the sick person must be in a ratio proportionate to what he eats. The invalid, however, should always finish with an appetite; and it may be remarked, that *pulping* his food is *very* material.

Eating quietly is most important;—no talking should be suffered during meals, nor should company be admitted, but the meal taken calmly, and after it is over, the patient should *lie down* and take an hour's refreshing sleep, a *recumbent* position being *favourable* to digestion as well as to sleep; but every thing which *disturbs*, prevents digestion. Thus gradually emerging from suffering, we happily improve till we are perfectly restored. If an apothecary attends, let not his visits be too long: it sometimes happens, when they are not pressed for time with other engagements, that they are apt to make long visits with a view to amuse: the intention is kind, but the effect is often very injurious; it matters not *who* excites, it is of the utmost importance to keep the mind as *dormant* as possible. It is apt to be far *too active* when the body is weak; it is the least

*governable part*; I believe it is the *mind* which *impedes* or *accelerates* our recovery; and I am certain it is of great moment to interest it as little as possible.

We may easily suppose, when the head of a family is taken from some interesting pursuit, perhaps one vitally important to those around him; or if the man of rank, when he feels his absence may preclude that advantage which his interest is likely to effect, combined with the fear of separation from those he is tenderly attached to, and of giving up every thing he enjoys,—I say, we may easily suppose that he is too deeply concerned in those things for his mind to be unaffected. A writer of no less renown than the founder of Pennsylvania observes, he thinks it important for us to govern our thoughts, and if those which present are not immediately what we want, to dismiss them; and let the occasion be what it may, after thinking what is to be done, then endeavour to put the ideas quite away from us, retaining nothing on the mind but what is immediately wanting for present use. This

admirable arrangement of our thoughts would have the happiest effect upon us at all times. Mankind would succeed better in all their undertakings, were their thoughts properly marshalled; and in illness we should much sooner recover, were this the case. The mind being crowded with a variety of images accelerates fever, and in many instances is the cause of delirium, and even of insanity.

That which is termed *anxiety* should be cautiously avoided, as a corroding poison which destroys the energies. As such, my advice is, to let no one disturb our minds by much talking, more especially about things which, while they interest, are of no importance. Depend upon it, this quietness of mind is the grand specific to assist us in every difficulty, but more especially when afflicted with sickness.

When the physician pays his visit, he is pleased to find every thing around wearing an aspect of order and comfort; and although the appearance of the invalid is strongly marked with the ravages which severe illness produces on the frame, yet the pulse speaks

loudly that the evil is lessened which caused this mischief, and that the plan may be now changed; the visit is very pleasant to both parties, without any ceremony, partaking more of the nature of a visit from a friend than one of professional necessity. Two persons coming into the room together give a formidable appearance, and tend to alarm the patient by inducing him to imagine that his case is dangerous.

Let nurse raise the patient up as he desires with one or more pillows. I think a small engine might be invented for impregnating the air surrounding the patient with some fine volatile spirit, say the eau de Cologne, which could not fail to be very invigorating and reviving. As the patient becomes restored, I would recommend his being removed after breakfast and laid upon the sofa; it is both cooler and more refreshing. Let every thing which is taken be given moderately warm. As the fever abates, he may take a light bread pudding or a roasted apple; the returning to solid food must be gradual, and managed with proper judgement. I recommend *blanc-*

*mange* jellies, &c. I also particularly recommend rice properly boiled in water until it begins to swell, and then put into a sieve to drain; when dry, spread it on a cloth and put in some jar raisins; it must then be tied moderately tight, and boiled half an hour. This pudding is essentially good for a weak stomach, having nothing in it that can offend, and being particularly light and nourishing.

Every thing that is done for the patient must be executed by almost imperceptible degrees, allowing him to feel his way as he advances towards recovery. Let nurse attend to being particularly nice in her dress, which when disease runs high cannot be so regularly attended to; but order and perfect neatness have the happiest effect on the patient, insensibly cheering him. Let him keep gum arabic frequently in his mouth; and if during any part of the illness the water cannot pass in sufficient quantity, dissolve it in the barley water. Let the room continue quiet, and you may admit more light, but no company; it is very baneful; a patient has

enough to do to attend to himself, for between eating, dressing, sleeping, and changing his situations, he has plenty of employ.

Observe never to admit a nosegay in a sick room: inhaling the odour of flowers when deprived of the common air, is very injurious: some flowers are even dangerous when a room is shut close.

I do not approve of a patient's reading; it fatigues the eyes and head, and should be avoided. As he gets strength, he might be read to from some interesting work; that done occasionally, may amuse when he is so disposed; but it should be in the way of Johnson's Rambler, or the Spectator, that the mind may not have long to dwell upon the same subject. My recommendation is great moderation in every plan connected with the sick chamber.

## CHAPTER XIII.

CONTINUATION ON THE MANAGEMENT OF  
THE SICK CHAMBER.

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

WE have passed through the different stages of an inflammatory disease, and marked down the best mode generally of treating it as far as relates to the business of the nurse; the medicinal arrangement of course belongs to the physician, in which I do not wish to interfere, leaving it in better hands. But widely different should be the treatment of the typhus fever; instead of every thing that is done tending to reduce, we must do now as much to support and raise the patient from a disease, that, if not stimulated by proper applications, must end in DEATH.

A tendency in this fever to putridity makes it important to have the patient supplied freely with wines, and even brandy when the circulation is very languid and the pulse

much lowered. It is necessary for the patient to have a free admission of air, opening the window if the season will admit, using vinegar freely, and in an extreme case washing him all over with brandy, and fomenting the body with a strong infusion of chamomile water and brandy, as much like a bath as possible. A frequent change of linen is important, and the directions already given as to cleanliness should, if possible, in this complaint be more strictly adhered to. Quiet and order are also important. This disorder requires occasionally rousing in a judicious manner; raising the patient in the bed is reviving, and should be attended to, as in all cases of debility, the patient, wanting energy and even power to assist himself, sinks on his pillow. Changing the pillow is refreshing; at the same time be careful not to chill him; neither should the pillow be made hot, or the bed-linen.

I here strongly advise Welsh flannel sheets in all cases where the patient requires invigorating. The feet are invariably cold in this disorder; the circulation being depressed,

it does not reach the extremities: let them be well rubbed, as well as the legs, with flannel, so as to produce warmth; in a case of extreme languor, they should be frequently sponged with brandy; and lay over them, on the outside of the bed, a pillow. It will always give warmth to the feet, and is an easy and certain method of keeping them warm in health as well as sickness.

As soon as the medical attendant will allow it, let the patient be placed in an arm chair and wheeled into another room, fresh pure air being of vital importance to his perfect recovery. Let those who are coming into the room be cautious to take the bark and wine as before recommended; but let those who are impressed with a fear of catching the infection not enter the room, as fear is of such a relaxing nature, that the susceptibility of infection is thereby considerably increased. Inhaling the patient's breath is to be carefully avoided; and observe, the vessel which is used by the patient should never be drunk out of by the rest of the family, nor ever any thing eaten after the pa-

tient. Whatever is removed from the sick chamber should be put into a pail with the lid closely shut down, that it may not communicate contagion. The person who performs those offices should wash her mouth and nose with brandy. I heard a physician say that he knew a gentleman who always dreaded a certain complaint; the fear dwelt so strongly on his mind, that he fell sick of it, and suffered severely; this result was supposed to have been produced from the effect of the imagination. Should not this instruct us, therefore, to govern the imagination with all our power?

## CHAPTER XIV.

### CONTINUATION ON THE MANAGEMENT OF THE SICK CHAMBER.

With sensibility to sit and think,

When touched with local pensiveness, the mind

Improvement in each passing thought may find.

To employ our moments of quiet and retirement in suggesting plans for the advantage of our active hours, is sound wisdom: were this more the case, we should find the great benefit resulting from it; but we too generally act from the impulse of the moment, without due reflection or proper consideration. The patient, I consider, is now emerging from the sufferings of severe illness; to mark the progress of returning health is very interesting to every one concerned; to find the strength gradually improving, and the mind regaining its usual vigour,—this, indeed, is inexpressibly delightful; more especially to those who have

witnessed the many painful hours that must have been passed in such a severe visitation.

Now the prospect of recovery gives fresh energy to those who have been nearly worn out. When the fever has reached its climax, the patient, though almost spent, returns gradually to health. There being no longer any occasion to have recourse to medicines to produce profuse perspiration, we must now by gradual means administer nourishment, and gently adopt a cooler plan, using stimulants very moderately in order to brace and restore the tone of the constitution. I recommend the patient being taken up soon after breakfast; and if the weather is very warm, he may be conveyed in his easy chair into another room, provided the aspect is equally warm. This change in every respect is most salutary. Let every thing be made elegantly neat to receive him, and his dearest friend ready on the happy occasion to welcome this pleasing change. In case of its being winter, it is not possible to admit so soon of quitting the chamber;

but breathing the pure air of a room that is perfectly free from any particle of infection, is wonderfully beneficial : let fruit be given, as very refreshing and gratifying ; the new objects will gently please and interest, and the attentions of an affectionate wife will heighten every delight. The change from the society of a nurse to that of his beloved companion, cannot fail to afford inexpressible pleasure.

I recommend dining about two o'clock. If animal food is allowed, a partridge, a chicken, or the best end of a neck of South Down mutton. I think it easier of digestion than white meat ; and to make it still more wholesome, I recommend its being lightly boiled ; the maturity of the juices of full grown animals materially assists the digestion : upon the same principle I approve of the inside of a surloin of beef.

Before dinner a glass of port wine mulled with spice, is very restoring and grateful ; or an egg, heating some mountain wine, pouring it upon the egg, and sweetening it to your palate. If it is the season for straw-

berries, I advise the scarlet strawberry. I have seen its beneficial effect. A friend of mine, in a bad fever, lived upon them and toast and water only for several weeks. Their salutary effects were supposed to be the great means of his restoration.

Great attention to personal neatness has its use; brushing the teeth after each meal, and washing the mouth with lukewarm water: using the nail-brush, as necessary to making the hands perfectly nice; and finally taking some eau de Cologne and passing it over the face and hands, thus dispelling any thing like damp. The mind is *greatly* assisted by these attentions; it pleases without knowing precisely the cause; the animal spirits are insensibly raised by what pleases us. I consider it very material to gratify the patient when it is not at the expense of his health.

I must now return to the chamber just left. Let the housemaid lay the bed open, removing the clothes, and throwing up the windows if the weather is not damp. Let the room be cleanly swept, and the fire-place made very

nice, washing the room with vinegar, but no part wetted with water. I dread wetting rooms that are inhabited, except in hot weather. In that case it dries quickly, and cools and refreshes the apartment. In the evening let the patient be wheeled back again at an early hour, taking his supper of any light nourishment that he can fancy. In all that is done, let gentleness and quiet prevail; and on no account allow the patient to remain up longer than nine o'clock, and then let the room be settled for the night. Pursuing a contrary line of conduct is often the cause of imperfect recovery, and a consequent disposition to relapse.

## CHAPTER XV.

CONTINUATION ON THE MANAGEMENT OF  
THE SICK CHAMBER.

Perhaps thy loved Lucinda shares thy walk,  
With soul to thine attuned.

THE next advance we make after the refreshment of getting into another room, is availing ourselves of going into the garden, or taking an airing in the carriage. We have only to guard against too much exertion. If the ground is dry, and the wind westerly, to take a saunter on a dry gravel walk is agreeable and refreshing. This indulgence must not be granted before breakfast; persons in a weak state cannot bear taking exercise before food; they resemble young children, who never ought to be put into action before they take their morning repast.

Let the dress of the patient be light, with a flannel under-dress. Be sure to use friction several times in the course of the day; it re-

lieves fatigue, and keeps up a constant and regular circulation. I approve of a recumbent position after exercise. It is beneficial to exert the powers, for without exercise they would become torpid; but we must use them sparingly at first.

I have found great benefit from taking Seltzer water; it strengthens the tone of the stomach. For breakfast I would recommend milk-tea; it is nutritious, from remaining longer in the stomach than the common tea, and was called by Dr. Fothergill mock ass's milk. It may perhaps not be amiss here to give directions for making this excellent beverage.

Take the best souchong tea, pouring on a *small* quantity of boiling water to open the leaves, allowing it to stand five minutes, then filling the tea-pot with boiling milk, and adding sugar to the taste.

Riding a gentle quiet horse is very salutary, putting a sheep's skin upon the saddle; it is both warm and soft. Recovery greatly depends on the season of the year. If an easterly wind prevails, then on no account

venture out; but moving into the drawing-room must stand in place of the garden. The cold chilly wind is always to be carefully avoided. A *light* pair of dumb-bells is good exercise; but observe moderation in every thing.

I approve of the plan of taking fluids an hour after dinner, not doubting that they are much better for digestion: it appears reasonable, and I have found the advantage of it. The recovery is frequently more rapid than could reasonably be expected; and in that case we should be careful not to interrupt its progress by too much food, receiving cold, over-fatiguing ourselves, or excitements of any kind; paying attention to keeping the bowels regular. In case of default, I recommend the patient eating, say a handful, of the finest jar raisins on waking; they act most happily on the bowels: when regimen will produce the same effect, it is much preferable to medicine.

When saline draughts are necessary, I would have them made at home; and in preference to the usual way of making them,

I would advise the citric acid and alkali to be dissolved in *separate* glasses; then mix the liquids, and drink while effervescing. In the usual way, which is that of throwing one powder into the glass in which the other is dissolved, the fixed air escapes in large quantities before the solution is completed.

I also strongly recommend ass's milk; it is particularly restorative, and should be taken after an illness when the patient is much reduced. I think, as soon as the patient *begins* to recover, ass's milk should be drunk in spring and summer; it is particularly beneficial. Let it be taken three times in the course of the day; say a glass the first thing in the morning, a glass before dinner, and the other in the evening. I also recommend figs, as being very good; and captains' biscuits are excellent, as great care should be taken that the patient should not eat bread that is adulterated; that made at home is best, and beer the same, as being pure. It is impossible to obtain these articles free from adulteration from many of the manufacturers.

It is desirable that the patient should have every necessary gratification, as good sense forbids only what is absolutely prejudicial to health. "Its precepts on this score vary as men do, and compose a very delicate and important science; for the quality, the quantity, and the combination of our aliments, have a very great influence, not only on the momentary affections of the mind, but likewise on its habits and dispositions. A man fasting is not the same as after a repast, though of the most sober kind: a glass of wine, a dish of coffee, produce various degrees of vivacity, activity, disposition to anger, sadness, or gaiety; one species of food, because it lies heavy on the stomach, renders a person morose and peevish; another, which is easily digested, disposes to cheerfulness and love, and produces in us an inclination to be obliging. The use of vegetables, as they afford little nutriment, renders the body weak, and induces to repose, inactivity, and mildness of character: the use of flesh meats, as they nourish much, and of spirituous liquors, as they stimulate the nerves, induces

liveliness, restlessness, and audacity. How, from these habits of taking different kinds of food, result constitutional habits, which form in the end various temperaments, each distinguished by a peculiar character!"

We should encourage a disposition to look at every point that can assist in giving us comfort, allaying impatience as much as disease will admit. When this disposition prevails, medicine will have a happier effect; it keeps the stomach quiet, and our food turns to better nutriment: but the mind that is given to restlessness and impatience, disturbs digestion and agitates the whole frame; quickening circulation, and interrupting every function, lessens the energy of the body, and prevents any good arising from whatever may be done. We are the great agents in the business; and if we go contrary to the law of nature, then nothing can avail. It is our *duty* to keep all our feelings in *subjection*, or *they* will become *predominant* over our resolutions; and I am of opinion they may, in that case, overwhelm our reason.

When the mind loses its powers, the first remedy is to divert, to employ, to occupy the time of the diseased person; and why not prevent mischief by endeavouring to keep master of ourselves? not suffering trifles to disturb us, and by wise conduct so to arrange our plans, that the *momentous* circumstances of life should be founded on *reason*. In this case a wise man will maintain his tranquillity; this preserves the equilibrium of the mind, as well as the health of the body. When this is done, *human nature* may be considered as *perfect* as this state of being will admit.

Unless the mind can be governed and so restrained that we may command our feelings, surely we cannot expect to conquer disease. I firmly believe that much depends upon ourselves; and although we may reasonably hope some good effect will be produced from a powerful medicine, yet if the *state* of the *mind wars against* it, I am *sure* it will be of *no avail*. I have witnessed the happiest effects arising from an easy, cheerful mind. A habit of being *grateful*, and

*pleased* with every thing which occurs, is an *invaluable* temper; the man who harbours a single thought against an individual, can neither be well nor happy. "Thus the *greatest* and *truest* happiness which this world affords, is in the *possession* of *goodness* and *virtue*, a doctrine which, as it is undoubtedly true, so hath it so noble and practical a tendency, that it can never be too often or too strongly inculcated on the minds of men."

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## CHAPTER XVI.

### CONTINUATION ON THE MANAGEMENT OF THE SICK CHAMBER.

Their hearts entwined in tender love.

OF all the felicities, the most engaging is that of a firm and gentle friendship; it sweetens all our cares, dispels our sorrows, and counsels us in all extremities: nay, were there no other comfort in it than the bare exercise of so generous a virtue, for that

single reason a man would not be without it; besides that it is a sovereign antidote against all calamities, even against the fear of *death itself*.

*If any thing* can be administered to raise a man *depressed* with sickness, the *endearing* attentions of a beloved wife would be the cordial draught most likely to produce this desirable effect. As recovery advances, they are both increasingly alive to their attachment to each other. The moment any prospect arises to *deprive* us of a blessing, *that moment* we *feel* its *value* in its *full extent*; so it is with every good thing we possess. It is strange that we must be tried by affliction, before we can justly appreciate our blessings.

Seneca wisely observes, The enjoyment a pure and generous friendship affords to all those who possess the disposition to cultivate this refined pleasure, has such a tendency, that it must enrich the possessor; and when it is perfected in the union of marriage, it has then reached its climax.

Can we suppose any happiness to exceed

that of a man of education and fortune, possessing the affections of a virtuous accomplished female? The having such a character to preside at the head of his family, must be the perfection of happiness. Every thing to make life pleasing, depends on the minor occurrences being attended to. Life is made up of things which, taken singly, appear as trifles, but in the aggregate they comprise what constitutes every man's comfort. In the time of sickness, the attentions of such a beloved companion must be *most endearing*. Within the confines of the sick chamber, where there is nothing to flatter,—stript of the tinsel which elsewhere adorns us,—you there see only what is *truth*, that gem which shines in all situations;—and there it is where the affections of either may be justly tried, and as justly appreciated.

How comforting are these attentions to any one overwhelmed with pain or disease! It is not sufficient for a man's happiness, that the elegant female should understand the best mode of adjusting her dress, or displaying her charms at an assembly; for her

greatest charm is her ability to discharge the various and nameless duties of the mistress of a family, and the wife of an affectionate husband; always paying that unremitting and kind attention, which is highly gratifying and valuable: but at this moment, when sickness has reduced him to a state of dependence on some one, then how graceful does this increased zeal and activity make her! how does the sick man look forward to being restored to his former capability to enjoy the society of this engaging companion!

How important it is for mothers to attend to the useful parts of education! Seminaries do not afford the opportunity. I consider it highly important for every young woman to be instructed in the best mode of management of the sick chamber, as well as the domestic arrangements of her family. Can we expect those who have not received a portion of knowledge on the subject, to acquit themselves with propriety? These solid parts of education are too much neglected, and the more showy ones preferred, even to the injury of those they are intended

to benefit. In consequence of this neglect, arises the misery we too often see between married persons: the fascinating charms of a beautiful face will wear away; but the effects of amiable and good dispositions, with the more solid acquirements, will remain for ever.

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## CHAPTER XVII.

### CAUTION TO THE ATTENDANT ON THE SICK CHAMBER.

Full of pale fancies and chimeras huge,  
She retails out the dismal tale.

I SERIOUSLY recommend, when nurse meets any of the servants, who naturally inquire after their master or mistress, that she be very guarded what reply she makes. Persons of education, of course will always avoid giving matter to the inquisitive interrogator. What passes in the sick chamber should be consi-

dered sacred. Perhaps the attendant is not aware of the consequences of repeating all which may occur.

The vulgar uninformed mind loves the marvellous, and is never better pleased than when it can find food for the gratification of this low-bred appetite. Should the patient be affected by *delirium*, persons who cannot discriminate call it *madness*. This distressing circumstance is highly coloured by the nurse, and she relates the dismal story to some of the servants, and they receive it as a matter which never happened before. The first tradesman who comes in has the whole sad business described, with various embellishments. Nothing short of the pencil of a Hogarth could describe the scene; the stranger with open mouth receives the account; and the one who relates the circumstance stretches her inventive faculties to heighten the story: so between the one who relates, and the other who receives, the fabrication is mighty strange.

This tradesman being the newsmonger of the place or neighbourhood, his house be-

comes the gossiping shop of the village, and he vends his news more rapidly than his cheese. When the question is asked, if he knows how the gentleman does who lives at the great house, he immediately replies that he is gone raving mad, and that he had it from the cook.

As soon as the gentleman is sufficiently well to take an airing, he is immediately pointed out as the mad person; the tradesman calls out loudly in his shop, "There goes the poor mad gentleman!" This account is handed possibly to the servants of some family out of which he was intending to choose a partner for life. At the first visit he makes upon his recovery, he finds an embarrassment he never experienced before; all this entirely arising from the strange account which had been received. These mortifying and vexatious impressions are occasioned by nurse's garrulity in relating what passes in the sick chamber: the mischief this produces is more easily imagined than described; but its effect is ruinous to the suffering party. A prudent woman will never

disclose what happens in the sick chamber ; she will likewise avoid the same improper transfer from the kitchen to the lady of the house.

Nurses are too much in the habit of currying favour ; and they fancy that they cannot do it more effectually, than by artfully retailing what they hear and see amongst the servants, forgetful of the promise which is made to the peace-maker. If they observe any material circumstance which is really wrong, it then becomes a duty to take a proper opportunity of mentioning the matter, as a connivance would be a forfeiture of principle, and might endanger the loss of character.

It is said of Dr. Johnson, that upon his relating any occurrence which had happened to him, or in his presence, he was as cautious as if he was on oath. It would be well if every one were as conscientious, and as careful neither to heighten nor depreciate the truth.

## CHAPTER XVIII.

## TO PERSONS IN HEALTH.

Ye fancied prospects, then,  
 Ye beds of roses, and ye bowers of joy,  
 Farewell! ye gleamings of departed peace,  
 Shine out your last!

HAVING concluded my remarks on the management of those afflicted with severe disease, I am desirous of taking this opportunity of cautioning persons in health to avoid things which are likely to prove destructive. I wish to warn the gay and unthinking, hoping I may induce them to act more reasonably than persons of fashion generally do. The plans usually adopted are inimical to every hope of enjoying sound health. *Contrast* the conduct of a *fashionable* man or woman with that of *the one acting on the broad basis of reason*. I scarcely know where to commence my remarks; not a *point* but what is *contrary to common sense*. In-

stead of breathing the pure air of the morning, it is dozed away in bed. On rising at a late hour a general languor is felt, with very little inclination for breakfast. Without any object of pursuit except the toilette, the first contrivance is how to dispose of the morning, in order in the best way to recover from the fatigue incurred the preceding evening, more especially as the following one is engaged in making one of a *small* party of probably a hundred persons, or to the theatre, or the opera, or an assembly; or, at all events, to some crowded hot rooms, for that evening also. Here the excitement from heat, from light, from envy, from jealousy, from ligatures, from bandages, from tight shoes, from changing a thin dress to one of a totally different description, is attended by sufferings and injuries incalculable, not to mention the receiving the *cold air* upon quitting this Elysian entertainment, which is rarely ended before sun-rise.

To any one who views life through a medium of reason, I need not appeal as to the cruelty of this plan. Well may the physi-

cian's carriage be always rolling about—well may the physician want a second set of horses, when so much is done to injure that frame so wonderfully and fearfully made! To those who are aware of its delicate structure—of the harmony of every part, all uniting in assisting the functions of the whole, and that the smallest innovation may produce the most fatal effects, it must be matter of astonishment that persons run the race for such a length of time, without suffering not only loss of health, but without falling a sacrifice to their own folly;—while those who are not doomed to labour *might* fill their posts with satisfaction to themselves, and with a dignity and reputation earned by a conduct the result of reason and religion.

## CHAPTER XIX.

ON THE GREAT DANGER OF LIGATURES AND  
BANDAGES OF EVERY KIND.

Tyrant custom guides the soul,  
And every sense obscures  
In endless misery!

A PERSON of common understanding will suppose that any part of the dress worn so tight as to prevent a free circulation, must be exceedingly hurtful; but, from an idea of being thought beautiful either in face or shape, we forgo what common sense dictates. Infants were formerly bandaged up with a part of dress called a roller, many yards long, which was bound tight round the body till the poor infant was more like an Egyptian mummy than a little cherub. This barbarous custom was exploded by some wise mothers; but *still* an idea prevails, that we greatly improve the shape by lacing the corset as tight as it can be fastened; our

shoes must be as small as they can be, allowing us to get them on; and we must be buckled and braced up, or we are not considered complete. A medical gentleman has published a work of considerable merit, in which he strenuously exclaims against the use of cravats, as tending to head-aches; he even asserts that most cases of apoplexy in men, may be traced to this pernicious custom.

I would gladly convince our ladies, that it is always dangerous, and never graceful, to contract any part of the frame by bandages, and that it is never done without danger. Two circumstances have occurred under my own notice; the one of a lady, who had several children short of the period designed by nature, all born dead, entirely owing to tight lacing of the corset, added to the unnatural piece of steel which is worn; and it ended in her being paralysed from head to foot, to the ruin of her husband and four daughters, all of them ill-grown unhealthy subjects, from the cruel management of the mother!! Where were her principles? where

her feelings? Lost to all that could dignify human nature! sunk in vanity and folly!

The other affecting instance, which occurred in my own family, was that of a young gentleman on a visit to me. Being elegantly equipped for the occasion, and having been out to pay some visits, on coming into the drawing-room he threw himself into an easy chair, and without uttering a word appeared to faint. I instantly took off his hat, when I perceived that his forehead was very much marked.

I immediately ordered some brandy, getting down part of a glass, and rubbing his head, hands, and chest with the same; then taking off the bandage of his cravat, I sent with all speed for a medical attendant, who approved of what I had done. Had this young man not had timely assistance, he would have been paralysed all over.

Here are two corroborating circumstances of the *sad effect* produced from pressure; and I have no doubt that numberless instances might be produced: the corset-makers, dress-makers, and shoe-makers, with every

similar sort of tradesman, can testify to the truth of my assertion. Is it to be supposed that by wearing things too small we can alter any part of the frame, and by that means improve nature? Even if she is deficient, we can do little to rectify her defects; the means taken to hide, being often the very cause of rendering them *more conspicuous*.

It appears to me that we are as anxious to be admired, as if the want of beauty accused us of some crime. Let us appreciate every thing agreeably to its value. Nature's gifts are pleasing; but goodness of heart, with a sweet condescending disposition, and a cheerful happy turn of mind, far surpass the most perfect natural charms. This character must gain the admiration of every beholder, not only for the moment, but it will continue through time; and the perfume from virtuous conduct never fades, but embalms the possessor to endless ages.

## CHAPTER XX.

COMMENCEMENT OF THE MANAGEMENT OF  
THE LYING-IN CHAMBER.

She feels the sympathies of love, of friendship dear,  
With all the social offspring of the heart.

WHEN a young woman acts from principles of reason and religion, she will consider proper care of herself during her pregnancy an imperious duty, not only on her own account, but from the reflection that the life of another is interwoven with her own, whom she is bound by every virtuous feeling to cherish, and that with the utmost tenderness; being aware that improper management of herself during this period may be destructive of the being for whose life she is responsible.

The most important part of her duty, is to guard her mind against every innovation of temper or uneasiness. When the heart is graced with affection, its engaging influence

pervades every feeling, and smooths and tranquillizes the mind upon all occasions. I am decidedly of opinion, that if we suffer every trifling disappointment and cross occurrence to ruffle and disturb us, it is a certain mode of corroding our peace, and very materially injuring the health, which at all times should be carefully guarded against, but more especially under this circumstance. Good temper is the sweetener of human life; without its benign influence, the mind is continually assailed by storms. Thus far relates to the regulation of the temper and disposition, which I consider to be of the greatest moment, every day presenting some fresh occasion of disappointment; and miserable must be a woman, if the want of punctuality in her milliner or dress-maker in not sending home a cap or a ball dress, is to derange the happiness she would otherwise enjoy, and very possibly destroy the peace of a whole family for the evening.

The next point which is to be considered is her dress, which is very materially connected with her health. A married woman

cannot have any wish to conceal her situation: as such, her dress should be perfectly easy, exploding the fashion of the broad piece of steel worn in front of the corset, which is universally adopted by all ranks, from the duchess to the peasant. My pen is quite unequal to describe my opinion of the *monstrous* evil resulting from it: I can only say, I consider it not only a false taste, but the most *unnatural* fashion ever adopted; and when worn in a state of *pregnancy, highly criminal*. The pressure it occasions on the chest and bowels, must be obvious to every one who possesses common sense, and must produce a most disgusting effect.

I am astonished that no medical writer has expressed his disapprobation of it, as it must act *cruelly* on the frame, and has neither *grace* nor *beauty* attached to it. Believe me, it is in direct opposition to the standard of elegance. I heard a gentleman of great taste declare, that he had travelled all over the continent, resided a long time in Paris, visited in the first circles; but he assured me that he never met with any lady in any

country, whose bosom was so disgustingly pourtrayed as it is by the English lady, who is followed by the cook maid, and indeed by all ranks of persons, as if it were a mania that affected the female portion of the whole English nation; and such on the part of mothers is the effect of ignorance of its baneful effects, that you see them place this hideous piece of steel in the corsets of very little children, who surely should have nothing about them but the simplest and easiest dress possible.

The present fashion of the ladies, and indeed of every woman you meet with, is highly disgusting from the appearance of their bosoms, which is in some measure owing to this unnatural piece of steel, and the manner of making the corset, without in any degree confining the breast; and I know that men of sense are concerned that the ladies should lose that high innate sense of delicacy, which constitutes their greatest charm.

I am astonished that some wise husband has not convinced his lady how indelicate and distressing it is when we see the

female character losing a sense of propriety, more especially in what relates to modesty. Let every woman be fully aware, when she wishes to display her charms, that the face which is *veiled* has *imagined* beauties, which would not exist without this shade. Elegant simplicity will always please; and did we consult the standard of beauty, we should see no such hideous unnatural piece of steel about her dress. Some fantastic corset-maker most probably recommended it, and I am only sorry to observe that our ladies have not more sense than to adopt the use of it.

The next point I would consider, is the mode of a woman's passing her time. Of course, if she ranks in fashionable life, she has only to consult what plan is best suited to her taste. Let her use exercise freely; I prefer walking, to the motion of a carriage; sedentary life is very detrimental, and should be cautiously avoided. The benefit from air and exercise is scarcely to be calculated upon. I exceedingly disapprove of crowded theatres, routs, balls, &c., where you not only suffer from heat, but from *envy*, *vanity*, and

*all* the train of passions that rob us of our tranquillity,—to say nothing of the fatigue of the toilette and late hours.

When a young woman consults reason, and is desirous of adopting the wisdom resulting from *acting* upon the *sound* principles which it teaches, she will attend in every part of her conduct to regulate her plans agreeably to this wise system, feeling with conscious dignity that her happiness depends upon it. *Time well applied* can never reproach us. An amiable woman will be convinced how much one self-improving hour outweighs “whole years of stagers and of loud huzzas.”

The state of the bowels should be particularly attended to: I recommend two ounces of Epsom salts put into a quart bottle of water, with a small portion of tincture of cardamoms; taking a wine glass fasting, as the state of the bowels may require. In case of sickness, a lump of sugar with fifteen drops of essence of peppermint; or dipping the sugar in brandy is very good; or a tea-cup of chamomile tea with a tea-spoonful of

brandy put into it; observing to have half a dozen or more flowers put into a tea-cup and boiling water poured upon them, standing only ten minutes, pouring it from the flowers, and drinking it when cold.

Let me now observe, If the system feels loaded, and the head is affected with pain, do not have recourse to bleeding, but lessen the quantity of food, and also of fluids; leaving off wine, or taking a less portion; no porter or strong beer; but substituting for them barley water, toast and water, or table beer. I believe few persons are aware of the benefit arising from *temperance*; many suffer, I am clear, from the want of it. It is the *great cause* of indisposition; nature would do well did we live more sparingly; we make a feast, instead of simply taking only sufficient to support nature: but the constitution being overloaded produces head-aches, fevers, and innumerable ills. Temperance to the body is as virtue to the soul; it gives to it all its beauty and enjoyment.

I must also state, that all ligatures and bandages should be left off, if ever worn;

the dress should be perfectly easy in every part. I also advise that a lady should not bestow too many curls upon her head, unless she has an attendant to make them, as the long holding up her arms, more especially when far advanced, is attended with risk, and possibly fatal consequences.

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## CHAPTER XXI.

### ON THE MANAGEMENT TO BE OBSERVED IN THE LYING-IN CHAMBER.

Who can tell a mother's love?

I RECOMMEND every young married woman, when in a state of pregnancy, to engage a nurse who can be well recommended from some friend who has proved her abilities. I have given very freely my opinion as to the plan, as well as duties, to be observed during the time of child-bearing. When the time of recess draws near, let nurse be sent for, that every proper and convenient ar-

rangement may be made, and that all hurry and disappointment may be avoided. One single article being wanting when nurse is engaged, brings inexpressible inconvenience; even the want of a pin creates a difficulty. It is not the value of the article wanted, but its usefulness, that makes it more or less valuable at the time.

The plan for the accommodation of the lying-in chamber, is precisely the same as for the sick chamber: *order* in both cases is every thing. *Irregularity* produces hurry and confusion. I do not recommend a lady quitting her own chamber for the *state bed*, unless the aspect of the room is more desirable. In summer, if it were cooler, or in winter, if it had more sun, those things would make the change very desirable. In that case, let her occupy it some time before her confinement, as trifling changes sometimes disturb the mind, which should be avoided; add to which, the bed which is constantly slept on we are certain is well aired.

I knew of a most dreadful case which

happened to a lady, who, from the carelessness of the servant, had damp blankets put upon her bed; when, sad to relate, it produced a fever, which was followed by the formation of an abscess in her back, and for months she could only be moved by two surgeons; whereas, had she remained in her own bed, this dreadful state of suffering would not have taken place.

I need not comment on the importance of every lady's (if she has not a good housekeeper, or upper servant, who is really to be depended upon) attending to her own affairs; as servants in general, I am sorry to observe, are too thoughtless to be relied upon.

When the event takes place agreeably to my plan, there is nothing to inquire for; every thing being systematically arranged, all goes on with quietness and ease. I recommend having in the closet some useful medicines, particularly laudanum, as it is very useful to be taken during labour; harts-horn, sal-volatile, smelling salts without perfume, an article which no room should be without, in case of sudden fainting. They

are very useful remedies, but I recommend the not resorting to them but when really wanted, as being too exciting. Some eau de Cologne is desirable, being very refreshing, and very good to wet a lump of sugar with, to take if the patient is faint or affected with spasm.

When the lady finds her pains frequent, let the bed be immediately prepared with a soft morocco leather next the bed to prevent injury; and it is well to have a sheet doubled in four, and fastened with strong tape to the four corners of the bed, which keeps it comfortable. This being done, the patient is best in bed, more easy to take her pains, and is safe in case of a rapid labour. On no account let her remain up too long; it is improper and hazardous. I could gladly recommend a female practitioner; but so few are well skilled, that I prefer a married gentleman. In difficult cases I have known a midwife keep a lady till she was quite exhausted: yet should any lady feel determined to have a female practitioner, then let her employ the midwife of the village or

town who has the most practice ; experience is equal to the most intimate theoretical knowledge. I strongly recommend the patient to bear her pains calmly, taking frequently something warm, as *all* that ought to be done is gently to assist the operations of nature.

But I rather fear that labours are too often hurried. It is always a bad practice, particularly with first children. After the birth of the child, take a small bason of gruel hot, with a table spoonful of brandy ; it will gently force the after birth. When that is over, let a broad bandage of flannel be pinned over the bowels rather tight ; it makes the patient feel comfortable, and helps to support her.

Let every one of the persons who have been assisting quit the room, except one friend, who should sit down by the side of the bed, attending closely to the mother, while nurse is engaged with the infant ; then if the patient is left quiet, it is possible she may take a short sleep, if it is but for a quarter of an hour ; it is very refreshing, for

immediately after labour the woman cannot remain too still. I recommend that she should eat a small crust of bread or dry toast, with a little gruel, adding a spoonful of brandy if the patient is much exhausted.

Fainting will sometimes follow labour; it is always alarming, sometimes dangerous, and may happen without disease, merely from great evacuation. When any appearance of this kind shows itself, *prevent it if possible*, giving a small quantity of hot brandy and water, bathing the hands and forehead with eau de Cologne; and a lump of sugar dipped in eau de Cologne will also be found very refreshing.

By no means let the curtains be drawn round the bed. It will be quite sufficient to draw them down one side of the bed, to keep off the current of air from the door. Let the bed be made comfortable, removing all that is unnecessary, or that might detract from the patient's comfort. She should on no account be moved; it is not uncommon for nurses to move the patient to the other side of the bed; but it is *very hazardous*, and

never should be done. Let the sheets be pulled straight, the dress of the patient made neat, and the pillow adjusted. I would then have the room darkened, and the quill put out. Before, however, all is completely settled, let her have the delightful pleasure of seeing her dearest friend. Let him come and just take her by the hand, and assure her of the happiness he feels at seeing her safely through this critical moment.

Let his visit be short; and as soon as that pleasure is over, the infant should be presented to her and placed on her arm, when I should hope they would both sink into sleep. I advise the friend remaining quietly sitting by the bed, while nurse goes into the next room to take some refreshment.

Upon the nurse's return, great stillness should be observed; in fact, nothing should be done until the patient wakes. When that happens, I advise that some more nice gruel should be taken, and that the infant should be put to the breast, whether there is any milk apparently, or not. The child's mouth will bring it sooner than drawing the breast,

or any other plan whatever; and no means so likely to bring a quantity; and by the child's taking it immediately, it would prevent the breast ever getting hard. When that is the case, it is impossible for the child to lay hold of the nipple. This plan is natural and safe, and is the only one that can be adopted either for the mother or child: but should the supply of milk really fail, then apply immediately to the sucking-bottle, which, if rightly managed, is a most desirable substitute; and I have seen many lovely infants brought up with it by a careful nurse. I prefer milk and water nicely sweetened, or upper crust of bread boiled; the water from which should be mixed with milk, and sweetened with fine moist sugar, which is much purer than white sugar.

## CHAPTER XXII.

ON THE COMMENCEMENT OF THE LYING-IN  
CHAMBER.

If we fear all things that are possible, we live without any bounds to our miseries.

MINDS not enlightened by education, or by mixing in good society, contract prejudices which fetter the ideas. Nurses, whether from tradition, or from having been badly instructed, (but I am rather of opinion that it is the consequence of ignorance,) affix to the lying-in chamber certain days on which certain advances are to be made, without any reference to the actual state of the patient.

Child-birth is not to be considered as a disease, but as a natural event from the union of the sexes for the continuance of the species: and I am confident, from my own experience, that nothing is wanted to restore the woman to her usual strength, but light nourishment, perfect quiet, and rest.

As the exertions requisite for the process of delivery must be great, it is not to be expected that the event can happen without pain; and with some women it is very severe. Much depends upon the mode of their lives from the cradle, as well as the construction of their dress. The period when a woman marries is also very important as to her capability of passing safely through childbirth.

A very young person, or one having passed that space of her time when the frame is pliant, must generally feel more acutely.

I believe, however, that were nature at the moment left to do her own work, all would be effected with more ease and in the right time. I do not think assistance necessary, except in a few unnatural cases; in all common cases, nothing is wanted but time and patience. The woman, when her pains become frequent, and the crisis approaches, should go to bed, and take (as warm as she conveniently can) plenty of gruel; and the birth will be favourably completed without much inconvenience.

All aid is artificial ; yet nurse must add to the mystery by affixing certain days for different advances. I have known a nurse imperatively pronounce, that it is positively indispensable for every woman to be in bed on the *tenth* day, as on *that* day, the ignorant attendant pronounces, the frame recovers the injury sustained. This opinion is received by the young mother with implicit confidence ; and she submits without remonstrance to her requirings. Although her charge had occupied the sofa several days, still on the *tenth* she *must* lie in bed while nature is performing her grand operation. I can well recollect, on my first confinement, that nurse terrified me to such a degree as had nearly killed me.

The child (it seems) is not to be put to the breast till the third day, but crammed with pap, and stuffed till it can scarcely breathe ; then the mother has the happiness to be smothered with heat, because nurse thinks it necessary to have the curtains drawn closely round the bed, not allowing a hand to be put outside them. From the child's not being

put to the breast till the third day, the milk has so filled the breasts, that they become hard, and occasion fever; add to which, nurse kindly encourages her lady to eat a large quantity of food, thinking a good appetite all that is wanted to recover her patient; at the same time allowing the gentleman of the house to take his supper in the room, and to stay chatting till midnight.

Can we be surprised that fever follows, with every mischief, till at last the lady becomes not merely in a delicate state from great exertion, but alarmingly ill? and it is not uncommon to see her at the end of the month, from this wrong management, scarcely able to walk, quivering like a leaf, with a tongue like paper, and a pulse like the chain of a watch when the spring is broken, running rapidly down to its last link; quite incapable of nursing her infant, and still more incapable of heading her family, or discharging the duties of it.

I could most gladly see a plan of reason adopted in the place of this erroneous arrangement, from which I have not any doubt

a woman would soon recover her strength, and her constitution would regain its usual vigour.

I recommend the mother to keep quietly in bed for three days after delivery: after the third night, I advise the bed to be made comfortable, gently moving the mother; but let me advise, when any arrangement is making about the bed, that every thing be done as quietly as possible; no talking; no long stories; no prognostications; no forebodings; they give the mind an alarm, and should be avoided; the untutored mind loves the marvellous, and deals in superstition.

I will now suppose that night is approaching: early in the evening let the tray be brought up, with every thing which can be wanted; and that should be done regularly morning and evening, according to the orders which nurse gives. I repeat, I do not approve of nurse having tea in the night; stillness is indispensably necessary; and I contend, if *nothing particular* occurs, that the mother will sleep chiefly all night. But if the room is to be disturbed with nurse making a

bustle, how is it possible for the patient to get sleep?

I recommend the mother to have a bason of nice thick gruel the last thing; if low, a spoonful of brandy should be put into it; but if the patient is comfortable, simple gruel is sufficient. Wine I disapprove of; it turns acid on the stomach, and would prevent sleep; whatever is taken, be careful that it does not disturb digestion, as that is mischievous, and prevents recovery. After the mother has taken her supper, and all is comfortably adjusted, let the infant be put to the breast for the last time; but if there is not milk sufficient, let it have the bottle; mind, however, not to put the vellum into the mouth cold, as it gives a check immediately, and the child will not take it; then place the infant on the arm of the mother; her warmth is as nourishing as the food it takes. Let the mother recollect, she has carried this dear infant nine long months, and that it is now only differently placed.

When this is done, let nurse put on her night-dress, and lie down upon the sofa,

which, as I have already stated, should be in the room; but if her mistress is low, and does not settle, let her sit by the bed-side, and on no account leave her, sprinkling a little eau de Cologne, or administering the smelling bottle, or a few drops of essence of peppermint on a lump of sugar, soothing with every attention, and encouraging her to get rest, if possible; but on no occasion show any impatience at these unavoidable interruptions to repose. Entering into conversation is to be strictly avoided: when the mother and infant feel comfortable, it is natural for them to sleep. The room should be settled early; that ought to be the plan *invariably*. Thus arranged, all will go on pleasantly; and I shall commence the next chapter with the important duties on becoming a mother.

CHAPTER XXIII.  
ON THE IMPORTANT DUTIES ON BECOMING  
A MOTHER.

Who can tell a father's care?

THE order of Providence has enriched the human mind with inexpressible feelings of affection. No doubt this divine quality is wisely implanted in our natures; and when the occasion calls it forth, it is a treasure in possession to use, not only for our own benefit, but for the good of others. On arriving at the important point of becoming parents, it is called forth, and shines with peculiar lustre;—that interesting moment, when possibly a lovely young woman presents her husband with a beautiful infant, the pledge of their love—the fruit of their attachment, an immortal being! the dear object which binds them closer than ever—which *seals* their union with an *indissoluble* tie, and renders *separation* morally *impossible*, unless

through the occurrence of some unlooked-for circumstance, which may deprive them of the high honour and exclusive privilege they enjoy.

The first impression on the mind is *love*, and inexpressible *delight* at their new possession: when the effusion of affection is over, they unitedly feel the tender interest the circumstance excites; they feel their *hearts expand*, and that their *duties increase* as well as their joys. They are then made sensible of the responsibility of their situation; the power of religion inspires their minds with gratitude to the donor of this endearing gift, while the possibly once gay unthinking character takes the dear infant to her arms, and performs the duties of a mother with exquisite delight. This is the first step that presents itself.

This lovely charge clings to the mother for support and protection; and although the little innocent is incapable of uttering its love, yet its attachment is sweetly expressed. It very soon smiles at its mother, and as soon cries if deprived of the comfort

she can afford. When the father comes to visit his beloved companion, how his heart fills with delight, even while anxiously interested for the recovery of his best friend; and, above all, feeling most sensibly the importance of the duties he is called upon to perform; to support, educate, guide, and direct through life, this dear helpless innocent! How naturally this expansion of ideas arises in the mind, with the most powerful feelings, excited from religious principles, of the duties they are bound to perform!

Nor is the least of them to set before this dear child a *correct example* of what they think right for it to follow. This is *serious*, as well as *indispensable*; the father is at the head of this interesting business; he is, beyond dispute, the grand mover in the family, each one looking up to him, his *partner* with affectionate confidence for counsel, his *children* for example, and his *servants* for direction.

When he considers the importance of his situation, he must be void of feeling indeed, if he can be unmindful of the *many claims* they have upon him, and each one too se-

rious to be neglected. I will not enlarge on the duties and conduct of the father, that not being my object, further than relatively speaking of his situation. My object is the duties of the mother. It could scarcely be imagined that any thing need be said to prove what are a mother's duties, especially when it is so beautifully set forth in creation. No species exhibit it more pleasingly than the feathered tribe. What can exceed the constancy of the dove? How anxiously the hen covers her brood! The nest of small birds, how richly wrought, and lined with feathers and wool! What an elegant fabric! And shall a woman, who is blest with reason, be unmindful of the tender office she is bound to perform?

I was reading a very interesting fact in a work on Instinct, which contains many extraordinary and curious details, written by Mrs. Priscilla Wakefield. She gives an account of some bird who for several years built her nest on the side of a house from which a brick had been taken. When the weather became very hot, the male bird was

observed to flutter backwards and forwards, in order not only to screen in a degree the rays of the sun, but, by fluttering his wings, to increase the current of air.

If nature, then, created *animals* with those fine and strong feelings of affection, in order to *take care of* and *protect* their young; surely *man* is not left with a sense less keen, to *guard* and *protect* his *offspring*, to *foster* his *progeny*. But when the bird can fly, or the chicken can find its food, there ends the period of their care. But men are far different; not any animal in creation so helpless; and, till the first two years are over, the infant is the constant occupation of one person; indeed long after that period children are very incapable of taking care of themselves; but, if left, would fall out of the window, or into the fire. These are indisputable facts, from which we may perceive the *wisdom* of the great Framer of the world, in creating *man* so *helpless* and *dependent*, giving an *energy* and *employment* to the *noblest faculties* of the *parent*: and at the same time that we contemplate the *helpless* state of an

*infant*, we feel the *importance* of *man* in the scale of existence; that from his birth he is *slowly rising to perfection*, and that he is created *intelligent, thinking, accountable*, and *capable of enjoying endless happiness*, and that of the most refined nature.

This dignity of rank in the immaterial world raises him very high in his present state of existence, and ought to convince him that the greatest and truest happiness which this world affords, is to be found in the possession of goodness and virtue.

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## CHAPTER XXIV.

### ON THE MANAGEMENT OF THE LYING-IN CHAMBER.

Fancy pours  
 Afresh her beauties on her busy thoughts,  
 Her first endearments twining round the soul,  
 With all the witchcraft of endearing love.

To return to the patient. I will suppose the night has passed without any particular in-

terruption, when I trust the infant has slept upon its mother's arm, and that she has not been prevailed upon to suffer nurse to keep it on her lap, in order that the mother should not be disturbed. A tender mother would be more disturbed by this erroneous and unnatural plan; and I am sure that the *woman of sense and feeling* will *not* submit to any plan *so cruel*; the infant loves to nestle to its mother, and is nourished from her warmth and care; neither do I at all approve of the infant's being placed at the further side of the bed, which is constantly the practice of nurses, who allege as a reason, that mistress must not be fatigued. The fatigue incurred from the tender care which is necessary for every infant, is a great part of every woman's duty; and *nature* has given her *not only power, but a strong inclination*, to perform it; neither should any woman place herself in a situation in which she cannot acquit herself agreeably to what the law of nature prescribes: without a principle to do that which we are loudly called upon to perform, we must be deficient in our con-

duct; the wife of the cottager has no such fastidious nonsensical ideas, for you see there the mother and the infant inseparable companions; but the *lady*, who ought to be better informed, is to be *instructed* and *governed* by an *ignorant* and *silly woman*.

I consider, to a young mother, a sensible friend at that time to be of the greatest moment, both for comfort, as well as a rational regulation of the lying-in chamber. Let us suppose the night has been passed with a proper portion of sleep;—the patient wakes refreshed and happy, feeling with exquisite delight the value of her new possession. A small bason of gruel on waking is necessary, and once in the night is proper if required; but in case of sleeping, let nothing be done to disturb. I have myself been completely deprived of the power of sleep, from nurse boiling the kettle, &c. : the great point to which every thing ought to tend, is that of keeping the patient *perfectly quiet*. I have not any doubt that many women are hurried and talked out of their lives, by company and inconsiderate attendants.

Let the infant remain in bed until the mother has breakfasted : infants perspire very freely, and are also liable to wet themselves in the night. Never let the napkins be changed, unless the bowels are moved ; taking them out of a warm bed chills them, and makes them unhappy ; they never feel uncomfortable while they are kept warm, which should be until nurse is ready to dress them.

Let the housemaid come in and make the fire-place nice, not using a brush for the purpose, but a piece of flannel, and taking the cinders up with her hands, having on her gloves for the purpose. Let her with her short broom make the front of the room neat, then take away all slops and linens which are done with, also the tray, returning with another with fresh gruel, and every thing delicately nice. This is only preparatory to breakfast, for the room must be more completely adjusted afterwards.

The mother or friend will now come in, and sit until nurse gets her breakfast, during which time, if the patient is inclined for hers, let the housemaid bring all that is wanted,

when it may be taken as the patient wishes. I recommend milk tea as a pleasant beverage; let the patient eat moderately, as great care should be observed never to oppress the stomach by too great a quantity of food. Let the patient take her meals very quietly, never talking during the time. When persons are weak, the exertion of eating is considerable; and constant attention should be paid, that *during that time stillness* should be preserved.

After the patient has breakfasted, she probably will doze, when the infant may be dressed, taking it warm out of bed. Nurse should now put on her flannel apron, stripping the little cherub, and then sponging it all over with lukewarm water, making every part as nice as can be. After using the sponge first, let her with her hand wash the head well; then turning it on its face, let the water be plentifully thrown over it. When done, let the child be rubbed dry with a cloth, and afterwards submitted to friction till every part is in a fine glow; but this cannot be performed to that extent, till the first fortnight is elapsed, during which time

an infant requires *particular* care and attention. When the infant is rubbed, let the head be daily attended to, gently stroking that part with both hands from each side, so as to assist in closing the sutures. After this ceremony is over, let the child be again placed with the mother, resuming its situation.

When the mother is dressed, if the child is laid on the pillow, let it be wrapt in its blanket. Infants love warmth, nor will they thrive without it. Those children that are never fed, seldom have the stomach disturbed, consequently the bowels go on as they ought; but from *feeding* children the stomach gets disordered, and that affects the bowels. The *first* passages being disordered is the cause of gripes; and in all bowel complaints children are liable to suffer from wind. In that case, give an infant a tea-spoonful of the following mixture:—

Rhubarb, six grains.

Magnesia, two scruples.

Aromatic confection, half a drachm.

Laudanum, six drops.

Cinnamon water, two ounces.

Let a tea-spoonful be taken occasionally. If the child is troubled with a purging, substitute prepared chalk for the magnesia. As children have no guidance as to the quantity of their food, nature has wisely accommodated the stomach to throwing it up when the infant has taken more than is convenient. All the *operations* of nature are so *wisely* and *admirably* contrived, that she has left nothing for us to imagine, but simply to follow where she leads. A small bason of caudle, or a jelly and biscuit, may be taken before the patient dines, which is quite sufficient, and all that is necessary. I do not approve of animal food for a few days; I prefer a pudding, or beef-tea with bread. I pursued this plan myself, and never had the slightest degree of fever: but many nurses are apt to advise their mistresses taking too much food, which is really *dangerous* at all times, but *more especially* when the frame has passed through extreme exertion; then great moderation, even abstinence, I consider necessary.

Medical attention in most cases, where a

reasonable plan is pursued, is not required ; the very expectation of a medical gentleman coming to feel the pulse, causes a degree of perturbation, and gives the heart an increased action. I repeat that childbirth is *not a disease*, and that our suffering illness at that time is artificial : we have no business to have any complaint ; and did we follow a rational plan, I am certain we should go on to recovery without interruption. But, generally speaking, women are kept too warm, eat too much, and frequently drink too much porter, and are not kept sufficiently quiet. I greatly prefer home-brewed beer, but even that in moderation. After the patient has taken her dinner, let the room be darkened, and let all be still, putting out the quill ; and whether the patient sleeps or not, let silence remain for an hour : this plan induces sleep, which is both necessary and refreshing.

When night arrives, proceed as before, attending with constancy to having the chamber early settled ; few things tend so much to restoration as early rest. On the fourth morn-

ing I recommend the patient being taken up, and every thing changed, and the bed newly made. I do not approve this business being deferred till the evening. If the season admits of it, I exceedingly prefer, after a few days, the patient being laid on the bed between the blankets, as more refreshing than being in bed. Every woman, after she has passed through childbirth, requires a few days of being in bed, keeping up a gentle but insensible perspiration, in order to prevent fever, and give perfect rest to the whole frame.

After a few days, the patient may remain on the sofa as long a time as she feels it agreeable, in her wrapping gown, increasing the time as she advances, and being raised by pillows; but I greatly prefer a recumbent position while the patient feels weak, instead of being propped up with pillows in the easy chair. The back soon feels fatigued, and that will cause a sensation of faintness and sickness; but by remaining for ten days in a recumbent position, the frame insensibly becomes strong.

I strenuously advise animal food being taken *sparingly*; a very full meal is by no means desirable; the state of the patient being very delicate, requires great moderation: never overload the stomach: nurses in general are wonderfully pleased with seeing their ladies take a greater quantity of food than is either necessary or proper; but when any one is confined chiefly to the bed or chamber, it often proves very injurious.

I prefer mutton lightly boiled, as being easier of digestion, to chicken; those meats that do not yield plentifully of the juices, are always crude and hard of digestion. Her supper should be light, and every woman should restrict herself in the use of porter. I am decidedly of opinion that it is drunk too freely in the lying-in chamber, from an idea of increasing the quantity of milk: but were reason consulted, we should find that whatever oppresses the stomach, acts against the digestive powers, and must thereby derange all the functions of nature; instead of which, we should promote health by not ha-

zarding any thing contrary to her sensible operations.

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## CHAPTER XXV.

### CONTINUATION ON THE MANAGEMENT OF THE LYING-IN CHAMBER.

See the fond parent careful lulls to rest  
The smiling infant at her tranquil breast,  
As urgent still its little hands excite  
The balmy sources of well known delight.

THE mind that has never been *polluted* by *vanity* and *fashionable* life,—that has been taught to appreciate the value of those chaste and interesting enjoyments designed by the Almighty as employments worthy rational beings, can never forgo the delightful business of nursing her infant. The attachment this produces between the mother and child, is inexpressibly tender and engaging. To see the little innocent stretching out its arms with its smiling face, and to witness its

pleasure when it has gained the wished-for goal, is indeed delightful.

I admire the story in Roman history, of a lady of high rank, who, on finding that her infant had been suckled in her absence by a stranger, put her finger down its throat, saying no one should divide the honour with her of giving support to her infant. In my own opinion, it is exceedingly painful to see a stranger enjoying that happiness which we are denied, or that we refuse to enjoy. The sophisticated being who fears it will injure the form of her bosom, should recollect that every woman, more or less, loses that perfect symmetry from bearing children: but let her not refrain from entering into the married state on that account; her charms, on which she places so high a value, remain engaging only for a short uncertain season, and those who once admired will one day look with indifference on the object of their former love; and if this loss is not compensated by the beauties of the mind, the possessor is left very forlorn: but the woman who has been wisely instructed and improved,

will learn to appreciate the value of living in the constant discharge of the various duties designed for each one to fill, conducting herself in the successive stages of life with a dignity and a certain propriety, that no one should overlook.

With respect to the dress of the infant, which is very important, I would observe, that it is so wonderfully improved, and so generally appropriate, that it appears as if wanting little or no further improvement: I could notwithstanding wish a few alterations.

I think a fine flannel waistcoat should be worn next the skin; every adult feels the comfort and benefit of it; and why not the infant, who is so much more tender and susceptible? Let the sleeve be made down to the elbow, instead of being fancifully tied up to the shoulder. The *vanity* of the *mother* is too often consulted, in preference to the comfort of the baby. For the chief part, if not the whole, of the month, I recommend the infant wearing its night-dress, as less incumbering, and more easily managed. I do not approve of the robe being made too long; it

has a stately appearance, but it is inconvenient and troublesome. Let the dress be so made, that not any part shall affect the infant with the least pressure. The cap is always too much trimmed; and the border round its innocent face resembles the petals round the marygold; and to make that more pleasant, it is stiffened, so that the edge of the lace distresses by the sharpness of its points: the border should be single, not too full, and that unstiffened. Then, if the jewel proves a son, a cockade is placed in the side of the cap as large as a full-blown cabbage rose; so that with the furbelow of the border and the cockade, the hat can only get to the back of the head; and then, to make little master more splendid, he must have a plume of feathers; so that you can see little more than the nose, for the whole face is nearly smothered; but for want of the hat shading the face, little master when taken out is nearly blinded by the sun.

This plan I consider *quite* a *folly*, and it must be a *grievous* incumbrance to the dear infant. Such commencement of bustle about

the head must be distressing, and I really have wondered how the infant endures it. Its dress should be easy and convenient, answering the purpose it was intended for; but *mama* must be *gratified*, and *nurse* would be displeased if the child was not finely caparisoned. How perverted are the minds of most of us! We walk through life with numberless inconveniencies of our own choosing and making; instead of consulting reason and common sense in all we do. In every arrangement in the lying-in chamber, we are to promote what will most tend to the accommodation and comfort of the patient and infant.

I have before observed, that childbirth is *not a disease*, but a circumstance occurring in the course of nature; and the treatment it requires is a simple plain path, and all that is wanting to complete restoration is a reasonable plan of quiet ease.

Great care should be taken to prevent taking cold, and also against keeping the patient too hot, which causes injury by relaxing. With respect to the linen, every at-

tention should be paid to having every thing well aired ; let nothing be put on hot from the fire ; that always proves very detrimental, from drying the surface of the skin, and thereby checking the insensible perspiration. I do not recommend any linen being mangled ; from the smoothness of the surface of fine sheets from the mangle, the patient feels as if lying on glazed paper ; it must always chill the wearer. I would have body- and bed-linen, after being nicely washed, dried if possible in the air, and then well shaken and smoothed with the hand. In case of extreme cold weather, I recommend sheets made of fine Welsh flannel ; they are most excellent : they nourish ; being an animal substance, they warm and comfort. I like a flannel pillow-case under the linen one : I do not know that they are common, but I have found them very comfortable.

Warming beds I consider very unhealthy ; the sulphur from the coals is bad for the lungs ; add to which, the bed is apt to be made too hot. If any lady suffers from cold feet, let her never go to bed without having them

well rubbed, or bathed in warm water: the feet should be kept warm, and those ladies who wear silk stockings should in cold weather wear gauze worsted under ones; it is important for health, as are flannel waistcoats and petticoats. The great physician Dr. Fothergill was of opinion, that if the *ladies of this country* would clothe themselves warmer, fewer would *fall victims to consumptions*; but the ladies seem unmindful of this fickle climate, particularly the easterly winds in the spring: persons who are delicate should most cautiously avoid them. I believe I mentioned that a pillow laid on the outside of the bed over the feet, will always keep them warm.

Great attention should be paid to having the room early settled at night; and if the head of the family pays an evening visit, it should not be too long; neither should he bring with him the news of the day; although it may not be interesting, nevertheless it is new, and is therefore apt to dwell on the mind; for even a trifling occurrence will disturb the sleep, and any dismal circum-

stance should never be repeated in the sick or lying-in chamber. All sudden noises should be carefully avoided. Silk dresses are very irritating, and persons attending the weak should not wear them; the rustling is very distressing to the nerves. In cases of great weakness, every possible care should be taken to avoid disturbing the patient; the creaking of the hinge of a door, a lock that does not shut easily, or any small noise that occurs involuntarily, must be prevented.

Some persons suffer exceedingly from nervous feelings, and therefore constant attention should be observed to *prevent* whatever brings on irritation. A wine glass of camphor julep, if a patient is so disposed, is quieting and cheering. The state of the bowels should be constantly attended to; I recommend one ounce of Epsom salts put into a quart bottle of water, with half an ounce of tincture of cardamoms, as very salutary when necessary, taking a wine glass of it fasting; a little taken every morning is excellent.

But my *grand specific* is *temperance* and

*quiet*, warmth, with a *free* admission of air in a fine season, throwing up the window, changing the air of the room, never suffering the curtains of the bed to be drawn close; indeed it would be well for health if they were wholly exploded. Tent beds are exceedingly unhealthy. I would recommend children sleeping without curtains. Inhaling a fetid air is invariably detrimental; but persons who have never *inquired* into *causes* and *effects*, are *not aware* of the *mischiefs*. On no consideration, however, let the patient have recourse to any aperient medicines for the first ten days; but, if necessary, use a simple gruel injection every morning.

I recommend the lady changing her room, if any other is conveniently situated without taking a current of air from the staircase, in warm weather as soon as she is able to sit up, observing the aspect of the room.

To go from a southern to a northern aspect would be hazardous; but when the change can be effected without that, it is wonderfully restorative. Upon the lady's going into the other room, open the windows; if dry

weather, taking off the clothes from the bed, letting it be left to cool, as it conduces to the benefit of the patient: every plan which tends to *cleanliness*, must *promote health*. With respect to the person, too much attention cannot be paid to it. I advise sponges being used, one for the upper, the other for the lower part of the body. In a lying-in, using the sponges daily is exceedingly beneficial: however, something must depend on general habit; were good habits adopted in early life, they would continue with us to the end of our time. My wish is to *clear* the lying-in chamber from all *old traditions* and *mystery*, or epochs of particular days; let every lady be mistress of the subject, and not depend for information on those so much her inferiors.

## CHAPTER XXVI.

CONTINUATION ON THE MANAGEMENT OF  
THE LYING-IN CHAMBER.

Hail, friendship! source of undissembled praise,  
 To thee the muse her cordial tribute pays;  
 Thou milder light of life, whose genial force  
 From love's approaching orb derives its source:  
 O never may diverse opinions rend  
 Thy tender tie, and sever friend from friend!

THE plan I have recommended, I trust, will soon restore the mother to her usual state of health and capability for the various duties and cares of her family. I am convinced, were a system pursued like the one I have laid down, the lying-in chamber would most generally be attended with comfort to the lady, and real satisfaction to those employed in her service.

But there is still an ordeal for her to pass through, which never fails to be attended with risk, and often with unpleasant consequences, which is receiving the congratula-

tions of her friends on the happy occasion. The lady must of necessity be completely fatigued from sitting so long at her toilette; and being smothered with furbeloes and flounces, she is in perfect jeopardy. Notwithstanding this, when she is ready for her visitants, nurse has then to equip the heir apparent for the ceremony. When the poor baby is properly harnessed, Mrs. Nurse must have on her best bib and tucker for the occasion; this done, the group is then complete; the baby is so loaded with fine things, that we may say it *thus commences the shackles of life.*

The infant wants the breast, but the *chevaux de frise* of lace &c. makes it impossible to get at it; nurse flies to the spoon, and the baby is crammed to keep it quiet; then nurse, like a fish ready for a bait, is watching for the rich relations, in order to get her fee. Presently the thundering at the door flutters the lying-in lady, and causes every nerve to tremble; madam enters with a volley of compliments, apparently all joy, though secretly she would most gladly have been excused, as she feels the compulsory gift very un-

bearable. She talks about the opera, the routs, and all the nonsense of the town; after which she withdraws, to make way for some other fashionable, equally pleased with the tax so genteelly imposed upon her; till at the expiration of the first hour the lady is exhausted, anxiously hoping the ceremony is at an end. Nurse completely deranged, because her morning has not yielded more golden fruit, makes rude reflections that ladies coming in such splendid carriages should be so mean. All this the lady is obliged to hear. Dinner is now cold; and the time being passed, the lady's appetite is gone; and she is herself so fatigued, that she would gladly go to bed.

This generally brings on a little fever, and the consequence often is, that the lady is more unwell at the close of her recess, than she was at the week's end.

I could gladly see this system changed, and no lady receive company till she sends her cards of invitation. Neither do I approve of *taxing* our friends with contributing to the wages of the nurse. It surely is a most important duty for every woman to do

all in her power to restore herself, and by that means to qualify herself for her usual engagements. Every master of a family is impatiently waiting to see the head of his table graced again with his beloved companion. It is a tedious time for those gentlemen who are domestic; and I am of opinion, that a *mother, sister, or friend*, but not one very young, is *absolutely necessary*, who may be referred to when any occasion requires her advice, as well as to be a companion to the master of the house. A widow lady of good family might most usefully employ herself as the artificial friend, in those cases where there was not any proper friend existing.

I would strenuously advise ladies to use every reasonable means to regain their usual strength; for, when we resume our exertions, it is very painful to have them checked for want of power.

I must observe, before I close, that I do not by any means approve the lady going at any season to a cold church, but more particularly in winter. From the want of the doors and windows being constantly open,

the atmosphere must be damp, and excessively dangerous to any one long confined in a warm room. The *idea*, that *because* it is a *church* it cannot *injure*, is *too superstitious* to mention. Let me recommend ladies being churched in their own houses. The cottager may go, who lies in bed all day with the door of the house open; she is better able to bear it: but her whole life exhibits a total difference of character; the one out all weathers, the other alarmed at an April shower; the one the child of nature, the other the daughter of fashion.

I consider the success of the lying-in chamber depends on *great stillness*, *living rather low*, that no *excitement* should be given to produce fever; keeping the mind *tranquil* and *cheerful*: and every thing done with *great moderation*; not to over-exert, but by calmness and retirement to restore nature to her usual standard, keeping in a recumbent position the first week. At this time nature wants indulgence and repose, not entering into any cares for the time of recess; attending minutely to the dear infant, and devoting

this leisure to its immediate benefit; eating *moderately* of animal food, and cautiously abstaining from too much porter. Every thing which can restore from quietness, gentle employment, air and exercise, as the situation will allow, should be taken advantage of. This plan will soon bring the patient to her usual strength; and I consider it her duty to use every means in her power, that her husband may, as soon as is possible, have the happiness of seeing her once more the guide and director of his family, filling the situation she left on her confinement.

A house is completely deranged when the female head is removed. If a woman has wisdom to conduct herself with affectionate attention to her husband and to his interest, *her value is inexpressibly great*; her sphere of usefulness is more extensive than possibly she may have any idea of: from her virtues happiness is diffused to a large circle, and she becomes the leading star in the sphere she occupies.

## CHAPTER XXVII.

A SUMMARY CHAPTER ON THE DUTIES OF A  
MOTHER.

In wayward passion lost and vain pursuit,  
 This infancy of being cannot prove  
 The final issue of the works of God,  
 By boundless love and perfect wisdom form'd,  
 And ever rising with the rising mind.

I HOPE in the foregoing pages I have said sufficient to prove the great advantage resulting from adopting *reasonable* plans in the lying-in chamber; indeed I consider *reason* the only solid basis for our conduct through life. To be guided by the opinion of others, adopting prejudices without inquiring into their causes and effects, is unequivocally proving that we do not act from our reasoning faculty—that power of mind which the Almighty has so liberally bestowed upon man.

Unless the human mind becomes a votary

to folly and dissipation, it never can be insensible to the imperious duties of life, to say nothing of the peace which results from rational conduct, even as it respects the opinion of mankind, who well know how to appreciate right conduct; the very few who cannot discriminate, are not of consequence sufficient to be regarded.

The tender and anxious mother who suckles and dresses her own infant, enjoys privileges which are unknown to the woman who neglects it: but the lady of rank is more deprived of the enjoyments of natural pleasures, than any of her poorest neighbours. What a benefit it would be to society, if instead of females living in a continual round of dissipation, and spending all their time in dress and nonsense, it became a branch of fashionable education, to acquire a competent knowledge how to conduct their family affairs, and to properly manage their children, by studying their care and comfort! such as knowing how to dress them without impeding the motions of the body and limbs; how to feed them with wholesome and nutritive

diet; how to exercise their delicate frames, so as best to make them strong and vigorous, attending to all the minutiae of nursing, without which children cannot thrive.

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## CHAPTER XXVIII.

### TO THE HEAD OF THE FAMILY.

Wisdom and friendly talk successive

Steal their hours away.

Nor surly deed

Was known among the happy sons of heaven,

For reason and benevolence were law.

HAVING collected my experience of the lying-in chamber, with a hope that it may not be unacceptable to the inexperienced young married woman, who possibly is wholly unacquainted with those necessary attentions which the situation requires,—this desirable information on a subject so highly interesting and important,—I have endeavoured to establish from my own knowledge

the best and most reasonable mode of treatment during the time of recess after childbirth. Let us not give the circumstance any other character than the one which is true; do not let us consider it a disease, as it must happen in the course of nature; and requires, generally speaking, only proper and reasonable care, with a skilful midwife, and the attendance of a sensible careful nurse, who is not to make a mystery of her art, or to frighten by her prognostications.

I flatter myself the plan I advise cannot fail of producing a good effect, by preventing mischief, and, by a rational and simple mode, restoring the lying-in woman to her usual health and strength. But I consider there is still a further caution necessary, which I must beg to mention before I close the subject. I hope not to be accused of presumption in addressing the master of the family, who is invested with the power of making the felicity complete, or of destroying the happiness which is afforded him, as well as that of his beloved companion.

This new possession certainly crowns their

bliss; it is the climax of the happiness of the married state: and yet this moment of delight, this interesting acquisition, is often marked by disappointment, from the father of the family not conducting himself with that delicate attention which every amiable woman has a right to expect; and if she is not favoured to enjoy this affectionate consideration, of course it naturally clouds her sunshine, and she feels the chilling hand of neglect, which is *particularly cruel* at this *moment of suffering*.

But it is too common to see husbands neglectful of those proper and kind attentions, which are an important part of their duty that they have promised to perform even at the very altar, thus rendering the engagement more sacred. When a woman begins to recover, of course she looks with anxious solicitude for the occasional society of her best friend; instead of which he feels himself at liberty, and avails himself of the opportunity to make engagements amongst his young companions. The object of his love feels most keenly this cruel species of neglect, without daring to

make an appeal; but she must smile upon her destroyer; for what can destroy the peace so effectually as the *want* of *tenderness* and *kindness* from him on whom her happiness depends? A woman must sensibly feel privation when she suffers wrong; the kind attention and consideration of an affectionate husband are a sweet reward for all her anxiety; add to which, she looks at her infant as claiming the united care and affection of herself and its father.

The man who tenderly loves his wife will have the greatest pleasure in lessening her care, and heightening her enjoyment. The professions that he held out to engage her affections, were all that language could express; his conduct, that of the warmest attachment: can a woman, when she feels an *increased cause* for that attachment, *bear* the *sad reverse*? A Scotch ballad very prettily expresses the pleasure an affectionate wife feels at the approach of her husband:

His very foot has music in 't,  
When he comes up the stairs.

Yes, indeed! and that a music which

thrills to the very heart—a look—a kind word—how gratifying from those we love! And when we feel we have this claim, who can bear the reverse? This moment especially calls loudly for his affectionate attention; let every one witness the tender interest, the respect and regard he feels; let every word, every action, bring indisputable proofs of his attachment. And when his dear companion comes into the drawing-room, let great caution be used to prevent her being over-exerted. Feeling the necessity of continuing his care for her perfect recovery, recollecting her *new* engagement of nursing her infant, which unavoidably must be attended with an increase of care and solicitude, added to the re-entering into domestic arrangements,—these circumstances of themselves are frequently almost *too much*, when a lady first resumes her place in the family. Of course, much company and large dinner parties are highly improper.

Let him appreciate the *great* blessing of seeing his beloved companion restored to her former usual health and situation—let his

thankfulness be expressed by those silent, but unremitting kind considerations, that cannot fail to endear them to each other more closely than ever. What increasing happiness may be their experience! How does such conduct on the part of the husband, *stimulate* every feeling in the heart of a virtuous woman to make him happy!

Well ordered home, man's best delight to make;

And by submissive wisdom, modest skill,

With every gentle care-eluding art,

To raise the virtues, animate the bliss,

And sweeten all the toils of human life;

This be the female dignity and praise.

But at this most interesting juncture for her husband to inflict upon her the suffering occasioned by neglect, is cruel, and unworthy any one professing an affection for the object of his choice. I have seen many instances of the husband complaining of family disappointments, when the tender situation of his beloved friend rendered the smallest vexation very distressing and injurious. I have not any doubt, indeed I am certain, that many a woman has been hurried out of life by the

*injudicious* conduct of the *husband*; by entertaining large parties during this time, probably the convivial enjoyments of the table end in some frolic, which, in their sober hours, would never have been thought of. It is lamentable when we reflect on our follies, and how productive they are of mischief both to ourselves and others. When we calculate on the *extreme value* of an amiable woman to a rising generation, it is *wounding* to think the *least* circumstance should happen to *injure* or destroy a life of *so much importance* to the well-being and happiness of a family.

## CHAPTER XXIX.

ON THE MANAGEMENT OF THE INFANT ON  
ITS BEING PLACED IN THE NURSERY.

Sweet babe! thy infant years  
Have filled my heart with love,  
My eyes with tears.

I HAVE concluded my remarks on the management of the lying-in chamber. I am now entering on the plan I consider the most advantageous for the rearing of the infant.

I will suppose the mother has taken my advice, and that she suckles the infant herself, which is now placed under the care of a nurse, who is engaged for the express purpose, and who I hope is a woman in the prime of life; plain, neat, and good-tempered, possessing an honest principle, that will make her attentive to the orders she receives: this upright conduct is of the highest value, and constitutes the perfection of un-

educated persons. It is to be advised, that the heads of the National Schools would do all in their power to instill into the minds of the children the *great* duty of obedience to superiors, as well as cultivating a *due* sense of that respectful behaviour that every person is bound to practise, in inferior situations of life, towards those they serve. To suppose for a moment that any young woman, who has been educated in one of the National Schools, should be capable of forming the infant mind, or laying the foundation which is to produce future excellence, is totally devoid of reason and plain common sense.

I contend that education commences from the cradle; nay, I may with propriety say, the birth. If the earliest plans are not those of *sound* reason, can we expect the infant to be healthy? Can we expect the mind to expand with strength and brilliancy, when it is obscured by being in an infirm case? Can the child who is always sickly enter with spirit into the views of its tutor or governess? Does not a diseased or languid frame *deprive* a child of the *power* of acquiring know-

ledge? The very idea of application is dreaded, because it produces painful feelings, without knowing the cause. A weakly constitution injures the temper, and prevents the delightful, happy, and daily expansion of the understanding. Can the man who is tormented with a constant headache, sit down to compose an oration, or form a speech for the senate? If he is affected with pains in his stomach, or shortness of breath, can he rise at an early hour to pursue business? Can he visit foreign climes? Can he establish plans of usefulness, or form designs to benefit mankind? This unequivocally proves the *importance* of adopting those sensible plans for the infant, that are most likely to lay the foundation for *sound* health. If a child is born free from any disease or weakness, then let us *carefully* guard against any plan that *may* possibly injure it. If, on the contrary, it comes into the world with infirmities, then let us do all in our power, by *reasonable* management, to overcome the evil, and to establish a good constitution; when the want of it is proved beyond dispute to be a cer-

tain impediment to our advancement in any situation either of profit or honour. Neither can we enjoy the high privilege of doing good, or being useful to others.

An infant with any infirmity may, from want of judicious management, become a prey to misery; crawling through life without any power or energy to rise to eminence. Should not, then, every mother attend most religiously to discharge her duty? Should she not endeavour to inform herself, from the *experience of others*, of those plans most desirable to be adopted? and not thoughtlessly commit the precious charge to a hireling, that perhaps has nothing in view but the pecuniary advantage of her situation, doing every thing with reference to the gain it may be the means of procuring.

## CHAPTER XXX.

ON THE MANAGEMENT OF THE INFANT ON  
ITS BEING PLACED IN THE NURSERY.

Say then, will care and anxious hours destroy  
Maternal transport and connubial joy?  
The heart is form'd those tender pains to bear,  
Which teach it a superior bliss to share;  
Which with the duties of our state combine,  
And in proportion as they would *refine*.

CAN a mother be considered *blameless*, who does not studiously avoid doing any injury to the being she has produced? Should she not, by the most attentive care, guard this dear innocent from every harm? Should she not make it the *great* business of her life, to acquire that knowledge which will best enable her to form those plans which will most tend to its health and happiness? Valuable as a sound constitution may be considered, it is as *nothing* in comparison to the possession of a sound mind, which alone can give the power of forming a right judgement of all

we have to perform—that just sense of right and wrong, which teaches every man his duty;—which, by attending strictly to its dictates, places every one of us out of misfortune's power, as nothing can materially injure the man who acts conscientiously, let his name or profession be what it may. “The height of ability may be said to consist in a thorough knowledge of the real value of things.”

Let the parent be ever so highly accomplished—let her possess simplicity of heart—be ever so conscientious, still she must frequently be aware of her inability to discharge herself with exact propriety in her new situation. Then will her good sense and goodness of heart instruct her in the imperious duty of qualifying herself, by all reasonable means, with the surest and best method of performing the part allotted her. Various and important as are the duties of a mother, which to a thinking mind are almost overwhelming, but that our kind and good Benefactor has so interwoven the arduous task with delight, and so softened the fatigue and anxiety with never-failing tenderness and affection,

that the *love* which every amiable woman feels for her infant, can *only* be conceived by those who have been blest with the happiness of becoming a mother.

We may consult a Locke, a Watts, and a Wakefield; but I am decidedly of opinion, that no *precise* system can be laid down, as education must vary, as do circumstances and rank of life. The great point is, for every parent to acquire those grand and unchangeable principles, with a knowledge of those truths that apply in all situations. But the *mode* to be adopted must depend on the immediate situation of the child.

The first business of the mother I consider to be that which relates to the health and well-being of the infant; the next which follows, is as regards its disposition and regulation of its temper. This can best be effected by *gentleness* and *affectionate* conduct towards it; this will never *excite* an improper feeling, which is easily done even at a very early age. I have seen a nurse, upon an infant waking *sooner* than was expected, snatch it up from *temper*, because she was disap-

pointed at being interrupted. Would not this naturally make even an infant feel unhappy? A kind easy disposition is the first and most valuable qualification in the attendant on young children; indeed in every person they come in contact with. The minds of the inferior ranks in society, from not being properly regulated, are apt to give way to impetuous feelings, from not reflecting on the advantages of suppressing impatience and ill-temper on all occasions.

A child may sustain a great injury from an ignorant mother; for those who are unacquainted with *causes* and *effects*, commit every day mistakes pernicious to themselves and others. But I am sorry to observe, that a *want* of that useful knowledge which enables the mother to discharge her duty, is too common; and it is to be lamented, that young women are not better instructed in the more solid parts of education, more completely fitting them for becoming wives and mothers.

It is not rare for mothers to adopt, in my opinion, cruel plans, from an idea of benefiting their children. I allude to certain pri-

vations that are fashionable in the present day, with an idea that it is according to the system laid down by some great writer. The child of the pauper must submit, at least it is unavoidably exposed, to many hardships; but as it is born in a rugged soil, it seems early fitted for its station; and I am pleased when I meet the little cherub fastened to the back of its mother who travels about the country with baskets, the produce of her own labour. We find nature kindly accommodating herself to various situations; but we rob her of her exclusive privileges, by system and a fabrication of art. That unnatural plan produces a sophisticated being, one who is rendered almost imbecile, and unequal to the claims of either society or individuals.

For my own part, I would not impose a shade of suffering on the infant on whom the Almighty has so liberally bestowed his gifts. Let the dear child enjoy all it possibly can with reason, which I would make my *standard* in every thing, and not be starved from system in the midst of plenty,

## CHAPTER XXXI.

CONTINUATION ON THE MANAGEMENT OF  
THE INFANT.

O'er its warm cheek the roseate slumbers creep,  
 It sinks in graceful attitude to sleep.  
 Soft on its sighing lips the fond caress,  
 Hope, tenderness and joy at once impress;  
 While not a sound disturbs the silent scene,  
 Save gratitude's soft uttered voice serene.

THE placing an infant soon after its birth on the further side of the bed, is *cruel*. Has it no claim on its mother? Has it nothing to expect from her tenderness, on whom it is to lean for support and comfort? Is she to begin by considering the *natural* and proper care of it *too much* fatigue? Disgraceful idea! But this is the teaching of the woman who is hired to attend upon her. Shall the mother possessing common sense *only*, endure it? to say nothing of the well-informed and highly educated lady. Cannot she discriminate better? Will not the

fond mother take the infant to her arms and press it to her bosom, and nourish it with a delight that is inexpressible, instead of allowing the nurse to take and place it, as if an object of disgust, as far from its mother as is possible? And to make the plan more *marked*, more decidedly *cruel*, it is not uncommon to have a bed something resembling a huge tray, called a *crib bed*, where the heir apparent is placed, in order to keep the bed of its mother in due form. Order is beautiful and grand, and true order is exemplified in the most engaging manner through the natural world; but nothing in nature exhibits any thing cruel, or neglects the young; not an animal that does not foster its young with the utmost tenderness; the lion and the tyger, with every animal, exhibit the truth of this assertion. It is related of Lord Nelson, on his first commencing his enterprising career, that being in the North Seas he observed a bear and two cubs on the ice, he was determined to shoot the bear if possible, in order to obtain the skin to make it a present to his father; when, sad to relate, he killed

only the two cubs. The mother on seeing them fall, and unable to make them move, filled the air with her cries and lamentation at being deprived of her young ones.

Let me entreat the young mother, who is *supposed* to want the guidance of some experienced person, and who may be left to the care of a nurse, to take her infant to her arms, and *never* suffer it to sleep in any other position: the warmth it receives from the mother, is nearly as nourishing as the food it takes. The pleasure this little helpless charge will bring with it, will do away all fatigue; or, if it is the occasion of any, it will be borne without complaining, from feeling very sensibly the *claim* this interesting being has upon her. And if it should happen, from the mother being too delicate to bear the fatigue of having the infant with her of a night, let it sleep with some healthy young woman, and be nourished with the sucking bottle, and not crammed with pap, which *must* disorder it. But it is more rational and proper for the dear infant to lie on the arm of the mother; and the woman who has maternal

feelings, will *not* part from the infant at night; and the milk being so long confined in the breasts, is neither good for mother nor child; and no plan can be advised that is not natural, and such as tends to benefit both mother and child.

But I was weak enough, in my first lying-in, to suffer my nurse to take the child and pin it up in her apron, while she sat by the fire and nodded over it. This wholly deprived me of sleep, and I felt the danger and cruelty of it, and soon determined on the plan I recommend, of having my infant on my arm. I found the heartfelt satisfaction resulting from this natural and proper situation for the dear infant during the night. But this proves the necessity of every woman acting from her own good sense; and, above all, from that affection and tenderness which graces the heart of most mothers.

## CHAPTER XXXII.

## ON THE MANAGEMENT OF THE INFANT CONTINUED.

And whence the pleasure of the wedded pair,

Amid extreme solicitude and care?

Is not the amiable secret this,

Participation forms their sum of bliss?

While as their smiling offspring rise around,

With added cares increasing joys abound;

A wider range their social bosoms prove,

And every nameless charm resolves in love.

EVERY lady who nurses her infant, should attend very particularly to the mode of passing her time. The *conscientious* mother will consider herself responsible for every action of her life, when the well-being of another depends on her conducting herself agreeably to reason. Without doubt she would be willing to make any sacrifice for the benefit or advantage of her infant; at least while it is nourished from her breast. Let her forgo late sitting up, crowded thea-

tres, hot rooms, and large assemblies of fashionable persons, which cannot fail to be very exciting, and affect the mind with those perturbed feelings, arising too often from the desire of pleasing and being admired; sometimes from envy, or the fear of being outdone in fashion or style of dress. I hope I may not be considered uncharitable in making this remark; but in fashionable life so much is sacrificed for the character of bearing the palm, that really I think the caution is not unnecessary.

Every feeling which robs us of our tranquillity, greatly injures the health. Agitation of any kind, let the cause be what it may, brings on fever; that fever prevents sleep, and the want of sleep weakens the digestive powers, and soon deprives us of inclination for food; and, in short, an indescribable injury, with the most fatal consequence, often follows. The health immediately depends on the calmness and tranquillity of the mind: a mind which is constantly perturbed, must destroy the case which holds it. Dr. Fothergill, whom I consider the stan-

dard of true opinion, frequently was heard to express, that without a *tranquil* and well governed mind, health was not to be enjoyed. He would mildly say to his patient, that his visit could not be of any avail if the mind was agitated or disturbed on any subject.

It seems marvellous that we suffer the *turn of a feather* to destroy this invaluable blessing. We should first consider, on reflection, how far the object is worth our peace being destroyed on every trivial occasion. Let us act more agreeably to reason, and keep our minds in proper subjection to our best judgement, appreciating circumstances which occur to us with good sense; and, above all, acting upon those principles that will support us, when all the futile nonsense of fashion and folly is at an end.

“Fixt to no spot is happiness sincere;

’Tis no where to be found, but every where.”

## CHAPTER XXXIII.

## ON THE MANAGEMENT OF THE INFANT CONTINUED.

How wiser they, whose hearts to nature true,  
Her laws accomplish and her charms pursue,  
Who hail life's laughing pleasures as they rise,  
And all their joys in social good comprise !

DISSIPATION in every form is inimical to conjugal happiness ; and if persons would be happy when they enter into married life, they would depend on the society of those they have chosen, and on those elegant pleasures which home affords, or can afford. But society is badly organized, or we should not see so many persons unhappy, forgetful of their rank in the scale of existence. The woman who conscientiously discharges her duty as wife and mother, holds no mean place in the order of society. Were women more domestic, the care of their children would occupy more of their time and attention, and

the plan for the nursery would be better arranged and managed. Advice may be given, but unless persons feel their duty concerned in the business, preaching is but vain.

The dear infant on waking in the morning, if a reasonable hour, should be *immediately* taken up, and not suffered to lie tumbling about till it gets chilled. When that is the case, the blood, after the infant has been washed, cannot *resume* that delightful glow and warmth which it did not enjoy before this operation. Let nurse be ready to take the baby up as soon as it wakes, prepared with a flannel apron and a wash hand stand, half a yard high, holding a wooden bowl which may contain a pail of water; if the weather is severe, the water should be made temperate; this should be placed at her knee; let the infant be immediately stripped; when nurse should sponge it all over, beginning with the head and face, and carefully attending to every part, so that it may be made delicately clean. Be very careful that the water does not get up the nose, as it is very painful: with this care a child will never chafe, which, when it is the case, arises entirely for want

of proper care. When this is done, turn the child on its face, and then with the hand throw the water freely over it, rubbing it well with the hand or sponge, immersing the lower part into the bowl. After this delightfully refreshing bath, let the infant be well dried in every part, all the creases made *perfectly* dry; then with the hand let it be rubbed till it is completely warm. An infant will soon feel the comfort of this refreshment, and will be pleased to move its limbs free from the incumbrance of its clothes; indeed I have known a child positively cry when you attempted to dress it. Observe that when you rub the child, you pass your two hands from the neck on each side up to the top of the head, by that means gently closing the fissure.

I recommend every infant wearing a very fine flannel waistcoat with sleeves; then the shirt with a body of dimity, to which should be fastened by buttons a flannel petticoat and calico skirt; this part of the dress should button behind: then a frock not made more than three quarters of a yard long; this should be made with a full body, and drawn

just easy to the waist as it may fit, but not confine; but be sure in tying it that you do not draw the string too tight; the sleeve should be made down to the elbow, and not fastened up, leaving the arms quite exposed: a cap moderately trimmed, as it is a folly to bury the face in lace. When all this is done, the baby is complete and as fresh as a rose. If the weather is mild, I would take it for a few minutes to the window, to let it breathe the pure morning air. As this operation completely tires a child, let it then be put to the breast; and, when satisfied, it will sink into sleep. When an infant is thus managed, it cannot fail to thrive. A blanket should be placed in the cradle: infants must sleep warm, but still not be prevented breathing the common air. It is not unusual for nurses to cover over the face completely with the blanket, and then close the curtains. I need not appeal to common sense to prove the folly of this plan: explode curtains entirely, and lay the infant so that it may be warm, and yet inhale the common air.

## CHAPTER XXXIV.

## ON THE MANAGEMENT OF THE INFANT CONTINUED.

'Tis well for man that humbler spheres disclose  
 Unfailing springs whence equal pleasure flows;  
 Or unaspiring who could long endure  
 Mechanic toil and destiny obscure?

I DON'T approve of children occupying the same room in the day time in which they sleep; this is a very important part of the arrangement of the nursery. Children should not remain in their sleeping room; from the air having been confined all night, it becomes unhealthy. The air on persons rising should be immediately changed, by opening the windows, unless it happens to be damp weather. As soon as the person or persons have quitted the room, let the housemaid come in, opening the beds, taking off the clothes, and shaking the beds, leaving them to cool; clearing the room of all slops, and

making every thing perfectly clean. A nursery, sooner than any other room, becomes unpleasant, for reasons that must be obvious to every one. If it be winter, and the weather bad, place the door wide open, in order to change the air: and at this season I recommend invariably having a fire put in of a morning, and continuing till quite night. Fire is of great advantage in rendering rooms healthy, by absorbing the moisture, and keeping the air pure and dry; health greatly depends on breathing a fine pure air; add to which, it is very injurious to go from a room warmed by a good fire, into one of a cold lamp temperature, for the want of one.

This arrangement is of consequence; but when the circumstances of a family do not admit of two rooms being devoted to the use of the children, then let the mother take them where best suits her, till the sleeping room has been ventilated. Persons of fortune have the power of making every arrangement which tends to health and luxury, when persons in less splendid situations cannot be so accommodated.

While the infant sleeps, let nurse take her breakfast, and make herself ready for the day; as respectable and nice as possible, but not an inch of trimming, or a single curl; in many cases nurses are so furbelowed out, that they are afraid of holding a child, instead of being so usefully apparelled that they have only to think of their charge.

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## CHAPTER XXXV.

### ON THE MANAGEMENT OF THE INFANT CONTINUED.

At first thy power the infant's smiles confess,  
Ere lisping sounds its little wants express;  
What time the train of fancy's wishes spring,  
As yet unformed, but *time* shall form their wing.

THE infant on waking again should be after a time suckled, and cooled by degrees. Let nurse pay the necessary attentions, rubbing its little legs and feet, when it will stretch and smile as it lies upon the knee. If the

day is fine, let it be taken out, but not with a *long* heavy cloak, but some light covering, and a bonnet to shade the face; but should the wind be *easterly*, on no consideration expose an infant to the receiving of it. It must injure, and is liable to affect it very materially by the distressing effect it has upon the skin, by contracting the pores, which of course checks the insensible perspiration, and causes cutaneous and bowel complaints. Neither should an infant, while carried in the arms especially, be exposed to a *severe* wind of any kind; or should it happen to be a *strong* wind, it is much best avoided; even if mild, or when it *freezes*, on no consideration let it be taken out under these circumstances: but, on the contrary, a fine pure dry air cannot fail of proving beneficial. In mild weather it should be a great deal in the open air; it pleases, and induces sleep, and stands nearly in the place of exercise. On returning to the nursery, let the feet and all the lower part be well rubbed with the hands and arms; in short, frequently using friction is most beneficial to infants and young children. If winter, when they return from their

walk, let them be gently *warmed* by the fire ; but be *very* careful not to sit *too close* to it. It is not uncommon to see their little legs looking red from being put too near ; this should be carefully avoided : friction, with some warmth from the fire, is a necessary and proper attention. In being thus particular, I wish to guard young mothers from sending their children out in all kinds of weather, from an idea that going into the air *must be* beneficial. This is one of the mistakes arising from system, because it is understood that the air is very important, and good for children.

Be particular to engage a woman of a lively cheerful disposition, and on no consideration employ one who is overwhelmed by distresses of her own ; if you know that to be the case, don't engage her. It is impossible in that case that her mind can be sufficiently at liberty to have it rightly directed ; she will not be able to perform her business. Children, even infants, are fond of being spoken to in a kind, affectionate, cheerful manner.

## CHAPTER XXXVI.

ON HOLDING THE INFANT, AND ATTENTION  
TO ITS WANTS.

Ye garments, still your ductile folds display,  
 As grace moves forward on its winning way;  
 The charm of loveliness were given in vain,  
 If seemly care may not the gift maintain.  
 Why should the adorning hand forbear its skill?  
 Behold around in field and vale and hill,  
 Nature an ornament to Nature still!

GREAT attention should be paid as to the mode of holding an infant. In the first place, nurse must be careful not to suffer the child to sit *over* her arm; it injures the form exceedingly; it should sit *on* the arm. While an infant is very young, say the first two months, let it be held in a position gently reclining, as it has not sufficient strength to sit upright; and from that cause it stoops when so placed, which injures the lungs;—*that* makes care and attention very necessary to this point. Then in respect to the move-

ment: it cannot at first be too gentle; tossing it gently visibly pleases; but it should not on any account be made to show the effects of fear. As it advances, the mode of exercising it might be more decided; but never let it be tossed up like a ball, or violently thrown up and down: it is most intolerably cruel, and highly improper, and injurious to a great degree. Cheerfully moving a child is both good for it, and never fails to give it pleasure: but violent movement I think very possibly may be the cause of idiotism. The tender frame of an infant cannot be supposed to bear any violent motion without suffering from it. The management, therefore, cannot be too gentle, or too kind and tender; yet it should be cheerful. When nurse carries the infant, let her place her fingers on one side of the waist, and her thumb on the other, leaving her hand hollow; by that means she will avoid *pressure* on the stomach. I consider there is a very nice art in holding the child, either for its comfort or advantage. A child properly held sitting on the arm of the nurse, and its clothes being properly placed, will

appear more graceful and engaging than if managed by one who does not understand the art of nursing.

The science of good nursing cannot be so easily described by the pen, as it might be dictated by an experienced mother or nurse. It is not possible to enter into the minutiae of those delicate attentions which are necessary to form a complete system; a *general outline* of that plan which is *indispensable* for the well-being of every infant, is *all* that can be submitted to paper. Nevertheless, a failure in this tender care, which can only be the result of maternal feeling, constitutes that which is very important for the comfort of the infant; for without it, a child will neither thrive nor be happy. The mother, it is obvious, makes the best nurse, because Nature is her instructress. Upon a child waking, and wanting to rise, it falls a-crying instantly, when the mother flies to the cradle with impetuous haste, quitting whatever she is engaged about, without any thought of what follows; and when she takes it to her arms, presses it to her bosom, and soothes it

by inexpressible endearments. The infant soon dries up its tears, but will involuntarily sigh and sob for some time after, because it *cries* from the *heart* when any thing occurs which it does not like; but the moment it finds itself in the arms of the mother, it nestles to the breast and begins to smile. Can a woman forgo these exquisite delights from personal vanity, or a love of figuring away at a ball to display her charms! She who can forsake those duties so fraught with inward pleasure, is certainly most undeserving the high honour of being a mother. But who can suppose any female of education to be so lost to the refined gratification it affords, as to suppose it possible for her mind to be estranged from those exclusive and delightful privileges which come home to every woman who is blest with children?

Great care should be taken, from the birth of an infant, to do nothing to thwart or tease it. This is the way to spoil its temper, and to sour its disposition; and I am of opinion this conduct should be invariably and cautiously guarded against.

Children are soon pleased with attention, and are perhaps more alive to it than persons may imagine; and if they are not kindly cared for, they become unhappy. An infant will fully engage the time of one person; and I contend that occupying nurse's time with any other employment than the nursing the infant, should be the last part of economy. Every domestic in a family should have their express business;—for want of this systematic arrangement, families are rendered irregular and confused.

## CHAPTER XXXVII.

ON THE NECESSITY OF WARMTH FOR THE  
INFANT.

Well tutor'd children love their guardian care,  
For warm affection equally they share;  
No rival jealousy disturbs their minds,  
Nor do they suffer from the chilling winds  
Of cold neglect; but *love's* sweet influence  
Crowns their bliss!

I AM decidedly of opinion that children would rarely suffer from ill-health, or from wrong dispositions, if they were properly treated; that is, nourished from the breast, instead of loaded with indigestible food; dressed simply for convenience, rather than to gratify the vanity of the mother; and reasonable plans adopted, instead of their being left to the care of ignorant uninformed nurses, which is too generally the case.

I highly disapprove of a child sleeping in a crib bedstead, and that furnished with a hard mattress, and a piece of flannel for a blanket: the whole together amounts to a

miserable apology for a comfortable bed. An infant, whom every one knows is dependent upon the mother for warmth and nourishment, must suffer severely when placed in a situation where it cannot receive *either*. In the crib bed the child comes in contact with a hard cold substance, that affords no comfort. This unnatural plan I would gladly see exchanged for the arm of the mother or nurse, as the only situation of comfort it can possibly be placed in. Some mothers who are not quite so cruel, put the infant on the further side of the bed in which they sleep: this I consider a chilling and unfriendly situation; surely it is depriving it of the greatest privilege it can enjoy. Animals of *every kind*, except aquatic, require *warmth* when very young. Neither can they sleep comfortably, or *thrive*, without it. The *protecting* hand of the mother is every thing. Is it not the language of nature? Is it not the language of tenderness? Does not the infant claim the unremitting and tenderest care of the mother? Can she be said to discharge her duty, who neglects the claims of her

child? A woman loses her greatest charm when she is forgetful of her affectionate attention to either her husband or children. Every man who enters into the marriage state expects to have *all* his wants supplied unasked, and that with cheerfulness; love, and a sense of duty, ought to be the rule of the wife's conduct: and if neglected, the husband can remonstrate; but the dear infant suffers in silence. When the baby is placed in the nursery, it is still to sleep in the crib; from being cold and uneasy, it often wets the bed; this adds to its misery. It frets and cries, and nurse is deprived of her rest, which she stands so much in need of; this affects her temper, and on taking the baby up in the morning, she snatches it with a feeling of anger, and at the same time is full of invectives; instead of the *little* innocent claiming all her tenderness. The child, on being placed on the arm, nestles to the bosom of its mother; it is happy, and sleeps and thrives: but the fine lady, I am sorry to observe, is prevented doing her duty, from her *nocturnal* engagements; the round of winter entertainments

is wholly incompatible with the character of an affectionate mother.

It is a lamentable truth, that those persons whom the Almighty has most largely gifted with benefits, are too often without those feelings which teach them their duty, let their situations be what they may. Are we, or are we not, created accountable beings? Will the title of Duchess or Marchioness exonerate us from discharging the great duties of life?

But if this conduct is *unalterable* in the mother, let me advise her to make choice of a desirable young woman, and adopt the plan of rearing the infant by the bottle: it certainly is a most excellent substitute. If properly managed, the best supply for it is simple milk and water, sweetened with East India sugar\*; it may be kept in the nurse's

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\* I recommend the use of East India sugar in preference to that generally used from the West Indies cultivated by slaves, some sorts being less gross, consequently less likely to generate bile. And here I cannot help expressing my sincere hope that every success may attend the laudable Society for the gradual Abolition of Slavery throughout the British

pocket in the day-time, and under her pillow at night. An upper crust of bread boiled till quite soft, then straining the water from it and mixing it with milk and sugar, is not unwholesome; but I still prefer only milk and water, as more simple. Let me recommend having a widow or married woman, as possessing more maternal feeling: but on no consideration engage a woman advanced in life; it is very improper and unhealthy for the infant.

The woman who performs her duties merely as a matter of course, can never enjoy those chaste and pure pleasures which overcome

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Dominions;—our excellent Majesty's Ministers having declared perpetual slavery in our West Indian Colonies, a practice immoral, inhuman, and unconstitutional; and having themselves commenced preparatory measures towards emancipation in several of the conquered Colonies as an example to the rest, in which the Ministers have had the support of the people of England by six hundred petitions in the late Session of Parliament; most of which express the willingness of the people to bear such burthen as may be incurred in compensating the present holders of Slaves, in order to do justice to 800,000 human beings, and thereby doing away the stain of *Colonial Slavery* on our national greatness.

or reconcile all fatigue and anxiety. A good hireling is better in that case than a careless mother. If a woman is not rendered unnatural from too much self-love, or too strong an attachment to pleasure, she will take delight in nursing and attending to her infant.

Infants are designed by the Almighty to live by suction; and are we to *thwart* his plans by our strange and unnatural contrivances? I consider *feeding* children exceedingly unnatural; it is the cause of most of the diseases they suffer so much from. Those children who only take the milk of the mother are rarely ill. Should the mother fail in having a *due* quantity of milk, let her adopt the aid of the bottle, which I never knew to fail, being an excellent substitute. Infants nourished with food of any kind must suffer inconvenience, from the stomach being unable to digest it easily; bread panado is particularly unhealthy, from the article being so constantly adulterated; add to which, all kinds of food that have been fermented are very improper for infants; the mother's milk every one knows is *expressly*

sent for their support. Ass's milk is the best substitute, resembling from its thinness the milk of the mother. Every person of good sense must see the impropriety of feeding the infant. I have heard a nurse boast that the infant has taken a whole panakin of panado at one time: this is the commencement of every mischief. If the first passages get diseased, the bowels of course become affected; from being loaded, they either become torpid, or suffer from a continual lax. The feeding an infant is certain mischief; nor will a sensible mother adopt any plan so unnatural. Young mothers especially are influenced by their nurse; from not being properly informed on the subject, they readily embrace the opinions of those whom they *suppose* are competent to lay down the best plan for managing the infant; it plainly proves the advantage of every mother being able to decide for herself.

## CHAPTER XXXVIII.

## ON CHANGING THE DRESS OF THE INFANT.

Still may those eyes on me their light employ !  
And be it mine to fill their beams with joy ;  
Still mine to hush that bosom into peace,  
'Till life and conjugal endearment cease !

I ADVISE the infant having its clothes shortened when about eight months old, not *before* ; but should the weather then be severe, it need not be done till it becomes mild ; as of course the change would be too much felt. I like infants wearing lambs-wool stockings fastened to their petticoats : as their tender feet in winter are apt to get cold, they also should be kept warm and frequently rubbed ; indeed an infant, from being carried about, requires friction, because the parts get fatigued from pressure. Twice dressing them I consider very necessary ; it is good for them, and adds to their comfort ; it makes them thrive to be for a time free of all shackles, and nicely

warmed and rubbed. Children so managed will grow up lovely, and give pleasure to the anxious mother, and add dignity to human nature, by the perfection they exhibit. When the clothes are first shortened, let them be something lower than the feet; and never let the infant be put down to teach it to walk, until it begins to tell you by making an effort to leave the knee for the floor. On no consideration let Mrs. Nurse be promised a golden present for making the dear baby cross the room the day it is one year old. Never mind the epoch on which it happens, so long as it happens in the *right* time; but its happening one day before nature is ready for this advance, is productive of the greatest mischief,—weak loins, crooked legs, and large heads. The simple truth is, that when the frame is *expanding*, the greatest care is necessary to nourish and assist it by all possible tenderness and good management; but on no consideration should nature be forced one hour before her time. When a child is learning to walk, never let it press long on the feet at one time; but let

it be wisely supported, not looking to the boast of *what* day of the month it runs to mamma. *Discourage* this idea in nurse's management; express to her the dread you have of hastening the infant's walking, lest by wrong management you may be the means of doing it an injury. Make no promise of a reward; but if nurse appears to act conscientiously, then reward her for her trouble, as the stooping to hold an infant is very fatiguing. When it can walk, let the clothes come as low as the ankle, not letting it be constantly interrupted by treading on the frock. I recommend a very judicious invention called a plough: it consists of two straight pillars divided at the end, branching into two feet, with wheels at each foot; then a cross-bar at the top, just high enough for the infant to put its little hands upon. The wheels should be put on an axle covered with leather, to prevent its running from the child; this supports the body, and has not the least disadvantage attached to it. Children are pleased with it, and it assists them when they first begin to walk. If this business is accomplished

without the legs sustaining any injury, it may be considered a blessing, as inverted knees and crooked legs are sad defects. I wish to see children growing up straight, strong and healthy, which we have a right to expect, unless they are the offspring of defective parents.

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## CHAPTER XXXIX.

### ON THE DANGER OF ADOPTING SYSTEMS FOR THE CARE OF AN INFANT.

Thus where the linnnet builds her secret nest,  
Protecting thorns may wound her trembling breast,  
Yet mindful of the expected store she brings,  
Warm o'er her brood she spreads her fluttering wings,  
Distributes all, then cheerful sits and sings.

NATURE has gifted the mother with peculiar feelings of affection that no other person can fully comprehend; she feels her infant inexpressibly dear. This affectionate attachment is ordained by the great Creator for the wise

purpose of enabling the mother to endure with cheerfulness the fatigue and anxiety attendant on bearing the beloved object; these feelings *all* conspire to grace the mother with exquisite delight and importance, that can only belong to *her*. The father, doubtless, is sensible of the *strong* claim both the mother and child have upon him; and no man who possesses goodness of heart, but will feel this claim with a tender and affectionate sympathy.

During infancy, the mother alone is the person who must have the care and management of the infant: she must also be the guide and director of its early years.

I have before observed, that in my opinion education commences from the cradle,—indeed, more properly speaking, the birth: to adopt right plans from the very first, is the only commencement to ensure success. It may be compared to the first stone of a noble building: the stone itself is of little value; but in its place it is of considerable importance to the structure about to be raised. Neither could the building have been reared

without it. Judicious and proper plans from the earliest period are very important.

To establish a *sound* constitution is the *first* part of this great business, and should be the constant care of the mother. She must follow the dictates of her reasoning faculty, with a continually watchful attention to the effect of her plans.

The mother who carefully watches over her infant, and *marks* the progress of its growth as well as the unfolding of its understanding, and *acts* from her constant observation, is a *wise* mother; for no system or plan can be good, which is not the effect of our reason, which can always be brought to the standard of truth. This conduct I consider greatly preferable to a blind adherence to any system; as I am of opinion that every plan must be fallacious, that has not been *proved* by witnessing the *effect* it produces.

I dread an attachment to those writers who lay down rules merely from theory. I feel the impossibility of any one *but a mother* to well understand the subject; and I am sorry to add, that *too few, even mothers*, really con-

sult what is best for their children. Neither can every woman adopt those plans at all times which she most approves.

The young married woman, who has not been so happy as to have received instruction from a wise and good mother on these important points, may be *grateful* to obtain information from an experienced friend or writer, more especially when the only motive of the writer is a sincere desire of promoting the good of the rising generation.

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## CHAPTER XL.

### ON THE ADVANTAGE OF EARLY INCULCATING AMIABLE DISPOSITIONS.

Then in the face expressive we survey,  
Diffused in love, the mind's unclouded day.

AFTER a few months have elapsed, the infant begins *to smile* at its mother, and to stretch out its little hands to reach the wished-for goal.

Whence this attachment? Whence this love for its mother? It is the consequence of the affection and tenderness which are expressed in the unremitted care and attention which she pays to her infant, which this endearing conduct uniformly produces;—pressing it with inexpressible delight to her bosom, and satisfying the call of nature at the same time.

Never let children be indulged in a dislike to persons they are unaccustomed to; teach them the social virtues—teach them to love the whole human race; and they must commence this feeling of universal kindness, by loving those who immediately surround them. This is a godlike disposition, and will best instruct them in doing good to their fellow beings. At the same time nurse must discriminate, and not suffer improper persons to take them into their arms. I exceedingly disapprove of strangers kissing them, particularly those who notice them in their walks. Yet I would not encourage a disdainful manner: a courteous behaviour in their attendant, will naturally affect the infant or young

child with the same amiable feelings. Neither do I approve of nurse kissing her charge without reserve; it is indelicate and improper. The child taking the breath of persons who live upon strong meats is unwholesome.

Nurses, and those domestics who are with children, should be particularly attentive to their persons. The habits of the lower orders in society are too regardless of this necessary care; and it frequently happens that they have not always time for the business; this is a very sufficient reason for nurse not curling her hair; let her keep it well combed and brushed, using water plentifully; brushing her teeth, and washing her mouth every morning when she rises, and frequently washing her feet. A nurse cannot be too clean and neat in every point; carefully changing her linen on stated days, sufficiently often that she may preserve the most exact attention to neatness, as the health of an infant may be injured by contrary conduct. Cleanliness is most conducive to health and cheerfulness.

Persons in health who take strong exercise require more particular attention than those who are not so robust.

The apartment allotted for the children should be kept exceedingly clean and neat, frequently changing the air of the rooms by opening the windows. Chimney-boards should never be used; they are very detrimental, from preventing a current of air.

Great care should be observed that children are not taken into a room soon after it has been wetted; the damp from a fresh-scoured room is very dangerous, and is likely to produce fever. When persons are confined in a damp room, they inhale the baneful moisture without that portion of the common air that would carry it off; without care this is likely to happen. Servants do not discriminate; and if the boards look tolerably dry, they consider that sufficient: but as the water gets into the vacancy between the boards, a room remains longer damp than is commonly supposed. It is a very good plan to have the sitting-room of the children cleaned when they are gone to bed; the

sleeping-room, in the morning. The beds should regularly have a damp mop passed under them every morning, keeping them free from flue, which is very necessary on every account. In winter it may be well to have a drugget to cover the room to the chairs, regularly taking it up every morning, and sweeping the room perfectly clean. A nursery should not have a *north* aspect; the sun shining into a room makes it healthy, and less fire is necessary. In summer you may have blinds, if wanted; but it is particularly healthy to keep the air of the room dry. In this country, the climate being variable and subject to frequent rains, it is important to enjoy the advantages the sun gives: you perceive it very decidedly in a garden; a north walk always looking green and mossy; this arises from constantly being damp, which renders them not so healthy. Attention to these points I consider important for the preservation of a sound constitution.

## CHAPTER XLI

## ON THE DISEASES INCIDENT TO YOUNG CHILDREN.

Anticipation sees no evil nigh,  
To quench the dewy rapture of their eye,  
Or mar the lovely visions they compare,  
In *hope's* unlimited perspective fair.

LET the care which the mother takes be ever so vigilant to rear her infant, still it is subject to diseases which no foresight can prevent.

Teething makes no small feature in the catalogue of diseases. When children fortunately have their teeth early, it is attended with less danger, and is effected with more ease; but when it happens to be *late* before the teeth appear, they are sure to suffer; and it frequently happens that they die in consequence of convulsive spasms. I recommend particular attention to the state of the bowels; the irritation of the nerves in teething generally produces fever, and in some cases

affects the bowels with a lax : this is salutary, and only requires attention to the food. When it goes to great excess, a tea-spoonful of prepared chalk, with a table-spoonful of brandy and two of water, put into a phial and shook, giving the child occasionally a tea-spoonful, will gently correct. Should the bowels not be sufficiently moved by it, magnesia given in a little warm milk and water is very necessary. Roasted apple is also good for children ; but in case of much fever, a few grains of Dr. James's powder are most excellent ; the printed paper will direct as to the quantity. Also a warm bath, heat about 82 degrees, is very beneficial, if the skin is hot and dry. The child thus affected should abstain from animal food. All inflammatory diseases may be treated in like manner. The measles I consider the least understood of any disease the child is subject to ; it generally requires warmth, invariably so if it attacks with a cough, and inflammation in the eyes. The affection in the lungs often proves fatal, ending in a rapid consumption :

bleeding with leeches is very important ; also a small blister on the chest may be beneficial, and the warm bath is very proper. The hooping-cough is another disease to be dreaded : let the patient have twice a day a tea-spoonful of antimonial wine, which will greatly move the phlegm, and bring it off the stomach. Changing the air is often very serviceable, taking simple cooling food, and drinking only toast and water, barley-water, lemonade, or raspberry vinegar and water. In most cases, I firmly believe, more depends on the diet and management of children, than on any advantage which may be derived from medicine. Disease in the first passages is the cause of much suffering to infants, which proves the great necessity of attending to their diet. Children are better without beer ; I prefer milk and water ; *wine* should *never* be given them ; it is a stimulant they do not stand in need of. Children are subject to worms ; when that is the case, a few grains of calomel at night going to bed, and a dose of rhubarb and magnesia in the

morning, are a certain remedy. Dr. Buchan's "Family Medicine" is a very useful book to persons remote from medical assistance.

The diet for the nursery should be simple, but good; were that better regulated, children, I am convinced, would not be so often affected with illness.

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## CHAPTER XLII.

### ON THE FOOD PROPER FOR CHILDREN, WITH THE NECESSARY ATTENTION ON TAKING IT.

The lovely group around the table share  
The choice repast they kindly them prepare;  
No frowning looks, but joyful silence beam;  
In every eye there's nought but pleasure seen.

CHILDREN'S comfort should be strictly attended to; nor is the least part of it that of having their meals such as they like, though at the same time they should consist of those articles which are proper for them.

I particularly recommend those meats which are come to a full growth, such as beef

and mutton; the juice tends to promote digestion, and the meat should invariably be dressed with the gravy in it; all meats either over-roasted or over-boiled are unwholesome: neither let it be dressed too fresh, as tough meat is very improper. These points are seldom attended to; for the cook too frequently considers the nursery dinner of little consequence, and, as such, pays scarcely any attention to it; indeed, when she has a large dinner to dress for company, it must be a very great difficulty to her: in that case, when it cannot be properly attended to, the housemaid should be employed to dress it in another room, that it may be well done. I am by no means an advocate for starving children in the midst of plenty; but the system of many writers is little better. Children born to affluence should enjoy the comforts the Almighty has blest them with, as far as is good for their health. I would recommend the nursery dinner being nicely dressed and attended, and sent up under cover, that it may be hot. I advise the children eating their pudding first, as they do not require the

greater proportion to be animal food ; occasionally fish may make a change, soles particularly, as they are safe in respect to bones. I advise whole rice in every form ; but great care should be taken to have it made soft, as it is very hard in the stomach if not properly dressed. The pudding I recommend for the convalescent patient, I consider very wholesome for children ; as the receipt is given, a repetition is unnecessary ; eaten with a little melted butter or boiled milk it is most excellent : crust made with beef suet, finely shred for fruit puddings, is not objectionable, if made thin ; but if it is heavy and half-boiled, it is very unwholesome. Baked crust made with butter I do not approve ; made plain, it is *hard* ; if *rich*, it is *improper*. Fruits boiled with sugar and eaten with rice simply boiled in water, as if intended for a currie, are most desirable ; but it should be nicely done. Children should never eat meat twice dressed ; it is always hard and indigestible ; neither should they ever have meat which has been salted. New bread is improper ; but it should not be more than one day old. I prefer home-

made bread, as in that case you may depend on the article being pure. Let nurse attend to the children, observing *perfect* quiet at dinner, and indeed at all meals;—no talking, but sitting orderly, attending to eating, without soiling the table-cloth, and holding the knife or spoon in the right hand. Let the eldest be always helped first; by this strict attention to *order*, future punishment is prevented, at the same time that it affords immediate comfort. Order in every appointment is very important; and in respect to the nursery it is indispensable, as it tends to establish wise habits in the minds of the children.

I recommend their having milk porridge for their breakfast, with grit gruel nicely boiled and strained; when a due portion is put into the milk, it is lighter than the whole being milk, and acts on the stomach so as to keep the bowels in order. Let the same quiet be observed at breakfast; and it may be well to call their attention to the benefit they are receiving from the food provided for them. Do not let one child move from the table till all

have finished; and let them be told to eat slowly, pulping their food, which operation cannot be performed upon an animal substance without teeth: let it be divided ever so small by the knife, it is, in my opinion, not the best food for children till they can masticate it. *Nature* points out the right time for every thing, did we only attend to her wise dictates.

I recommend children having tea in the afternoon; they are fond of it; and I consider it a very wholesome beverage: besides, I highly disapprove nurse enjoying privileges which the children are denied. I give the preference to light seed cake in the place of bread and butter. My wish is for them to have every thing to please and make them happy, while it does not *infringe* on those plans established for their good: the mind being pleased, the happiest effect is produced on the heart and disposition, which not only constitutes the enjoyment of every day, but establishes that constant habit of mind which is highly beneficial to every one, let his situation be what it may. When any circumstance happens which vexes and irritates

the mind, it ill-disposes us for acts of philanthropy and kindness; disappointment and chagrin naturally destroy that *confidence* which is the bond of union and good-will toward mankind. Good-temper is the sweetener of human life; and every thing which tends to cultivate and promote this amiable disposition, should be practised towards children of every age, instead of their being teased and mortified. Are children to feel nothing but restraint? Let every thing be so managed, that nothing appears to give them any other idea, but that it is the study and wish of their parents to make them happy; they should be made to understand that the privileges they enjoy can only be upon the terms of *obedience*. I am far from wishing to indulge them to their injury. I would establish certain rules and plans that *must be* abided by; but I would also have as much done as possible to please them. Children that are harnessed with bandages, confined in a dull nursery, probably with not a very kind nurse, and their food such as you would scarcely give to a favourite lap-dog, must be *unhappy*.

Children should have *variety*, not always be confined to *one* apartment; they should have different sorts of food, and those nicely dressed; and take the pleasure of running and playing in the garden or grounds, without being tortured for treading on a border. We should then see their lovely frames *expand*, and their minds opening like a fine flower. We should have a noble race, instead of a puny pale-faced dwindled sort of beings, that go crawling through a miserable life, incapable of enjoying the many blessings intended by the all-bountiful Provider.

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### CHAPTER XLIII.

#### ON THE ADVANTAGE OF EARLY REST FOR CHILDREN.

Early rest makes early rising sure,  
To view the sun which richly gilds the moor.

If children are not disturbed, but nature left to herself, they are sure to wake smiling and good-humoured, stretching their little limbs preparatory to action. As soon as they open

their eyes they want to rise, and require something to eat. I repeat, that a crust of bread should be given them; it prevents the wind getting on the stomach, as well as the pain from entire emptiness. Nurse should be prepared for dressing them, and take them up as they awake; as soon as they are able, let them be brought to the side of the washing-stand upon a piece of mat placed on purpose for them to stand on; they should be taught to hold their heads over the bowl, when the sponge should be used all over them, with plenty of water;—this makes them completely clean; and I recommend just placing them in the bowl, using it as a bath;—then take them out and rub them perfectly dry with a soft but rather coarse towel, and then a piece of flannel or a flesh-brush;—thus, by using friction freely, they receive a warmth and an increased circulation. In very severe weather I advise a small portion of boiling-water, not to *chill*, but to make the water temperate; water just drawn from ice is too cold for young children. After this operation, let them be immediately dressed.

If fine weather, I approve of the windows

being opened, that the children may inhale the fine morning air, but let them do that without fatigue; this delightful refreshment, together with the glow from the water, gives them a bloom and energy of feeling, which the child who is awakened before nature dictates, and then dragged a long walk before breakfast, never enjoys or can enjoy. As soon as they are all dressed, breakfast should be rung for, which should be waiting for the summons. Let them come to the table in an orderly manner.

I have sufficiently enlarged on this subject, without saying more at this time. As soon as the children are seated, let the housemaid go into the bed-room, open the windows if the weather is *dry*, take off the clothes, well shake the beds, and leave them to cool; then empty all the slops: after this is done, let the fire-place be made neat, and the fire laid ready for lighting. By this time the breakfast things being done with, they should be removed; then with a short brush let the crumbs be swept up. When the housemaid has finished her own breakfast, I would have

her return to make the nursery beds and sweep the rooms, using the mop under the beds.

From these regulations, every thing is conducted in an *orderly* manner, which is the soul of comfort. In half an hour, if the weather prove fine, the children may be taken out, as exercise *immediately* after eating disturbs digestion. Any place I prefer to a garden, as it causes an unnecessary restraint; the treading upon a border, or breaking the stalk of some flower, has been the means of punishment to a dear child, who rose in the morning all joy,—but from some incident this happiness is destroyed: this circumstance to a little child I consider distressing, and should if possible be prevented. I think it a most *important* point in education to *avoid occasions* of punishment and disgrace, by establishing in early life those good habits, which are daily increasing to our advantage and comfort: thus *training* and ultimately *fixing* the mind in a path of goodness and virtue.

But when mothers are indifferent to consequences, they often go on in error, forget-

ting how the most minute neglect or wrong management tends to injure, if not destroy, the germ of excellence which most children possess.

I should like little children to have a play-ground finely gravelled, where they could run and frisk about without fear or the liability of doing wrong; this would be a very wholesome liberty. I would have seats placed on which they could rest when tired, as all fatigue should be *cautiously avoided*; it impedes their growth, and often renders them weakly:—but this is a consideration not attended to;—children, because they occupy a small space, are overlooked, and are left to run and stand about when they become fatigued; this causes them to fret, and nurse then complains that they are naughty; when, in my opinion, children being oppressed, have no other means of expressing their uneasiness but by fretting and crying. When very young, it is not to be supposed they can make reasonable argument against the neglect of their attendant. The plan of a proper play-ground being adopted, much mischief

would be avoided; a grass-plot is never sufficiently dry for them to go upon before the sun has exhaled the moisture from it. Let them have traps, balls, toys to draw about, and skipping-ropes, when they can use them:—they should be amused and made happy.

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## CHAPTER XLIV.

### ON THE ADVANTAGE OF CHILDREN TAKING REST IN THE DAY-TIME.

Sleep o'er their limbs its balmy influence sheds,  
And throws her downy mantle round their heads;  
The couch prepared their weary limbs to ease,  
And all she does is tender care to please.

UPON the dear children returning to the nursery, let their shoes and stockings be taken off, and their legs and feet be well rubbed, using the flesh-brush for them; and their hands and arms the same.

During the time of their being in the playground, let the housemaid place a long soft mattress on the floor (which should be kept

solely for that purpose), covered tightly with a print of the most entertaining kind—say a farm-yard with cows and sheep, &c., a common furniture print. If the weather is warm, after their feet are rubbed, they will be inclined to put themselves on the mattress; the interesting coverlid will probably secure their remaining till sleep overtakes them; if cold, they may have a blanket thrown over them. Children mostly dislike being put to sleep in the day-time; but they will involuntarily wish to recline upon the mattress, and prevent their being forced to lie down; this refreshment is most necessary. Let the room be darkened and kept quiet, that they may not be disturbed; rest is good both for them and their attendant: it is no small exertion to have the care of a baby and two or three little children. A roasted apple should be prepared for them, or a slice of common cake, or bread and fruit, against waking. By this plan you avoid the fretfulness occasioned from fatigue; the frame having been generally exercised, nature wants rest; and were this more attended to, you would not

hear children cry so often ;—they rarely cry unless they are *oppressed* ;—and children are reputed naughty, when they *only* express some uneasiness.

I can say with truth that I seldom heard a child cry or complain in my nursery ; they were like so many doves in a cage. The fact was, that the person who brought them up (eight children) was a very sensible, affectionate, motherly woman, and the children were all fond of her ; her good sense and cheerfulness, with her attentive care, were unrivalled ; indeed I never felt I could sufficiently reward her for her excellent conduct during eleven years.

On their waking, let the dear children have the refreshment prepared, observing that they take it in a proper manner, all sitting round the table ; no talking till it is finished. The time for dressing is now approaching : let them be quite stripped, and when their hands, face, and lower parts are washed, let them have the flesh-brush as before ; this relieves and strengthens their limbs ; I consider the use of friction very conducive

to health—it refreshes and gives *energy* to the frame; and should be used after washing in the morning, on dressing at noon, and on going to bed. Were the plan of gentle exercise, with a due portion of rest, and an attention to food and sufficiently warm clothing adopted, we should not see so many looking pale and wan, with half-grown limbs and extended stomachs. I am certain nature is prevented freely expanding for want of due care and proper management. Children placed on hard comfortless crib beds, never really warm, awake in the morning to be dragged out for a *long* walk before breakfast, their little eyes scarcely open; returning full of fatigue and grief, hungry and weary; then punished for being naughty; their little hearts broken; nurse huffing them because they could scarcely reach home; then a large quantity of food given them, and their stomach extended much beyond its natural size;—this must make them very uneasy; and then standing about, although tired, till they are quite worn out, makes them fretful. Can we then wonder that they look pale and sickly,

grow up ill-tempered and self-willed? a wrong disposition is engendered by bad management: a child may cry—it may have a *cause* for crying—but I am of opinion that we miscall things; a naughty child is one that expresses bad dispositions,—such as pinching or fighting a brother or sister; *that* I consider expressive of a bad temper, and may be called naughty; but this word is misapplied when children suffer any inconvenience they cannot express.

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## CHAPTER XLV.

### CHILDREN SLEEPING ON BEDS MODERATELY SOFT, EXCEEDINGLY BENEFICIAL.

How wise are they, whose hearts to nature true,  
Her laws accomplish, and her plans pursue.

**GENTLY** to follow nature is at all times a proof of good sense; the more artificial our system, the less it may be relied on. The more simple are all our arrangements, both as

it relates to ourselves and our children, the happier will be the termination.

I recommend young children retiring *early* to rest; it is more natural than sitting till they are over-fatigued. I exceedingly prefer children sleeping on feather-beds *well filled*, that they may not sink in them, but may sleep soft and easy; for on their being put upon a hard mattress, they feel very uncomfortable and unhappy, as it is impossible it can give them that indulgence requisite for their tender limbs: it is very inconsistent with reason not to treat infants and little children with tenderness. In case of very warm weather, a thin mattress drawn over the feather-bed may not be amiss; but I highly disapprove of the tender infant and little child being placed on a *hard* bed—it is very unsuitable for them. Children should enjoy their beds, and when they lie down, should stretch themselves upon it, so that they may feel the rest it ought to afford; when, on the contrary, they lie on a hard mattress, without receiving any comfort whatever, it is very inconsistent with reason not

to afford them the indulgence of a bed; a good feather-bed affords a warmth that will nourish them. Let the clothes be sufficiently thick to keep the child warm, and make it feel comfortable and happy; a bed is intended to rest the limbs, and of course to relieve us from fatigue; if it does not answer this express purpose, it does not afford what it was intended for.

I know there are many writers who recommend children lying on a hard bed; but give me the system that tends to their comfort. Infancy should have nothing to cloud its sunshine, or to make it unhappy. If any one lies on a hard bed from choice, it matters not; but to put the tender infant upon a hard cold bed, I consider cruel.

The plans adopted in some nurseries appear to me devoid of that delicate and affectionate tenderness, which enters into those minutiae which immediately tend to benefit and make the infant or little child happy. I would have the arrangement of the nursery expressly constructed for the lasting good of the child; planting in its tender mind those

seeds of wisdom and virtue, that will be daily improving to perfection. I repeat, that a sound constitution greatly tends to aid us in our passage through life, as well as to assist us in those exertions which we are called upon to perform.

I recommend nurse sitting with them till they are asleep; being accustomed to her attention during the day, of course they would feel unhappy at being left alone. If children were managed always with mildness and affection; good plans established, and those abided by; I think we might promise ourselves the pleasure of seeing our wishes perfected to our entire satisfaction. As they advance, they would necessarily be with their mother, whom I consider their best teacher; no one can possibly feel the same interest, or take the same conscientious pains to improve them in knowledge, as the mind opens to receive it.

I by no means wish to enter into systems and plans for education. I am desirous of confining myself to the management of infants and young children while in the nur-

sery; and although I could gladly see some alteration in the systems of education, yet I could not presume making any attempt after Mrs. More and others; all I have endeavoured to accomplish is, the general improvement of the plans for the management of infants and very young children. When our children or sick relatives are committed to the care of ignorant uninformed women, the great injury which our existence sustains from it is scarcely to be imagined. The ignorant, who are unacquainted both with causes and effects, commit every instant mistakes the most pernicious to themselves or others: and to find those who are willing to pursue the system you most approve, is rare, and can only happen from meeting with persons of religious principle.

The man of learning possesses the theory, and the wise man the practice; but the ignorant man or woman possesses neither.

## CHAPTER XLVI.

CHILDREN SHOULD BE INSTRUCTED TO BE  
KIND AND AFFECTIONATE.

Sweet Powers! the dear relationships of life  
 To thee appealing cease their little strife;  
 No jealousy subverts the tender look,  
 Nor anger mingles with the just rebuke;  
 Forgiveness hastes to plead the bosom frail,  
 And draws o'er every fault her spotless veil.

TEACH young children to be affectionate to each other; to love their parents, relations, and attendants;—indeed they should be taught to love every human being.

Children should not be suffered to have a dislike to any person whatever: teach them kindness and tenderness to animals; never suffer them to injure the meanest; neither let them rob them of their natural privileges, nor suffer them to confine birds in cages; let them be taught to consider it cruel. A kind and generous feeling towards others

should be early implanted in their infant minds; and by being treated with mildness and affection, they are instructed in like dispositions.

Teach them on every occasion to give a part of what they have to a brother or sister, or oblige them by giving up a toy. Few qualities of the heart will tend so much to heighten their enjoyment, as this disposition; it is, as Seneca observes, worth possessing from the delight it affords the possessor. When our love is confined to ourselves, it does not reflect a ray of kindness on any one; but when we do good to others, it returns with a genial warmth on the bestower. He that watereth shall be watered.

As such, I earnestly recommend every disposition to selfishness in young children to be suppressed as soon as it appears.

It is not sufficient to talk to children of the distresses of the poor, or to read affecting stories to them; I rather think it makes the suffering of others too familiar: let them occasionally witness their privations and wants. When they see poor children without shoes

and stockings, we may then make them sensible of their distressing situation; telling them how painful it must be to have their feet bare, and exposed to the cold and hard stones; and that this misery is not all they have to endure,—that these poor children live chiefly upon dry bread, and that without their fathers can go into the fields to work, they cannot always have as much even of *that* as they stand in need of; and that in the winter they are obliged to go to the hedges to look for sticks in order to kindle a fire. After speaking to them thus simply on *facts* which exist in every poor village in this country,—this interesting history told in a feeling manner—their sympathy thus excited, you may propose to them to save a piece of their pudding for these poor children whom they saw at the cottage in the morning. This plan would be more impressive than any reasoning whatever.

Young children are naturally tender-hearted; as such, their feelings should not be over excited, as that very materially operates to their injury. But the plan should be such

as would give strength and power to the mind, as well as the animal frame; by which means alone it can acquire the capability of being useful in society. Will talent or sensibility avail, without it produces *good* to ourselves or others? It may be highly ornamental; but when well applied, it adds dignity and nobility to those even in the lowest rank in society; for greatness of soul is not confined to any *particular* class, but often graces the heart of the cottager with as much dignity and comeliness as that of the well-educated gentleman.

A quick sense of the sufferings that affliction or misfortune brings upon many, calls *loudly* for each one of us so to temper our hearts, that we may be ready on every occasion to make ourselves useful in the moment of distress; as neither fortune nor rank can so effectually raise us in the minds of the best part of mankind, or ensure us the same solid happiness—that which no storm can assail—as the application of our powers for dispensing good to others.

Let us, therefore, in infancy cherish those

tender feelings, using them sparingly, as they may be a treasure ready to be called forth as we advance in life, and are capable of distinguishing the necessities of the various claims which society has upon every individual.

I have been frequently grieved at seeing a dear child broken-hearted, from the impatience of an injudicious mother and uninformed attendant, upon some trifling accident. This conduct I consider very injurious to the growth of their best feelings; which proves the importance as well as the great advantage of having persons properly qualified with the knowledge necessary for the right management of those infants and young children committed to their care.

## CHAPTER XLVII.

## ON THE ADVANTAGE OF THE PROPER APPLICATION OF OUR SENSIBILITY.

Awaken'd thus, the powers in strong array,  
 Toward perfection gain their conquering way;  
 Devolving sure in reason's copious source,  
 Proceeds the stream of life's enchanting course.

THE infant requires not only a skilful but *gentle* and *wise* conductress, to guard and instruct it in its progress through life. As the powers of the mind unfold, the child acquires a portion of knowledge from *imitation*; nevertheless, *much* must be the result of *teaching*: many qualities are transmitted to us from our birth, and these powers and properties require (like an uncultivated piece of ground) the vigilant care of those who know *best* what it is capable of producing.

The infant, though now attained to that age when it can walk and ask for what it wants, is still very helpless, and dependent on the

care of the mother and nurse ; it has, on arriving at this period, made considerable advance since its birth : it now can comprehend what is said to it, and is sensible of the tone of displeasure, as well as the endearments of affection.

I am so impressed with the importance of great attention being indispensable in the rearing of the infant and young children, for their attaining right dispositions, with a clear sense of things, and that reason should be the standard in the mind of the mother or nurse in all her instructions—preserving their minds from any false impressions—that I have been induced to collect my observations, placing them in due form, with a hope that I may be the means of improving the plans generally adopted : at the same time I offer them with great diffidence, and have only to plead that they are the result of long experience.

The child being able to stand alone and to move where it pleases, is *one* great step towards independence. It is very improper and disgusting to see a child crawling about

the floor, a plan adopted by some mothers, *forgetful* of the *distinguished* privilege that man was designed by his wise Creator to walk *erect*, giving him a dignity that no other animal is allowed beside: crawling about like a quadruped is *unnatural*, and productive of serious mischief; it weakens the loins, and from the child not having any power to keep its stomach from pressing on the floor, it is apt to injure it very materially. A recumbent position, at the same time, being occasionally important, as it relieves the fatigue during the period of infancy, from the pressure of always being in the nurse's arms, let the child be laid on a mattress on the floor, as before described, with some coverlid that will engage its attention; the sensible mother will follow the pointings of nature. Every child differs in degree; and surely it cannot be of the *least* consequence on *what* day of the month the infant crosses the room, any more than it is at what time a young child can repeat the alphabet, or spell "*dog*;" yet there is great labour bestowed by most parents to attain these two *important* points.

In over anxiety to see the darling run to mama, it possibly suffers all its life from inverted knees and crooked legs; and from the early attainment of being able to put the alphabet together, the temper loses its *native sweetness*; *correction* becomes *necessary*; that increases the mischief, which is the consequence of the early acquirement of this *great* part of learning. The child is injured, and the mind instead of being improved, sinks into ill-temper, or becomes unhappy. The fashionable plan of nursery governesses I shall speak largely upon at a future time.

I consider the first seven years to be wisely spent in establishing good habits and dispositions, giving strict attention to the expansion of the frame, that it may by wise plans produce a perfect form, as well as maintain health; whereas, from *wrong* management, it is rare to see a child with that colour of beauty and health, which is intended by the great Creator.

I hope the rules contained in this small domestic volume for the benefit of the young mother, are easy to comprehend, as they consist

simply of *truths* detailed without any flimsy decorations, as well as the advantages *plainly* pointed out from adopting reasonable plans.

I am not presuming to lay down any rules for general education; neither do I wish to extend my advice beyond the confines of the nursery, the subject having been treated by persons of such admired and well known abilities. I do not propose enlarging on the subject at this time, but intend continuing the matter while the child is in the nursery. The further detail will be continued in a second volume which, if this is approved of, I shall have much pleasure in presenting to my friends.

I hope, if my plan is followed, to leave the child with *all* the simplicity of childhood, adorned with *innocence*, *free* from *art* or wrong temper, now to be committed to the care of an *efficient* governess, one who is fully accomplished in the *arts* of education. But I cannot but lament that this lovely and childlike simplicity is too often lost, or sadly obscured, on the commencement of the little charge being committed to the lady who is to

have the care of it; an entire change takes place. It must be bandaged and harnessed, and the hair cut *à la Paris*; the steel busk introduced into its corset, in order to keep it erect; it must stand of a morning before breakfast in the stocks, to teach it to turn out its toes; and at the same time it must hold a back-board, to put the shoulders in due form; after frisking and running about as free as air, the dear child is alarmed at the different operations; feels the restraint, and the tears trickle down the cheek, the bosom rises, and the *heart* is *full* when it thinks of nurse, and would gladly return to liberty; but the shackles are commenced, and the thorny path of the different sciences must be trod, for this dear child to acquire *all* that is necessary to make her a companion for the man of fashion.

She begins to learn music before her little fingers can reach the octave; but papa expects his lovely daughter to be one day a proficient. Then she must use all her efforts to accompany the instrument with her voice, both of which are attended with many a tedious and painful feeling.

Miss must soon be taught to handle the pencil, just to accomplish a little light painting. She must also learn grammar; but before she understands a syllable about it, mama wishes her to begin French. She must soon be taught to enter a ball-room with grace and confidence, to attend when of a proper age to make the display, the drawing-room on a birth-day; to acquire an elegant taste for the best selection for her dress, and so to place the robe that the beauty of the figure may be seen to the most advantage. To accomplish these grand and important points is, I consider, no mean business.

I wish not to reflect harshly on parents, or to dispute the propriety attached to fashionable education; but as far as it relates to my standard of *reason*, that "true column of majesty in man"—I cannot for my own part but *doubt*, that the plan generally adopted is such as will produce the perfect character.

I would gladly see us copying the Roman matrons, whose diligent care was exercised

to strengthen the minds of youth, as well as the animal powers, thereby rendering them *capable* of discharging the great duties of life with becoming dignity. The mind thus aggrandized, looks down on the futile attachment to fashion, which, like a meteor glitters on the garment of the vain female, but only for a short uncertain season; it soon vanishes, being transient and evanescent, leaving not a *trace* behind, that can support the mind in the hour of affliction and trial; when, by improving the understanding in the *best* knowledge, fixing the mind on the immutable basis of TRUTH, it will progressively advance till it reaches perfection—when its capability of discernment will enable it rightly to appreciate the blessings with which it is surrounded,—praising God for his wonderful works, and joyfully looking forward to ages of endless happiness.

THE END.

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Note on Slavery, continued from page 202.

I cannot allow this opportunity to pass without acknowledging the zeal which has led many benevolent people to make *great sacrifices in emancipating their Slaves*. My valuable and venerable uncle, the late Mr. David Barclay, of Youngsbury in Hertfordshire, sent from England a Solicitor, not only *legally to emancipate all the Slaves* on his estate of Valley Pen, but to apprentice them for a term to skilful artisans, thereby making many good and useful citizens. The happy result of his benevolence afforded him daily satisfaction during his honourable life, although the *pecuniary sacrifice* was not less than 10,000*l.*



