success, took the pains to ascertain the amount sent to
Ireland in a single year. He obtained returns from the
different offices in New York City which transmit money
to that country, and found that in the year 1850 the
aggregate sum amounted to $1,350,000—one million,
three hundred and fifty thousand dollars! *Honour to the
Irish girls!*

VENTILATION.—The first act of life is breathing. Pure
air is the fountain of life, health, strength, growth, vigor,
and longevity. It imparts power to every rational en-
joyment; it fills every one for the better performance of
every duty, and to all intellectual and social pleasures
it is the life-giving zest. It is the first want in human
life, the ceaseless want, and the last want. Food comes
next, but is needed only as hunger calls for it. Pure
air is required every instant, and there is no perfect
health without it.

If this subject were generally understood, and its
value and importance impressed on the public mind, it
would be taught in every school and seminary of learn-
ing in the land, and no building would be erected for
private or public use without having provision made for
it, and such provision would be deemed indispensable.

DAUGHTERS OVERTWEALTH.—Though wealth showers around
as its blessings, it lays in its train a long list of attend-
ing evils. The moderately wealthy class with the million-
aires in useless extravagances; consequently, they who
only have thousands at command are aspiring in like
manner to outvie their more wealthy neighbors, and
become bankrupt. Nobility of mind is overlooked or
ignored by the side of nobility of gold. Ignorance and
folly dwell in palaces, while merit and worth arenervous. The wealth that should dispense blessings,
crowning all life with happiness, is spent in frivolities.
Some there are who give encouragement to art; there
are some who will drop a large sum into one basket;
there are a few who use their wealth well. One exclaims
"I cannot spend my income!" and yet, with miserable
feelings, huge his money to his heart, when the poor
and the friendless cry out at his very door for relief.
Instead of sharing the large loaf, which a kind Prov-
dence has committed to his care, with the needy, he
lives on, burying the talent lent him in the earth, and,
dying, leaves all to be squandered by his descendants.

MOUNT VERNON ASSOCIATION.—We have received a few
more names to be added to the list of subscribers.
Mrs. S. M. Bell, 83, Clinton, Miss.
Mrs. Rachel McDonald, 91, Front Royal Mills, Cal.
Mrs. T. Wentworth Carr, 81, Cofferville, Miss.
Miss Angie C. Wiant, 91, Maple Furnace, Pa.

SUBSCRIBERS TO THE PICTORIAL MOUNT VERNON.—
Thomas Mills, 91, Mrs. W. W. Wilson, 91, Cataract, Ind.
L. W. Denis, 91, Gaulla Furnace, O.
Robert Johnson, 91, Sidney, Ill.

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YOUNG LADIES, 522 Spruce Street, Philadelphia.
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English education, to furnish the best facilities for ac-
quiring the French language, and the best instruction
in music and the other accomplishments. An accom-
plished French teacher resides in the family, and also

an excellent teacher of music, who gives her personal
attention to pupils while practising. The moral train-
ing and the health and physical development of the
scholars are carefully attended to.

References: Mrs. Emma Willard, Troy, N. Y.; Henry
Vechake, D. D., Wm. E. Stevens, D. D., Wm. H. Ash-
hurst, Esq., Louis A. Godey, Esq., Philadelphia; Charles
Hodge, D. D., Princeton, N. J.

TO OUR CORRESPONDENTS.—The following articles are ac-
teped: "Drifting Fragments"—*Folded Wings*—
"The Beautiful Unknown"—*Resurrection"—"Dine-
"Nature"—*Gentle Words"—*Madeleine*—"True
Friendship"— and "My Brother-in-law’s First Visit."
The following articles are declined for want of room
and other reasons: "The Proud Spirit Humbled"—
"A Fragment"—*To a Lady"—"A Bachelor Preacher’s
Defence"—*To Wisconsin" and the other poems—"To
Harriet" (very pretty for a private token of friendship,
but not fitted for the public eye)—"Love"—"Wel-
come"—"Truth"—"A Song on the Death of a Favorite
Dog"—"Three Years now Dead," etc., etc.
"An Old Maid’s Soliloquy"—"All Gone"—"A Love Story"
—"A Fragment" (not finished like the other poems)—
"The Ardent Lovers" (well written, but commonplace)
—"Sing to Me only"— and "Hope."

We have on hand several MSS. that we have not had
time to read. Next month we hope to report.

"Horine" will obligate the editors of the Lady’s Book
by sending her address, as Mrs. Hale would like to com-
municate with her.

Health Department.
BY JNO. STAINBACK WILSON, M. D.
RAISING CHILDREN BY HAND.—In a previous number
we have said that, as a general rule, the mother’s milk
should be the only food of infants until the teething
process is finished or well advanced. To this rule the
following exceptions may be considered: 1st. When the
mother’s milk is insufficient in quantity; 2d. When it is
impure in quality from derangement of the mother’s
health.

In the present unphysiological mode of living, it can-
not be denied that there are not a few women who are
so feeble and delicate that they are incompetent to afford
a sufficiency of pure and healthful nutriment for their
offspring; but the difficulty, both as to quantity and
quality, can generally be obviated by a change of habits,
and by a more correct manner of living. True, there
are consumptive, scrofulous, and dyspeptic women who
have labored for their diseases, or who have sinned against
their bodies beyond redemption, and who are therefore
immedically diseased. Yet these cases, though, alas, too
numerous, are comparatively few; they are but a fraction
when compared with the vast numbers who are diseased
as a consequence of their own misdoings, and to whom
health and strength are yet possible by fostering the
error of their ways, and by obedience to the laws of
health. And this obedience, this fostering of bad habits
is the true and proper course for all mothers whose milk
is insufficient in quantity or impure in quality. This
much they owe to themselves; this they owe to their
children. They owe it to themselves, because in no
other way can they promise themselves health and long
life; they owe it to their children, because nothing is so
bottle, holding about the quantity requisite for each feeding. By having the bottle of the required size, waste will be avoided without the necessity for pouring the warm milk back into the vessel containing the milk; and thus will the latter be preserved from sourness, which should be strictly guarded against by keeping the main supply of milk perfectly clean, unmixed with anything else until wanted, and as cool as possible. As a sucking-bottle for young children, there is nothing better than an eight-ounce phial. The mouth of this should be stopped with a roll of cloth, and through this should pass a goose-quill. The quantity of milk passing through the quill can be readily increased or diminished by having more or less of the cloth over the external end of the quill as occasion may demand. This simple apparatus answers every purpose, and is fully equal to any costly sucking-bottle to be obtained from the drug stores. In using this, the stopper cloth should be frequently changed, the bottle, or phial, should be well washed every time it is used, and, in short, every precaution should be observed to prevent the least sources of the milk.

While the quill and cloth are excellent, and accessible to all, some may find it more convenient to use an artificial nipple made of India-rubber. This is a little conical instrument that can be slipped over the mouth of the feeding bottle, and is a very complete substitute for the maternal organ. This, like everything else connected with baby feeding, should be kept very clean, and more especially as India-rubber is rather inclined to become offensive to the smell and taste.

When to Give the Milk. All children, whether raised by hand or not, should have their food at regular intervals. A very large proportion of the colics, diarrhoea, and other disorders so common in infancy, is caused by the common practice of gorging and stuffing at all hours. Let the little fellow cry from any cause whatever, even from the repulsion of a previous feeding—which is often the case—and recourse is had immediately to the breast or bottle. This is all wrong. The process of digestion is truly very rapid in infancy, but still it requires some time, and trouble must ensue from continuously gorging the stomach at all hours, and before it has time to digest one of the contents with which it is already loaded. During the first two or three months of their existence, infants require food about every three hours. A very good plan is to give them nourishment thus: at six, at nine, at twelve, and so on through the day, making the last meal at nine o'clock at night. Six meals in twenty-four hours are enough for any child, and, when the last is given at nine o'clock, there is no earthly necessity for another before morning.

The very prevalent custom of feeding infants at all times of night is highly objectionable. It interferes with the repose of the mother; it is unnatural for the child, for Nature designed the night for sleeping, and not for eating; and, besides this, it subjects the infant to many positive dangers, such as breathing an impure air while hanging on the breast, colic, and all the evils at which we have already hinted; and there can be no doubt that many of the cases of smothering and over-lying are the result of night nursing. How natural, how almost unavoidable is it if a mother who is worn down by the frequent interruptions to her rest, to full asleep while her child is nursing! and how liable is it, under such circumstances, to be smothered to death! We most earnestly advise all mothers, then, to avoid all night feeding with the exception of the meal at bedtime.

In giving the milk, the value of the food must be considered. The food having been prepared according to the above directions, it should be given moderately or mild-warm, through a sucking-bottle, holding about the quantity requisite for each feeding. By having the bottle of the required size, waste will be avoided without the necessity for pouring the warm milk back into the vessel containing the milk; and thus will the latter be preserved from sourness, which should be strictly guarded against by keeping the main supply of milk perfectly clean, unmixed with anything else until wanted, and as cool as possible. As a sucking-bottle for young children, there is nothing better than an eight-ounce phial. The mouth of this should be stopped with a roll of cloth, and through this should pass a goose-quill. The quantity of milk passing through the quill can be readily increased or diminished by having more or less of the cloth over the external end of the quill as occasion may demand. This simple apparatus answers every purpose, and is fully equal to any costly sucking-bottle to be obtained from the drug stores. In using this, the stopper cloth should be frequently changed, the bottle, or phial, should be well washed every time it is used, and, in short, every precaution should be observed to prevent the least sources of the milk.

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Feeding at regular intervals is equally important, is attended with the greatest advantages, obviates many of the troubles and dangers of rearing children, is entirely practicable, and should by all means be strictly carried out. Many may be disposed to demur to the practicability, while they may admit the advantages; but the advice above given is not founded on any fanciful theory, but it is in accordance with the plain principles of common-sense reasoning, and is fully sustained by our own personal experience and observation.

Columbus, Ga.

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