

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 1859 the aggregate sum amounted to \$1,350,000—one million, three hundred and fifty thousand dollars! *Honor 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 enjoyment; it fits 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 learning 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.

DANGERS OF WEALTH.—Though wealth showers around us its blessings, it bears in its train a long list of attending evils. The moderately wealthy vies with the millionaire 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 starve in hovels. 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 moiety into one basket; there are a few who use their wealth well. One exclaims "I cannot spend my income!" and yet, with miserly feelings, hugs 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 Providence 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, \$5, Clinton, Miss.

Mrs. Rachel M'Donald, \$3, Front Royal Mills, Cal.

Mrs. T. Wentworth Carr, \$1, Coffeeville, Miss.

Miss Angie C. Wann, \$1, Maple Furnace, Pa.

SUBSCRIBERS TO THE PICTORIAL MOUNT VERNON.—

Thomas Mills, \$1, Mrs. W. V. Wiles, \$1, Cataract, Ind.

L. W. Denis, \$1, Gallia Furnace, O.

Robert Johnson, \$1, Sidney, Ill.

MISS S. J. HALE'S BOARDING AND DAY SCHOOL FOR YOUNG LADIES, 922 Spruce Street, Philadelphia.

This school is designed to give a thorough and liberal English education, to furnish the best facilities for acquiring the French language, and the best instruction in music and the other accomplishments. An accomplished French teacher resides in the family, and also

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

References: Mrs. Emma Willard, Troy, N. Y.; Henry Vethake, LL.D., Wm. B. Stevens, D. D., Wm. H. Ashhurst, Esq., Louis A. Godey, Esq., Philadelphia; Charles Hodge, D. D., Princeton, N. J.

TO OUR CORRESPONDENTS.—The following articles are accepted: "Drifting Fragments"—"Folded Wings"—"The Beautiful Unknown"—"Resurrection"—"Lines"—"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 finished for the public eye)—"Love"—"Welcome"—"Truth"—"Lines on the Death of a Favorite Dog"—"Three Years now Dead," etc.—"Age"—"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.

"Hermia" will oblige the editors of the *Lady's Book* by sending her address, as Mrs. Hale would like to communicate 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 cannot 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 inherited their diseases, or who have sinned against their bodies beyond redemption, and who are therefore irremediably 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 forsaking the error of their ways, and by obedience to the laws of health. And this obedience, this forsaking 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

conducive to the health and happiness of an infant as to draw its nutriment from its mother's breast, while no mother who lives in the habitual violation of the laws of her being can afford an abundance of pure and healthful milk.

Raising children by hand is attended with great difficulty and danger, even under the most favorable circumstances of private life, where all the attention can be concentrated on a single child; in hospitals the mortality among children thus raised has been truly frightful, amounting to forty, fifty, sixty, and even eighty and ninety per cent. We advise all mothers, then, to be very cautious in adopting this expedient; and it should not be done under any circumstances without medical advice. Send for a physician; give him the whole history of your case; have him to examine you carefully; and then, if he decide that you are laboring under some serious constitutional disease that forbids your nursing in justice to yourself and child, you may attempt to raise by hand, or by hiring a wet-nurse, but not otherwise. In consulting your physician, be sure to tell him all of your present and previous habits, ask his opinion as to their nature and tendency, review them all carefully yourself, study the laws of health, impartially consider the effects of your habits in the light of your own experience, and, with the knowledge thus obtained, you will be prepared to perform your duty to yourself and your offspring.

For us to attempt to give specific directions to nursing mothers would be to pass in review all the precepts of hygiene, and to repeat much that has already been said. We can only say, then, at present, that all mothers who would acquit themselves of their obligations to the infants whom God has committed to their charge must abandon many of the fooleries and customs now in vogue, such as excessive and improper eating, indulgence in condiments and stimulating drinks, keeping late hours, breathing impure air, the excessive use of drugs, and especially of narcotics and stimulants, etc. etc. No secretion is more liable to be affected by the mental and bodily condition than the milk; and therefore a sound mind and a sound body are absolutely essential to the proper performance of maternal duties.

HOW CHILDREN SHOULD BE RAISED BY HAND.—Should a mother become fully satisfied, after proceeding as above directed, that it is necessary to feed her infant by hand, it is highly important that this should be done in the best possible manner. This we will endeavor to give. Next to the mother's milk, the best food, all things considered, is a mixture of cows' milk and water, sweetened with sugar.

The milk should be good, rich, unskimmed, *unboiled*, and should, as far as practicable, be obtained from the same cow; and, as an essential to the wholeness of her milk, this cow should be fed on natural, healthful, vegetable diet, and not on distillery slops and other vile preparations, which are quite common in city life, and which are doubtless a prolific cause of disease, both among children and adults. The cow should also be allowed free exercise, and should not be stabled and stall-fed after the fashion too common in cities. The milk thus obtained should be diluted, at first with two parts of water to one of milk, and should be sweetened with the best loaf-sugar, putting in of the last about as much as the mixture will dissolve.

HOW TO GIVE THE MILK.—The food having been prepared according to the above directions, it should be given moderately or *milk-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 sourness 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 the 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, diarrhoeas, 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 repletion 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 continually gorging the stomach at all hours, and before it has time to dispose 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 overlying are the result of *night nursing*. How natural, how almost unavoidable is it for a mother who is worn down by the frequent interruptions to her rest, to fall 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.

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 as 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.

Literary Notices.

BOOKS BY MAIL.—Now that the postage on printed matter is so low, we offer our services to procure for our subscribers or others any of the books that we notice. Information touching books will be cheerfully given by inclosing a stamp to pay return postage.

When ordering a book, please mention the name of the publisher.

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