

Maniac King"—"The Angel Mother's Visit"—"Angels are there!"—"Weaving"—"A Budget of Curiosities!"—"All Alone!"—"In the Distance!"—"The Vale of Ela!"—"Grandmother's Garden!"—"The Beacon-Light!"—"The Seasons of the Heart!"—"I am Weary!"—"Waiting for the Rain!"—"Twelfth Night!"—"Ten Years!"—"Unbeloved!"—"Long Ago!"—"A Spring Memory!"—"There is Something still to Cheer Us!"—and "A Scotch Mist."

The following articles are declined: "Things I Love"—"A Beautiful System" (quite ingenious, but we have so many MSS. on hand that the "System" might be obsolete before we could make it known)—"The Early Dead!"—"Spring!"—"The Birds!"—"Echoes!"—"Love is Young!"—"The Dream!"—"Love's Prayer!" and the other poems (these have merit, but we have no room to spare)—"Historical Abstract!"—"Haven Hall!"—"New Shoes" (the *young* writer lacks experience in life, wants a better knowledge of books and some practice in authorship; all these qualifications may be gained; work and wait)—"A Tribute" (noble sentiments, but inferior poetry)—"Glimpses of Cloud-Land!"—"Elsewhere!"—"A Plea for June!"—"To the Mocking-Bird!"—"Woman's Place!"—"A Laugh!"—"Morning, Noon, and Night," and the *Story* (we have not room, but some other editor might like it, so we do not name it here)—"Farewell!"—"Baby Nell!"—"Light and Darkness!"—"Leaves!"—"May" (too late for spring poems)—"When I would Die!"—"My Own Name!"—"The Great Aim in Life!"—"Short Metre!"—"Gold!"—"Why do We Grieve?"—"A Summer Excursion!"—"The Great West—Where is It?"—"Troubles in Life!"—"Thanksgiving Dinners!"—"Hasty Marriages!"—"The Way to be Happy at Home" (the writer thinks *one* in the family is the only way to secure *peace*, the great essential to happiness; he may be happy so, but he is not very happy in the description of his happiness)—"Little by Little!"—"The Spring and its Stream" (very good, but no room; the author has not sent his address—post-marks cannot be depended upon)—and "Autumn Foliage."

Healthy Department.

BY JNO. STAINBACK WILSON, M. D.

MOTHERS SHOULD NURSE THEIR CHILDREN.—When a mother has consulted her physician, when she has carefully reviewed all her habits, and it is decided that it would be improper for her to nurse her child herself, a wet-nurse may be chosen in preference to raising by hand; and we would advise this course, if a suitable one can be obtained. But we insist most earnestly that mothers resort neither to hand-raising nor wet-nursing if they can possibly perform their maternal duties themselves. That it is the duty of mothers to nurse their offspring seems to us so plain and obvious, so accordant with the teachings of nature, that we could not possibly believe that this duty would be shunned in the absence of the numerous examples to the contrary.

Surely no woman who will honestly inquire, "What is my duty in this respect?" and who will then follow the dictates of her own better judgment, and the maternal promptings of her own heart, will for a moment think of committing her precious charge into the hands of a stranger, when this can possibly be avoided. And yet—with sorrow we record it—there are mothers who are so subservient to the requisitions of a spurious and unnatural civilization, so misled by the seductive charms

of the fashionable world, that they disregard the high and sacred obligations imposed on them by the God of nature, and forego those sweet maternal joys which none but a *loving, natural, nursing* mother can feel, and which are as far superior to the frothy pleasures of fashionable life as the real and natural are to the false and artificial; as superior as the works of the Author of all wisdom are to the vain inventions of fallible, deluded men; as high above the hollow conventionalities and the so-called pleasures of the fashionable world as the heavens are high above the earth. Maternity has its peculiar pains and trials, but there is a just compensation in all things; and the tender, dutiful mother who watches around the couch of her sleeping infant, who ministers to all its wants herself, has pleasures peculiarly her own, and pleasures so pure, so holy, so exalted as to beggar description. Well might Mrs. Welby say, in one of her sweet strains:—

"For 'tis a sight that angel ones above

May stoop to gaze on from their bowers of bliss,
When Innocence upon the breast of Love
Is cradled, in a sinful world like this."

A mother who fails, without good cause, to discharge her maternal obligations, may escape some of the cares incident to the rearing of children; but at the same time she deprives herself of the greatest enjoyments of which the human heart is susceptible, and she is guilty of criminal injustice to her offspring which must weigh heavily on her conscience and dash with bitterness all the pleasures of her life; and which, in many cases, must result in the moral or physical destruction of her child, with a lifelong train of unavailing regrets over the sad consequences of her own folly and want of faithfulness.

What are the joys of a dutiful mother? 'Tis hers to note the sweet unfoldings of the bud of promise that nestles in her breast; 'tis hers to watch the first dawns of intelligence; to aid the mind's development; to minister to the body; to guard the morals; to calm with gentle strain the rising storm of passion; and then, when sleep has sealed the eyelids of her precious charge, she can gaze with ravishing delight on the sweet smile that plays on the lips of the little dreamer; and, as she sits and sings, and thinks of the beautiful legend of angel visitants, she can almost see the bright forms that hover around! Is it possible that mothers will forego such pure, such heavenly joys as these for the fleeting and unsubstantial pleasures of the ball-room? Can it be that they will forsake the very precinct of heaven for the crowded purlieus of fashionable dissipation? Will a mother who desires to discharge the sacred obligations imposed on her commit her infant to a hireling, who can never feel a mother's care, who *cannot* and *will* not perform a mother's part? A hired nurse may, indeed, furnish food for the neglected and well nigh motherless little one, but she will never minister to its mental, spiritual, and physical necessities with the tender solicitude of a mother. When the misguided parent is absent on her giddy rounds of fashionable folly, her poor babe will often suffer from the carelessness and indifference of the nurse; will often writhe in pain from the harsh inflictions prompted by petulance and impatience; and then, in all probability, the scene of cruel mistreatment will close for the night with a large dose of some stupefying drug, which sinks the little unfortunate into a deep, unnatural slumber that may prove the sleep of death, and which, if often repeated, must inevitably result in impaired health and an early grave. Of the dangers of narcotic drugs we

have already spoken; but we would here say that thousands of children are annually drugged to death by nurses when the thoughtless and careless mothers have not the least suspicion of the cause of death.

How to CHOOSE A WET-NURSE.—Admitting the necessity of a wet-nurse in some cases, it becomes our duty to give some directions to mothers who are compelled to resort to this expedient: A wet-nurse should be in the prime of life, and free from every taint of disease, inherited or acquired. It has already been seen how much the secretion of milk is influenced by the bodily condition; it is sufficient, therefore, to remark here that perfect health and vigor are all-important and indispensable essentials in the selection of a wet-nurse. And the nurse should be free, not only from actual disease and bodily infirmity, she should be free from any strong predisposition to such constitutional diseases as scrofula, consumption, nervous affections, &c. etc.

The mental and moral characteristics of a wet-nurse are no less important than her physical condition; she should possess a mild, agreeable, and cheerful disposition, with an inexhaustible stock of patience. It is a well-established fact that anger, grief, fretfulness, envy, and all the depressing passions, not only diminish the quantity of milk secreted, but actually change its character, converting it from the most mild and wholesome of nutriments into an irritative poison, capable of producing convulsions, bowel affections, colics, and a train of the most serious disorders. Medical works abound in examples of this kind: Dr. Bedford, of New York, tells us of an unfortunate woman who lost her husband at sea, which so affected the secretion of milk as to cause a diarrhoea in her child which could be controlled only by a change of nourishment; so soon as this change was made, the little patient recovered with little or no medicine. Were it necessary, numerous instances of the same kind could be adduced; enough, however, has been said, we trust, to convince mothers that the mental and moral condition of nurses is a matter of the very first importance in consideration of the physical welfare of the child, to say nothing of moral influences, of which we shall speak hereafter. In enumerating the requisites of a good wet-nurse, we neglected to mention that her child should be about the age of the foster-child; still, in our opinion, undue importance is attached to this by most persons, and we are certain that it is a matter of small moment when compared with the other things to which we have adverted.

In thus giving the essentials of a wet-nurse, we are sure that we have not exaggerated their importance—so far from it, we feel conscious that we have not presented them as strongly as they deserve; yet this imperfect sketch may serve one very useful purpose—it may show mothers how very difficult it is to find a suitable wet-nurse, and may thus tend to induce them to follow our advice, in considering well what they do before they give the nursing of their children up to another instead of performing this duty themselves.

If mothers are convinced of the truth of what has been said, they will be very far from shunning their duty to their children for any light and frivolous cause; and even when driven to do so by stern necessity, they will have a physician to examine carefully into the physical condition of the proposed nurse; they will satisfy themselves fully as to her mental and moral traits; and as to committing a child to any Irish woman or freshly-imported foreigner, without the most rigid scrutiny, they will never think of such a thing.

Columbus, Ga.

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