

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 training and the health and physical development of the scholars are carefully attended to.

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

TO OUR CORRESPONDENTS.—The following articles are accepted: "The Dream of Home"—"Gone"—"Under the Snow"—"Time"—"By the Medway"—"To my Better Spirit"—"Good-night"—"The Valley Rose"—"The Ploughboy"—"Mr. Thornton's Experience"—and "Our Baby."

The following articles are declined: "Sonnets" (the writer will do better)—"False" (we are not at present in need of articles)—"Anagrams"—"To Genevieve"—"Song"—"To a Dying Girl" (worth publishing, if we had room)—"Life"—"My Flower"—"Sweet Hope Lincoln"—"Leaflets of Memory"—"O may I die, Father?"—"Come Back"—"Memory"—"To Venus"—"To a Butterfly" (quite pretty, but we are crowded)—"The night is dark," etc.—"Winter"—"The Spirit of the Lulliberg"—"The Voice"—"Two Shadows" (the first attempt is rarely worth publishing)—"Stanzas," etc. (not worthy of the author; we want his best)—"Evelyn"—"May-day Musings"—"The Dying Maniac"—"Little Laura"—"The Indian Arrowhead" (the writer can do better)—"The stars are up"—"A Flower"—"Intervals" (we are crowded)—"The Human Legacy"—"Daootah Territory"—"Memories of Riverside"—and "The Voice of Love" (we give the last stanza of this poem—all we have room for):—

"The voice of love, the voice of love,  
His course is onward now;  
He comes with sunlight on his wing,  
And beauty on his brow.  
His impulse thrills through every heart,  
And fills with joy the brain;  
And rugged souls are moved to tears  
Before his melting strain."

## Healthy Department.

BY JNO. STAINBACK WILSON, M. D.

TIME FOR WEANING INFANTS.—As a general rule, the time for weaning is when the child is about a year old; but mothers should be governed more in this matter by the degree of general development and the progress of the teething than by the number of months. Unless there is something in the condition of the mother imperatively requiring it, the child should not be weaned until Nature shows her readiness to set up for herself by exhibiting a mouth pretty well filled with teeth. It is well known that the teething period is not fixed with any definiteness—that it commences much earlier and progresses much more rapidly in some children than in others; and, as the indications of Nature should always be our guide as far as possible, we should, as before stated, be governed in deciding upon the propriety of weaning more by the teeth than by the age.

FOOD AND DRINKS OF INFANTS BEFORE WEANING.—As before stated, the mother's milk, or diluted cow's milk, is all that is required for infants until the teething has made considerable progress; and where the mother or nurse

is vigorous and healthy, and the child appears to thrive well, we think it decidedly best to confine it to milk until the teething is completed. Most of the difficulties of the much dreaded and too often fatal period of teething are caused by stuffing children with meat and all kinds of improper food; of this we shall have more to say hereafter. If any food besides milk is allowed the first year, it should be of the lightest and most unexciting nature, such as rice, arrowroot, tapioca, crackers or biscuit crust grated in milk, and, perhaps, occasionally chicken soup or some other animal broth, not too much impregnated with grease. These may be admissible, and even requisite in some cases; but we repeat that as a general rule it is best and safest to restrict infants the first year to milk. The above remarks apply more especially to food. In the way of drinks, water alone is admissible, and this should not be withheld. During the first four or five months, the watery part of the milk will generally be sufficient to allay an infant's thirst, and especially if its system is not excited by any improper food on its own part or on the part of its mother; but under the excitement and discharges from teething water is most grateful, and, indeed, indispensable.

INFANTS OFTEN SUFFER FOR WATER, and, for want of knowledge of this fact, ineffectual attempts are often made to silence their cries by feasting or nursing, when a few spoonfuls of cool water would act like a charm in quieting the little sufferer. This should be borne in mind by mothers; and, as children may experience thirst at a very early period, and as water may be safely given to them at all ages under almost all circumstances, care should be taken to supply them with it.

When it has been decided to wean an infant, the quantity of food should be gradually increased, by way of preparing it for the change; but still the diet should be plain and simple, moderate in quantity and restricted to a few articles, and pretty much such as those above mentioned. In speaking of the time for weaning, we should have stated that the season of the year is more important than the mere age of the child.

It is well known that the heat of summer strongly predisposes to "summer complaint" and other fatal affections of infancy; and, as exciting causes in the form of improper or excessive eating are much more likely to come into play after a child is weaned, the summer season should, as far as possible, be avoided in weaning.

To do this, the infant should be weaned some time before the beginning of warm weather, so as to become accustomed to a change of diet, or the weaning should be postponed until the heat of summer has passed. Mothers are not justifiable in subjecting their children to the dangers of summer weaning without very good cause. Still we must say that if a child could have pure country air, and if its diet could be properly regulated, it might be as well and safely weaned in summer as at any other season. As things are generally managed, weaning is indeed at all times rather a critical process with children, but with proper attention to the circumstances passed in review, and especially to pure air and proper diet, all danger from this source may in general be obviated.

DIET, ETC. AFTER WEANING.—After a child has been weaned, it should be restricted for some time to the light, bland, semi-fluid *preparatory* vegetable diet already recommended. After continuing for three or four months the rice, arrowroot, grated crackers, and other things mentioned under the head of "Food and Drinks before Weaning," soft-boiled eggs, rice pudding, hominy, and syrup or molasses may be added by way of variety.



It is a common error to have the food of infants too concentrated, too much divested of those husky, innutritious matters that are necessary to the proper performance of the functions of the bowels. After the laxness and irritation from teething have subsided, Graham flour, mush, hominy, potatoes, squashes, stewed or baked apples, etc. etc. are much better than fine flour, farina, starch, fine sugar, and all such concentrated food so much used. Of this we will have more to say when we come to treat of the diseases of infancy, many of which are caused by this very practice.

Another error very prevalent is the mistaken notion that growing children require a great deal of meat to sustain them. Many mothers commence stuffing their children with meat—and that the worst kind of meat, fat bacon and pork—even before weaning, and before Nature has provided teeth for chewing solid food; indeed with some people bacon and collards are the staple articles of food for men, women, and babies. No wonder that children thus fed are very liable to bowel affections, convulsions, fevers, foul eruptions, and severe inflammations from the slightest injury or exposure! And children thus raised are not only exposed to all kinds of aches, pains, cramps, and an endless train of physical derangements, but mental and moral deterioration must ensue from such a course. A sound mind cannot exist in an unsound body—in a child, at any rate; and a child who is forever sick and puny must, as a necessary consequence, become fretful and ill-tempered; and, “feeling bad, will act bad,” to use the language of a late popular writer, “in spite of good counsel, parental authority, the nurse’s lullaby, or the barbarian’s rod.” These things are worthy of the most serious consideration of parents who “would train up a child in the way in which he should go.”

Physical and moral health are, with very few exceptions, inseparably connected, and mothers cannot reasonably expect to raise bright, sweet-tempered children when the habits of the latter are such that they must inevitably be tortured with multiplied and intolerable physical disorders. A very few men and women, fortified by all the aid that philosophy and religion can give, may be able to maintain their moral integrity under such Job-like trials, but for a *child* no such hope can be entertained. The conclusion of the whole matter, then, is that a vegetable diet is best for infants, and for children after weaning, and even to adult age. When a child reaches the age of three or four years, solid animal food, such as beef, mutton, chicken, etc. may be allowed; but we are satisfied from personal observation in our own family that they can do as well or better without any kind of meat even at this age. In our opinion it is time enough to give a child meat when he engages in active labor; and even then his principal food should consist in milk, eggs, and vegetables, using this last word in its most comprehensive sense, and not confining it by any means to the productions of the garden.

The reason for this is the well-established fact that all children and young persons are peculiarly prone to inflammatory affections, and hence the propriety of having their diet to consist principally of cooling vegetables instead of strong, heating meats. As to the nutritiveness of a vegetable diet, there need be no fears; in the various productions of the vegetable world Nature has furnished an abundant supply of all the elements necessary to sustain growing persons, and all others.

Columbus, Ga.

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