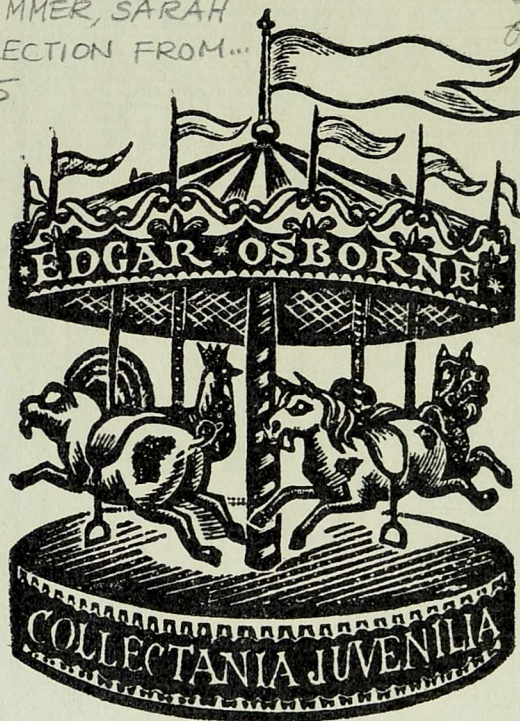


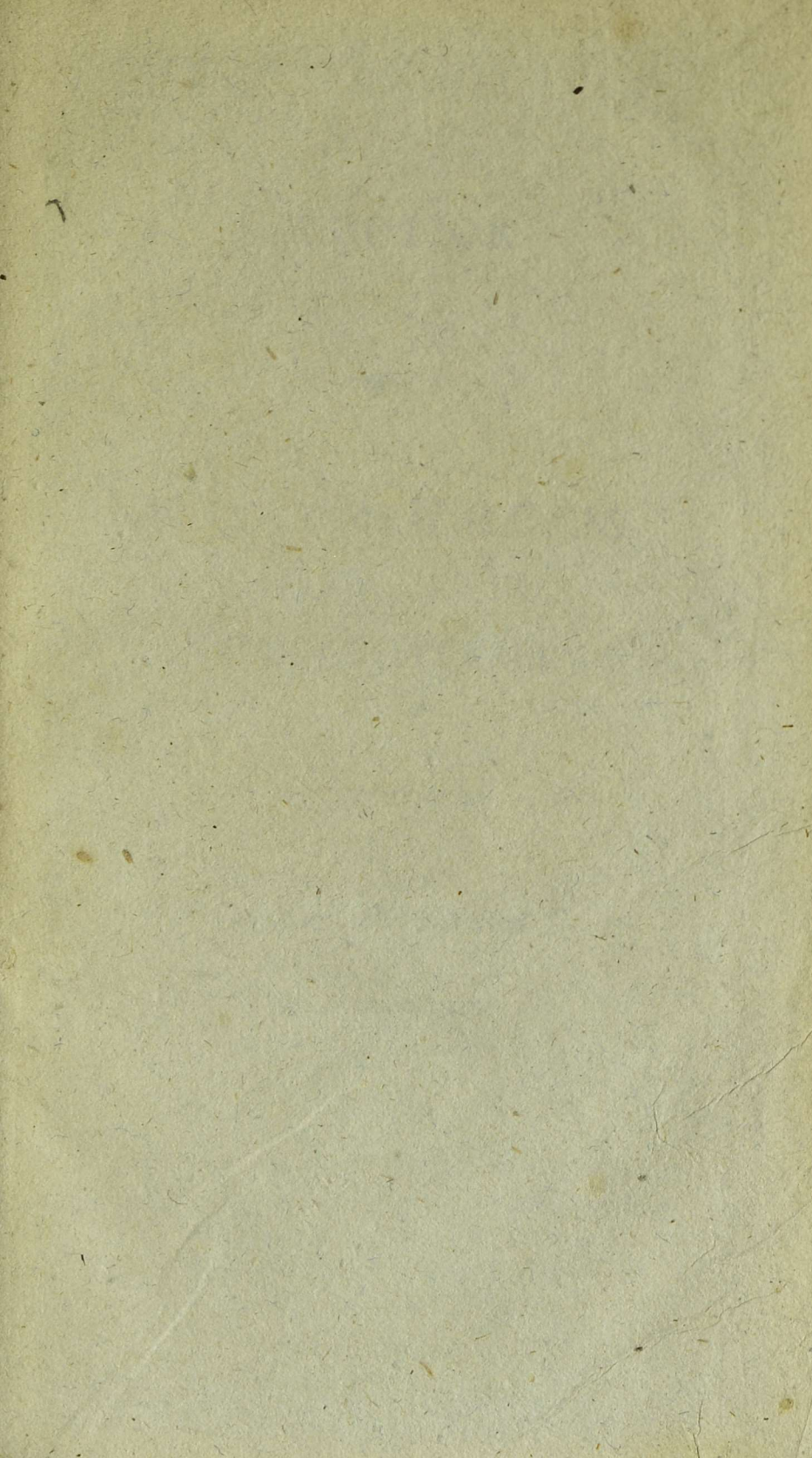
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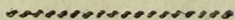
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INSTRUCTIVE TALES.



TALE I.

THE GOOD NURSE.

AMONG those persons whom Mr. and Mr. Andrews particularly noticed, was an elderly woman, known in the village, by the name of Nurse Wilden. She had been employed in turns by most of the ladies in the neighbourhood; she had also nursed a number of the poor, who considered her as a tender friend.

Soon after Mrs. Andrews settled in the village, she was seized with a violent fever. Her own woman was a young, inexperienced person; it was therefore thought requisite to send for a Nurse, and the physician who attended recommended Nurse Wilden, who did credit to his recommendation; for there was reason to think, that her care and good management were, under God, greatly instrumental to the good lady's recovery, who rewarded and valued her according to her merit.

It might be said of Nurse Wilden, that she had been a nurse almost from her cradle; for her parents had a very numerous family of children, of whom Polly Shepherd (as she was then called) was the eldest; and therefore her mother, as she was in low circumstances, was under the necessity of employing her to assist with the younger ones as soon she was able; and

justice that Polly should have an opportunity of advancing herself in life. She accordingly proposed, that she should go to service in some reputable family, where she would enjoy comforts and advantages which her parents could not afford her. Polly was very unwilling to leave home with such views; for she was not, like the generality of young women, ambitious of expensive clothes, and careless of her parents happiness; but she determined to go out into the world, in hopes that she might be enabled to assist her mother occasionally with a little money, who was often hard driven to procure the necessaries of life, as the earnings of her husband, herself, and sons, were barely sufficient to make both ends meet.

The reputation of Polly Shepherd was so good in the neighbourhood, that her intention of going to service was no sooner known, than she had offers of several places; she, however, resolved not to be precipitate, as it was her wish to *fix at once*. While she was deliberating, it very fortunately happened, that the marriage of a particular friend of her's made a vacancy in a family, in which, of all places, she was desirous of living.

The name of the mistress whom Molly Shepherd was so ambitious to serve was Mrs. Reeves, a woman remarkable for piety, good sense, and good nature. She usually kept her servants a long while, and treated them with the kindness of a mother.

This lady had a large family of children, who were nursed under her immediate direction, and educated by herself. She was not one of those *ignorant mothers*, who find it necessary to hire what is called a *professed*

nurse, and to trust her infants to their management; for as soon as she had reason to expect to be a parent, she made it her study to obtain such information by reading, and consulting people of judgment and experience, as would enable her to discharge a parent's part; and resolved to begin the maternal office by nursing her children herself, and to live a great deal in the nursery.

From observations which she had had opportunities of making, Mrs. Reeves knew that *professed nurses* had many absurd ways, and were, in general, opinionative and obstinate. She therefore ventured to hire, as her first nursery-maid, Jenny Dillman, a young woman, who had been brought up much in the same manner as I have described Polly Shepherd to have been, and who lived with her till her seventh child was born, when she left her place to be married to a deserving young man, with the entire approbation of her master and mistress.

Mrs. Reeves had a maiden sister, called Miss Merrick. Since the death of her father and mother, this young lady had resided with Mr. and Mrs. Reeves, and was so exceedingly fond of her little nephews and nieces, that she knew no pleasure so great, as assisting in educating and working for them.

It was a very easy task to be nursery-maid to Mrs. Reeves, for she had the youngest infant to sleep with her, the next was Miss Merrick's little bed-fellow; and there was a set of rules enjoined respecting the *feeding of the children*, and the *management of their tempers*, which served as full directions for the discharge of a nursery maid's duty; so that Molly Shepherd had

nothing to do but to follow these, and she was certain of giving satisfaction. This she did most implicitly, and endeared herself not only to the children, but to their affectionate parents and kind aunt, who treated her in return with all reasonable indulgence, and rewarded her with occasional gratuities, which enabled her to fulfil the wishes of her heart, by contributing to the comfort of her mother; and she had the further satisfaction of testifying her love to her brothers and sisters, by now and then making them little presents; not of the elder ladies' left-off clothes—these they would not have the vanity to put on; but she disposed of the things which were given her, and laid out the money they fetched, in others more suitable to the condition of her friends.

When Molly had lived some years with her good master and mistress, Mr. Reeves had a considerable estate left him in a distant county, and he determined to go and reside upon it. This occasioned great distress to the good nursery-maid, for she was exceedingly attached to the whole family, particularly to those young ladies and gentlemen whom she had attended from their birth, and they were equally fond of her; but she loved her father and mother still better, and could not get up her heart to go so far away from them; and, to say the truth, she had another powerful attraction to the town in which she had hitherto passed her life—her affections were engaged to a worthy young man, to whom she had promised to give her hand, as soon as they should each of them have saved a little money to begin house-keeping with. She therefore, though not without the ut-

most regret, declined going with Mrs. Reeves to her new abode.

Molly Shepherd's mother could not blame her daughter, though she was sorry at her giving up so eligible a place, and could not help forming a wish, that her daughter Sally might succeed her sister, which she no sooner mentioned to Mrs. Reeves, than the good lady gladly fell in with it; the only difficulty was, to prevail on Sally to go, who was as fond of her parents as her sister was, and declared that she would not leave them on any account: but her mother begged her to consider, that such ladies as Mrs. Reeves were not every where to be met with; that she might depend upon being kindly treated and well-advised; that she would not be exposed to those dangers which *female adventurers* incur, who, for the sake of getting higher wages, desert their friends, leave their native places, and throw themselves among strangers, and even run the hazard of going to London, upon no better principle than a *love of money*; that if she wished to help her friends, as her sister had done, she might find means to convey a trifling matter to them occasionally; and that she did not doubt, but Mrs. Reeves would permit her to come sometimes to see them. She likewise reminded her, that now the family was grown up, Peggy was able to give her as much assistance as she wanted. These kind of arguments at length prevailed; and Sally went to Mrs. Reeves's a month before her sister left the place, in order to be fully instructed by her in the business of it, and that the children might be used to their new maid before the other went away.

It happened very fortunately for Sally, that one of

her brothers was hired by Mr. Reeves as a gardener, which was a great comfort to the poor girl, who took leave of her friends with a sorrowful heart, and did not entirely recover her spirits for some time after her arrival at Mr. Reeves's estate; but she made an excellent servant, lived with them some years, and then married.

As Molly Shepherd had no intention of marrying immediately, she looked out for another place, but thought it best not to engage in a nursery, as she knew nothing puts a mistress to greater inconvenience than parting with a nursery-maid.

Among the ladies who visited Mrs. Reeves was a Mrs. Rawlins, whose maid was going away in order to keep her father's house, as he had lately buried his wife. Mrs. Rawlins, therefore, knowing the great merit of Molly Shepherd, was very desirous of hiring her, and she was as desirous of living with this worthy lady.

It seemed as if Heaven had ordained Molly Shepherd to be useful in the world as a nurse, and so ordered events, that she should be regularly trained to the profession. At home, and at Mrs. Reeves's, she had gained a great deal of knowledge in respect to *children*; at Mrs. Rawlins's she had an opportunity of obtaining experience of a different kind. The good lady, who, was the widow of an apothecary, kept a dispensary for the poor; for she had read books of physic, and had learned of her late husband to make up many kinds of medicines, which she administered with great judgment to her indigent neighbours. As she had not a great deal of work for her maid, she employed her

pretty much in making up salves, &c. and among other things, taught her to prepare, in the most wholesome and palatable way, *caudle*, *barley-water*, and all those other articles which come under the denomination of *kitchen physic*. She also instructed her how to dress blisters, &c. in the tenderest manner, and gave her many other useful directions respecting the management of the sick.

Mrs. Rawlins was pretty far advanced in years when Molly Shepherd went to live with her, and at times suffered a great deal from a stomach complaint, which none of her own remedies could reach; nay, it baffled the art of the most experienced physicians whom she consulted, and at last deprived Molly of an excellent mistress, whom she loved and respected. Mrs. Rawlins left her faithful servant a legacy of twenty pounds which put it in her power to marry, and, accordingly in a few months she became the wife of Robert Wilden, a journeyman carpenter, the young man before mentioned as her sweetheart.

Seven years this worthy couple lived together in great harmony and comfort; but then DEATH separated them, and Mrs. Wilden was left a widow with three children, the youngest of whom was two years old, and the eldest six. As her husband and she had not been able to lay by a great deal, she found it necessary to do something in order to obtain a maintenance for herself and family. About a year before the death of Robert Wilden, Mrs. Wilden's good father died, and from that time her mother had lived with her; not entirely at her expense, for every child she had was equally dutiful; and as they were all settled

in good services or employments, every one contributed something to her support. With this good parent, Mrs. Wilden consulted what measures to pursue in her unforunate circumstances, and, by her advice, resolved to follow the business of a *nurse*, for which she was, as we have observed, uncommonly well qualified, and her mother engaged to take care of her children in her absence.

As ladies generally engage persons to nurse *them*, whose reputation has been established by experience, and there were in that neighbourhood two respectable women of that description, Mrs. Wilden could not at first get employment in the higher ranks; but one of her next door neighbours wished much to have her, and she agreed to nurse her at a very low price, for she had still a little money by her, and trusted, that, before it was gone, it would please God to grant her, by some means or other, a fresh supply, if she acted on Christian principles.

In this place, Mrs. Wilden was not only the *nurse*, but the *mother of the family*, the *friend*, and the *adviser*. She managed all the provisions with the exactest economy, and supplied a parent's place to the children; she taught the woman (who was no manager) a variety of ways of saving expense; and, when she received her hire, had the comfort of thinking, that, if her counsel should be followed, the family would not be *the poorer* for the sum paid to her. Both husband and wife ever after respected her, and spoke in her praise to every body.

The next family Mrs. Wilden went into was not a place where she had a prospect of much pleasure, for

both husband and wife were thoughtless about eternal concerns, and careful only to procure food and raiment for themselves and family by hard work, without any trust in God's providence, or any regard to divine institutions. The Sabbath was, without remorse, added by the wife to the working days, and the husband spent the sacred hours of public worship in an alehouse, while his two boys rambled about at pleasure, contracting, among bad companions habits of vice and audaciousness. These people, however, had contrived to save a little money, and could afford to pay a nurse, and Mrs. Wilden's circumstances would not as yet admit of her picking and choosing; so (though not without reluctance) she went to Will Stanmore's. It was very distressing to her, who had lived a religious life, to be thrown, as it were, among a set of *beathens*: however, she resolved to do the best she could, and not to leave them without speaking her mind. It happened that she went to Will Stanmore's on a Thursday, and before the end of the second week, she had shown so much kindness to Mrs. Stanmore and her family that she was looked upon as a friend; for she had very prudently forbore to scold at the boys for racketing out and into the house, and only mildly begged them to consider their poor mother; she had also taken care to get their meals prepared for them and their father in the nicest manner she could, so that they all regarded her as a good-natured woman, and Mrs. Stanmore observed, that they were more in the house then when she herself was about: the truth was, *she minded only the main chance,*

and seldom saw them without scolding at them for one thing or other.

When the second Sunday arrived, and there was none left in the house but themselves and the little baby, who was fast asleep, Nurse Wilden proposed reading some prayers, and a chapter in the Bible, to her mistress: the latter said, she had a Prayer-Book and Bible in the house, for her husband had been obliged to take them and some other books as part of a bad debt, but declared that she knew not where to find them; however, she said, Nurse might go and look for them if she would. Mrs. Wilden accordingly did so, and found them at the bottom of an old chest, which stood in a dark corner of the room, being destined to receive *rags* and *rubbish*. When she had found them, she could not help expressing her concern at the indifference for religion which prevailed in this family, and said so much on the danger of neglecting to prepare for a future state, and the value of God's blessing, that she awakened very proper reflections in Mrs. Stanmore's mind, who made a resolution to amend her life, which she steadily kept, and, by degrees, brought her husband to do the same. A Sunday school very fortunately was opened in the village, in which the two boys, the eldest of whom was only eight years old, were effectually reformed. This family also esteemed Nurse Wilden as their friend, and spread her reputation.

In the course of the first half-year Mrs. Wilden nursed three women, two men with bad fevers, and two persons in the small-pox. While she was attending on these *sick* people, her conduct came under the observation of some gentlemen of the faculty, who

being exceedingly pleased with her exact obedience to their orders, and the great pains she took to keep the patients comfortable, by means of fresh air and clean linen, promised to recommend her; nor was it long before Mr. Redshaw, the apothecary, who lived in the same town as she did, kept his word, by introducing her into the family of Mr. Spackman, an opulent tradesman, whose children he had inoculated; and Mrs. Spackman, who was at that time under some concern at being disappointed of her old lying-in nurse, engaged Nurse Wilden to attend her, who was not a little rejoiced at the prospect of turning her useful talent to more advantage for her family than she had hitherto been able to do.

Nurse Wilden came to Mrs. Spackman's before she was actually wanted; but as she was to receive wages, she determined not to take them for nothing, but contrived many ways of making herself useful in the family. As soon as her mistress was confined, she considered that she must pursue a different plan to that she had followed among the poor; she had now very little business out of the room, and reflected, that she would be her mistress's chief companion for some time, and that therefore she should endeavour to make herself as agreeable as possible: this she attempted to do by the utmost diligence and civility, and by cheerful conversation at proper intervals: but she very carefully avoided a fault extremely prevalent among nurses, who are apt, from their love of talking, to weary the spirits of those they attend, with their uninteresting narratives, while, with impertinent officiousness, they shut the door upon all but themselves, under the pre-

tence that company will disturb and fatigue their mistress. In short, she conducted herself with so much propriety and good sense, that Mrs. Spackman expressed the utmost satisfaction, and promised to take every opportunity of serving her. From this place she carried upwards of ten guineas, which came as a seasonable supply just as her former stock was exhausted.

Shortly after this, one of the nurses before mentioned died, and those ladies who had employed her, immediately (in consequence of Mrs. Spackman's commendation) turned their eyes on Nurse Wilden, as her substitute, who had, in a very little space of time, several good engagements.

Many of the ladies who had fixed on her as a nurse, were intimate friends and acquaintance.—I am sorry to say such a thing of any ladies, but certainly some of them had an unreasonable degree of curiosity; which led them to enquire into the private affairs of families, that unavoidably came under the observation of a nurse; but Mrs. Wilden prudently considered herself as a *domestic* for the time she stayed, and, as such, bound in duty not to betray the secrets of her employers. She scorned to inform one lady, that another, who made a very fashionable appearance, stinted her family, to indulge her pride and vanity; that another, who behaved in the genteelst and most obliging manner in company, was a termagant at home, &c. It was pain enough to her to witness these things, which it cannot be denied that, in the course of an extensive practice, she sometimes did; but she took no pleasure in repeating them. All acts of benevolence

which came to her knowledge she treasured up in her memory, and instances of maternal affection: and of these her narratives consisted. The good woman had particular pleasure in exciting the younger ladies whom she nursed, to a patient perseverance in the first duty of a mother, by telling them what difficulties others had struggled through, and how greatly their tenderness had been rewarded by the increased affection of their husbands, and the delight of seeing their children thrive under their own fostering hand. Many an innocent babe did Nurse Wilden, by her judicious management and advice, save from that cruel banishment from home, to which, through the indolence of lying-in nurses, numbers are condemned by mothers who have the principle of maternal love in their hearts, but who are persuaded by these people to believe that there are insuperable obstacles to their exercising it in the way they wish.

Another particular in which Nurse Wilden showed her prudence and good sense was in respect to the servants of the families she was successively in. Her mind was greatly above entering into low cabals or junketting: neither did she act the part of a spy upon them, or an informer. If they were remarkably attentive to their respective duties during their mistress's confinement, she did not fail to contrive means of making their merit known, not only with a view to the serving *them*, but also because she knew that those ladies who govern their families well, have a thousand anxieties from the apprehension that domestic economy will be quite deranged for want of their personal direction, and that therefore it would contribute greatly to the re-

pose of her mistresses, were their hearts set at ease on this head.

If the servants were of that sort who will go on very well under a mistress's eye, but, from thoughtlessness, are apt to remit their diligence, and indulge themselves in idle mirth and indolence during their absence, she gave them gentle admonitions as a friend, but did not go with tales to their mistress: for she considered that the lady's return to the head of her family would soon reduce them to order.

If she observed any *dishonest* and *immoral* practices going on, she resolved not to make herself an *accomplice* by hiding them; but she had more discretion than to mention them to the lady; she rather acquainted her master with them, or some of the other relations, who had the power of putting a stop to such proceedings; for she well knew, that the knowledge of such things could do no good to one who was disabled from counteracting them.

Another circumstance of great propriety in Nurse Wilden's conduct, was her care to avoid telling any stories of a melancholy cast to her patients; she thought very justly, that though, in the days of seclusion from other company and amusement, a person might be disposed to listen to the tales of a nurse, many things, which (for the sake of gaining credit to themselves for the part they had acted on particular occasions) the latter might be inclined to relate, were very improper for their patients to hear, as besides the immediate bad effects these dismal histories would produce, by disturbing the minds of the sick, it was not at all unlikely that those who heard them might in future

be led, from the recollection of them, to suppose themselves in danger of various evils which might never befall them.

And her discretion was very remarkable in cases where the death of the patient was expected, or where it actually happened. She endeavoured, on these melancholy occasions, to preserve her own presence of mind, and had the tenderest regard to the feelings of the distressed family. Every thing that it was in her power to do to alleviate the agonies of the dying persons, she did; and concealed every circumstance of their sufferings from their friends, that it was not absolutely necessary to be known by them, as she knew, from experience, that the afflicted mind is apt, from the recollection of those particulars, to indulge a kind of sympathetic sorrow for those dear relatives who have made their escape from misery to a state of never-ending bliss, as if they were still suffering. I need not add, that this excellent nurse scorned to take those mean advantages which too many do when a patient is dying, with a view to the perquisites claimed on such occasions, by persons of their occupation.

In the course of her practice Nurse Wilden was once employed by a lady of high rank. In this place she had great profits, and it was necessary for her to assume a degree of consequence, which she never affected in the families of the middle or lower ranks of people; but she laid it aside as soon as she was dismissed, and received the usual stipend from her other employers with as much humility and gratitude as if she had never had the honour of attending Lady Mary.

While Nurse Wilden was endeavouring to gain a

maintenance for herself and children abroad, her good mother managed with the greatest economy at home; she kept the children very regularly to school; and as they grew up, this worthy nurse met with friends to put them forward in life; and their good old grandmother had the happiness to see them well settled before she died.

Through her great industry, and her mother's economy, Mrs. Wilden was enabled to lay by sufficient to keep her comfortably in her old age; but she was so generally esteemed by her mistresses, that she lived very little at her own expence, as she had frequent invitations to their houses, or presents from them.

As soon as she found that her strength would not admit of her sitting up of nights, she declined business; but her judgment continued sound to the last, and she had frequent opportunities of doing good among her poor neighbours, which she most readily embraced; she was, in particular, very serviceable to them in the small-pox, a time at which poor people stand in great need of rational advice, as the generality of them entertain a prejudice against medical assistance in this dreadful disorder; for they think that *death* enters the house with the *doctor*, and that a *good old nurse* is the only person to be relied on.

Before Mrs. Wilden settled in the village, the *oracle* of the poor on these occasions was Nurse Jessep, a well-meaning woman, but extremely ignorant, and a great quack. She was esteemed an excellent judge of the small-pox, and indeed, experience had enabled her to know the symptoms which indicated the approach of the distemper; but she committed many fatal errors in

practice. I will describe her method of proceeding, as a warning; for it is but too prevalent, and, I am persuaded, very often productive of fatal effects.

As soon as Nurse Jessep was informed that a patient appeared to be sickening with the small-pox, she ordered him to have some brandy, in which saffron had been infused: the intention of this mixture was to throw out the small-pox; but the consequences of its being taken generally were, a great increase of the fever, and of the eruption.

When the small pox seemed to be all come out, the old woman directed a piece of bacon to be put, by way of stay, to the throat, in order, as she said, to draw off the poison of the disorder; this very soon became putrid, and disagreeable to the patient.

In order to abate the restlessness of the unhappy sufferer, she directed some of *Godfrey's Cordial* to be given every night, which frequently produced a kind of stupifying sleep, that seemed to give ease, but at the same time it stopped the progress of the distemper, and prevented its rising properly. If there was an appearance of *purples*, a skein of purple silk was tied round the patient's neck, sheep's milts were applied to the feet, and a variety of ridiculous messes forced down his throat, as long as he was able to swallow: all this while, the room was kept close shut up, and no change of linen allowed. It often happened, that the death of a patient closed this dismal scene; but his surviving friends comforted themselves with the thought, that they had had Nurse Jessep's advice, and that she had done all that she could to save him.

Nurse Wilden, on the contrary, persuaded those who applied to her, to put themselves under the direction of an *apothecary*, if their circumstances would admit of the expense. If they really could not afford to do so, she observed the following plan:—If the patients were affected with violent sickness at the stomach, she recommended a dose of ipecacuanha-wine to clear it; if there was no great sickness nor any particular need of taking physic, she only made for them a saline mixture, of which they were to drink a draught whenever they found themselves very hot and thirsty; and she advised them to keep as much in the open air as possible, and to avoid every kind of victuals or drink of a heating nature. If the patient complained much of the head-ache, she advised him to put his feet in hot water for about ten minutes at bed time. This method was generally followed by a mild and distinct eruption; and as soon as Nurse Wilden had reason to suppose, from the fever's being gone off, that all the pustules were out, she advised the patient to sit up if possible, to be kept moderately warm, and not exposed to a stream of cold air, or any thing that may give a sudden chill; but if, notwithstanding these precautions, he should be seized with a shivering at any time before the disorder turned, she desired a little warm wine or beer might be given to him without delay. If towards the height the fever returned, she recommended, some of the saline drink again, and also white-wine whey; the diet she allowed was milk-porridge, apple-dumplings, &c. but no meat or butter.

As soon as the pustules were turned on the face, a gentle dose of physic was given, after two days another,

and after two days more a third. In case the patient at the turn was seized with a violent disorder in the bowels, which appeared to sink him (as is often the case with *children*), she gave a dose or two of *Dalby's Carminative*.

This was the plan which Nurse Wilden pursued in the *mild species* of the small-pox. If the disorder was of the *confluent* or *malignant* kind, she never liked to trust to her own judgment, but endeavoured to procure medical assistance by the charity of ladies in the neighbourhood; and then gave strict injunctions, that no *nostrums* should be administered.

It may easily be conceived, that Mr. and Mrs. Andrews were very happy in having so careful a person in the neighbourhood; and it was a great satisfaction to Nurse Wilden to have such a gentleman and lady to apply to in behalf of those whom she could not effectually relieve herself.

I have been the more particular in describing her character and manners, as the office of a nurse is of such great importance to society; and it is much to be regretted that few fill it with propriety. Would nurses in general act on the same principles as Nurse Wilden did, lay aside foolish prejudices, and endeavour to get good instructions from persons capable of giving them, I am confident they would find their own account in it; and many would have cause to bless them, who either fall a sacrifice to their neglect and bad management, or are put to heavy charges and great inconveniences, through their selfishness, obstinacy, and extravagance.

Before we take leave of Nurse Wilden, I will give an account of her behaviour to her poor neighbours,

as it may furnish hints to other persons in the same station, for the exercise of that first of virtues, CHARITY.

This worthy woman was a great reader of the Scriptures, and studied them with a sincere desire of knowing her duty : she found, by our LORD's discourses, and from the writings of the Apostles, that *love* or *universal charity* and *good-will*, is the very groundwork of *Christianity*; and therefore concluded that no station in life is so mean as to prevent the exercise of it ; because a good GOD would certainly never enjoin a duty to *all*, which could only be practised by a *few*. She read with pleasure, that *charity* might be shown in a most acceptable manner, even in so trifling a manner as *giving a cup of cold water*.

The words of St. Peter, when he cured the lame man, frequently recurred to her thoughts : "*Silver and gold I have none ; but what I have give I unto thee.*" She resolved to act upon the same principle ; and though she had not, like St. Peter, the power of *working miracles*, she contrived, on many occasions, to be, as Job was, *eyes to the blind, and feet to the lame*.

While she was a nursery-maid, Mrs. Wilden exercised her benevolence, not only to her fellow-servants, by sitting up with them when they were ill, and doing a part of their work, but to her mistress, and the rest of the family. In time of sickness, it was her constant endeavour to keep the children quiet, to persuade the other servants to avoid every thing that might make her mistress uneasy, to see that every mess which was made for the sick person was done with the utmost cleanliness, &c. : in short, she had regard to a hundred little parti-

culars which would have been overlooked by those who have no bowels of tenderness for their fellow-creatures, but which are frequently of the greatest consequence to the sick.

She also made it a point, when any one asked her to apply for charity to her master or mistress, to examine into the truth of the story, and represent it accordingly; and far from grudging a bit of old cloth which was given to the poor, because it might make her a night-cap, or add to the weight of her rag bag, she frequently requested her mistress to cut out linen for them, which she made up herself at leisure hours, when many other servants would have been dressing smart caps, or trimming bonnets to adorn themselves above their station.

When Mrs. Wilden became a wife, the desire of *doing good* remained with her; and she made it her daily study to help her poor neighbours. Whenever she washed her own clothes, she reserved the suds for a woman who lived near her, and had a large family. If her garden produced any more cabbages &c. than she wanted for herself, she gave them away also. When she had no work of her own to do, she would make or mend for those who were not able to do it themselves. If a poor woman lay-in, she made her caudle and broth for her, stepped in occasionally to put her house to rights, to wash and comb the children, &c.; well knowing, that to a tidy wife, and affectionate mother, the thoughts of what her babies would suffer for want of cleanliness, and the disorder her house would be in during her confinement, were likely to retard her recovery.

It generally happened, that though she had *no silver or gold of her own* to spare, she was supplied with mo-

ney for charitable uses ; for ladies in the neighbourhood, knowing that Mrs. Wilden would dispense their gifts with judgment, made her their almoner. And after she had lived some time in the neighbourhood, she ventured to solicit them to subscribe for a basket of linen to be lent about among the sick, and another for lying-in women, which were committed to her care, and found so extremely beneficial, that in a short time, several baskets of the same kind were furnished, by which means some of the greatest distresses of the cleanly and honest poor were effectually relieved.

There was in the neighbourhood a poor blind boy, who was very burdensome to his parents ; this child Mrs. Wilden contrived to teach to make laces, and in time he was able to earn a little towards his maintenance.

She had, among other receipts from Mrs. Rawlins, one for a burn-salve, by which she happily set several on their feet who had been dreadfully scalded ; and the same good lady had taught her how to make an eye-water, which proved useful to numbers. In short, the acts of charity which Mrs. Wilden did, when the wife of a journeyman-carpenter, plainly shewed, that those who cherish the principle of benevolence in their hearts, will meet with numberless occasions of exercising it ; therefore let no one say, "*I am too poor to be charitable.*" I have no doubt, but that this good woman would have found means of being serviceable to others, if she had even been obliged to eat the bread of charity herself ; at least she would have set the example of pious resignation, and would have persuaded those in the same unhappy circumstances to follow it ;

which is one of the most important services in human life.

RULES FOR THE MANAGEMENT OF CHILDREN.

It is very certain that many poor infants are carried from their cradles to the grave, through the mismanagement of their mistaken parents and nurses; we therefore entreat young mothers to accept of a few hints which may enable them, under the blessing of God, to preserve the lives of their babes, or at least to render them more comfortable than they usually are.

In respect to suckling their children, women of inferior condition set a laudable example to their superiors, by resolutely persisting to struggle with all difficulties till they succeed; but they frequently fall into the fatal error, of feeding their children with improper food.

The best method they could pursue would be, to let the child taste nothing, for the first month at least, but its mother's milk.

It is a very absurd custom to cram butter and sugar down a child's throat as soon as it is born: this frequently fouls the stomach, and brings on many disorders. Nothing should be given to an infant before it sucks but a little plain water-gruel, nor that, unless the child cries, and seems very uneasy.

If a child does not suck, its food ought to be very plain

and simple: skimmed milk thickened with a little flour, is found to agree extremely well with infants in general; but water pap should never be given, as it is very apt to bring on the watery-gripes. It is likewise extremely hurtful to boil caraways or aniseeds in a child's food, as they occasion an unnatural heat in the stomach, like that produced by drams in the stomachs of grown persons. The pretence for using these ingredients is to cure windy complaints; but it would be much easier to prevent them, which might often be done by taken care, not to overload a child's stomach by feeding it too often and too much at once.

Many a poor infant is injured under the notion that it longs for some particular thing; in consequence of which, whatever it is supposed to want is eagerly sought for, and if it cannot be procured, some fat of a pig is given in the room of it; which from its nature, easily slips down the throat, and is supposed to satisfy it; but in fact this is a very cruel experiment, for the stomach of a new-born infant is not fit to digest such kind of things. Sugar should be very sparingly used, for it is very hurtful to infants, who if kept too hot, and fed as above described, are very subject to the Red-gum and Thrush; neither of which disorders so commonly afflicts those who are kept cool and fed properly.

Another thing which is very distressing to a young infant, is confining its body with a roller, and its head with a long stay. Let any person consider whether it would not be very painful to a man or woman to be dressed in that manner; how much more so then must it be to a tender infant? Many a one goes off in fits from this imprudent conduct.

A babe should be dressed as loosely as possible, so as to allow of its stretching its limbs and growing. There is no reason to fear that a child's neck will be put out of joint from want of a long stay. Or that its back will break unless it has a roller; for we may be certain that God never sends children into the world till they are fit to be nursed in a way that is comfortable to themselves.

New-born infants, especially those of the poor, should not be wrapped up, as they frequently are, over head and ears in a blanket: because they must shortly be exposed to the cold air of doors and windows at least; and the hotter they are kept at first, the greater will be their danger of catching cold. When awake, and in the room (unless it is very cold), the child should have only its usual clothing about it; and when laid down to sleep should have the face uncovered, that it may breathe freely.

A babe should be accustomed, as soon as possible, to be washed every day with cold water, and to be well rubbed with the hand, or a piece of soft flannel, every time it is undressed, and should be kept extremely clean, and ought to be raised up instead of lying on its back to be fed; it should be carried out into the open air by the time it is a fortnight old, if the season of the year will admit, and should be moved about as much as its strength will bear.

It is hoped that our readers will pay attention to these rules, for their own babes will find the benefit of them; and those women who wish to be wet-nurses, may assure themselves, that the methods here described are such as are now generally adopted by ladies, who

certainly, when obliged to have nurses, will prefer those who are likely to nurse agreeably to their wishes.

Mothers should endeavour, by a constant attention to cleanliness, to keep the air of their houses wholesome, and the same regard should be paid to the clothes and linen which their children either wear or sleep in: this is of great consequence to those who have small apartments.

We must again repeat, that infants should be well washed and rubbed; but there is one very dangerous custom which it is necessary to warn young mothers and nurses against; it is called by those who attempt to mend the works of God, *stroking up the mould of the head*, that is endeavouring to force together the two sides of the skull which are at first divided, but which are formed with notches to fit exactly into one another, and will grow together in proper time, but if pushed over one another, will disorder the whole head: many people are all their lives long subject to violent headaches from this practice. Let any one examine a skull in a church-yard, and he may see the joining we speak of.

Rubbing and washing the head gently will do no harm, but prove very beneficial, by keeping it free from a kind of scurf, which at the same time that it has a most dirty and disagreeable appearance, is very hurtful to health. There are on the head, and all over the body, little holes, which are called pores, designed to carry the perspiration off; and if these are closed up, the body is generally disordered. Should this scurf be suffered to collect, a little hog's lard, or a bit of butter dissolved in some warm beer, should be rubbed upon

the head at night, and afterwards a small comb, with teeth that are not too sharp, should be used to raise it up, and take it off a little at a time from day to day; after which the head may be washed clean with soap and water, and a little brandy.

Children should be tossed about as much as they can bear, and carried in the open air. It is best not to use them to be rocked; and as they gain strength they should not be left standing long together in go-carts or swings; but where opportunity permits, should rather be laid down upon a rug on the floor, where they will learn to scramble about, and gain strength, and the use of their limbs, while the mother is at liberty to do her work. This to be sure is not a safe way where there are other little children running about.

When a child is too big to be trusted in the manner above described, it may stand or sit by turns; but should not do either long together; and the mother should make a point of endeavouring to teach it to walk as soon as she can: not with a back-string, but by holding it under the arms, and should have it in the open air as much as possible. She will find it time saved in the end to neglect other things in order to give her child good nursing. If any way to be avoided, a young child should not be set to look after an infant. Particular care ought to be taken to feed young children with wholesome food. Good bread and milk is the best diet, if the latter can be procured; and next to that, broth and light puddings. Meat should not be given till a child has teeth to chew it. Pies, gingerbread, and all kinds of cakes, and sweet things, are very unwholesome; butter is particularly so; and fruit is apt to disagree

while the principal food is milk. Bacon and other salt meats are very improper; and it is exceedingly wrong to give strong beer to children.

Infants are often hurt by sitting on the damp ground, and in the draught of doors: this should be carefully guarded against.

If the mother's business makes it necessary for her to send her child to school at an early age, it should be to a mistress, who would let it run about part of the school-hours in the open air. It would be a very good way for country school-mistresses to follow this method with the little children; for it is dreadful to confine them so many hours in the day to a form, in a room heated by the breath of a number of scholars: and every school in cities should have a ventilator, which may be purchased at a very small expense, by means of which fresh air might occasionally be admitted.

An attention to these particulars, which some people may think very trifling, is of great consequence to the rising generation. Those who have not fortunes to leave their children, ought, above all others, to give them, as far as depends on themselves, good constitutions; yet it is a certain truth, that many a man and woman suffer ill health all their lives, and are incapable of getting their bread by that labour which their station of life requires, entirely through the bad management of them when children.

It can scarcely be thought that any woman would willingly weaken her child's constitution, or add to the evils, which, as a human being, and in an inferior station of life, it must necessarily endure; yet this is frequently done through ignorance. It is therefore hoped,

that all young mothers who read these remarks, will observe them, as they wish for the health and comfort of their offspring; for they are the result of long experience and diligent observation.

Infants who are born healthy, and managed according to the rules before given, are seldom afflicted with illness; but those who are nursed in an improper way, are often attacked with disorders, which through additional mismanagement, prove fatal. Those persons who cannot afford to employ doctors, and know not what to do for their sick infants, should get advice from some sensible good neighbour, who has been successful in bringing up children, and not from mere lying-in nurses, who are frequently women that have had no further experience than from nursing children in the month, according to certain rules which they received from persons as ignorant as themselves, and which all the doctors in England cannot make them depart from.

For a new born infant the best physic is its mother's milk, which it should have, if possible within a very few hours after its birth. In case it cannot have this, or does not cleanse properly, a little manna may be dissolved in hot water, and given in small quantities, till it takes effect.

The chief disorders that very young children are subject to are Gripes, the Red-gum, and the Thrush.

There is a cheap medicine, called Magnesia Alba, which is very safe, and proper to be given in all these cases.

The dose for an infant in the month may be a small tea-spoonful, to be given two or three days together,

and increased as the child grows older ; to this may be added a little grated rhubarb. This dose may be divided and mixed in the food. If the child is troubled with a violent disorder in its bowels after having taken the above medicines, we would advise the use of Dalby's Carminative: this medicine is too expensive for very poor people to purchase by the bottle, but perhaps the charity of some good neighbour may assist them with a little, on urgent occasions, from his family dispensary ; and it will be found an excellent remedy even for that almost hopeless disorder the Watery Gripes, which carries off hundreds of infants in a year. In case Dalby's Carminative cannot be procured, a little milk with a small piece of mutton suet, scraped fine, and boiled in it for some time, may be found very beneficial—about an ounce to a quart will be sufficient. The following pap is extremely nourishing, and will help to support the child's strength during the continuance of the Watery Gripes :—

Take a spoonful of whole Rice, the same quantity of ground Rice, and Hartshorn shavings, and as much of the chippings of the upper crust of bread: boil these ingredients in about two quarts of water for a considerable time, stirring them frequently, till they become a kind of panada, bruise this through a hair-sieve, sweeten it with a little fine loaf-sugar, and give it to the infant frequently, using magnesia, and the Carminative also, if it can be procured.

In respect to the Thrush, magnesia is particularly efficacious ; and if a small dose could be given in the beginning, and repeated every day, with a little rhubarb, it would frequently cure this tormenting disorder in a

very short time. The child's mouth should be often cleaned with a mixture made of bole ammoniac, and a little burnt alum, or borax mixed up in honey.

The Red-gum, if in a slight degree, is of no consequence; but if violent, care should be taken not to expose the infant to the cold air, or wash it with cold water; but it must not be kept too hot, or have caraways, aniseeds, or any thing heating in its food; but it should take a little magnesia two or three times a week; and, in case of the eruption striking suddenly in, a dose of the Carminative may have a very happy effect.

If the infant brings up its food frequently, care should be taken not to feed it too much, or too often. If notwithstanding this precaution, the vomiting continues, a little ipecacuanha-wine may be given (when it can be procured of a person who has judgment in respect to the proper quantity for a dose); and, after the operation of that is over, a dose of magnesia and Dalby's Carminative should be administered every day for some time. This kind of treatment has been known to restore a child afflicted from its birth, for five months, with a vomiting and purging, by which it was brought to the point of death, and deemed incurable.

Besides the *Thrush*, children are subject to other eruptions; especially if not kept clean, and washed properly; or if they are fed with unwholesome things. Happy is it for such children when they have eruptions, which by no means ought to be stopped; the proper method is, to pay attention, in the first place, to what may be supposed the cause of the disease, that is, to improve cleanliness, and feed them with proper diet. The

most obstinate of all eruptions incident to children, are *Scabbed Heads* and *Chilblains*. The former is often very difficult to cure, and sometimes the cure proves of worse consequence than the disease; for children are frequently seized with violent inward diseases soon after the drying up of a scabbed head. The cure should first be attempted by cutting off the hair, gently picking off the scabs, and then washing the sore places extremely clean with soap and water, with a little brandy or other spirits in it. If this is not sufficient, the head should be shaved once a week, and gently anointed with an ointment made of *train-oil*, *red precipitate in fine powder*, and a cap made of oiled silk put over it. While these things are doing, the child must be fed with regular light diet, its body kept gently open, and cold, as far as possible, avoided. To prevent any bad consequences, from stopping this discharge, it will be proper, especially in children of a gross habit, to make an issue in the neck or arm, which may be kept open till the child becomes strong, and the constitution somewhat mended.

Chilblains commonly attack children in cold weather. They are generally occasioned by the feet and hands being kept long wet or cold, and afterwards suddenly heated. When children are chilled, instead of taking exercise to warm themselves gradually, they run to the fire; and this, often repeated, produces the disorder. To prevent it, violent cold and sudden heat must be equally avoided. When the parts begin to look red, and swell, the child ought to take a gentle dose of physic, and to have the affected part rubbed with mustard and brandy, camphorated spirits, or something else

of a warming nature. They ought likewise, to be covered with flannel, and kept warm and dry. When the chilblains break, they should be dressed with *Turner's Cerate*, the *Ointment of Tutty*, or some other drying ointment.

In case these applications disagree, *Ointment of Elder* may be made use of.

It has been observed, that above a tenth part of infants die of Teething, especially those who are brought up too tender and delicately, who often fall into convulsions when the gums are greatly irritated.

It is unnecessary to describe the symptoms of teething, as they are well known: but let me advise young mothers to be very cautious not to over-feed their children during this period, nor give them improper food.

It is a common thing to hear mothers and nurses boasting, that the child will eat any thing, and that it is particularly fond of fat bacon. They know not the hazard they run in being so indiscreet as to give it such kind of food. Nature points out the time at which children should begin to eat meat, by giving them, about a certain age, teeth proper to chew it with. There is one particular which it may be useful to mention, that will show the impropriety of this custom. In chewing, a great deal of spittle, or saliva, as the doctors call it, mixes with the meat, and prepares it for the stomach; without this mixture of saliva, meat will not digest well, and is unfit for the stomachs even of grown persons, but more particularly so for that of a tender infant.

Another improper thing which mothers and nurses

often give to teething children, is porter and strong ale. The first effect of this aliment is, that it certainly blows a child up in an unnatural manner. Insensible of the danger to which the tender infant is exposed, the mother, or nurse, glories in its florid appearance, and shows its fatness with no small pride and exultation. But what is the consequence? Why, very often, in a short time, the child is seized either with a fever, a disorder in its bowels, or convulsion-fits, one of which too often carries children from their cradles to their graves.

Much of this fatal mischief might be prevented by feeding children, during the time of teething, moderately, with light, wholesome food, giving them occasionally the remedies which have been already recommended, and a good deal of air and exercise; but, in case they are very feverish, the following medicine which is the prescription of a very eminent physician*, may be given:—A few drops of spirits of hartshorn, from five to fifteen, according to the age of the child, in a spoonful of simple water. The number of doses may be four, five, or six, in twenty-four hours.

A small plaster of Burgundy pitch, applied between the shoulders, has been found to ease the pain which attends teething. It should be kept on a considerable time. Several things have been recommended to rub the gums with, but from these much is not to be expected. Coral, and such hard substances, are rather hurtful than beneficial; a crust of bread, or a piece of liquorice-root, is greatly to be preferred. When the teeth appear just ready to penetrate the last skin, but

* Sydenham.

not before, they may safely be rubbed through with a steel-top thimble, or a thin sixpence.

The *Rickets*, which is a very dreadful disease, is often produced by bad nursing; it prevails chiefly in manufacturing towns, where poor people too frequently neglect to give their children sufficient exercise. Sometimes the rickets is occasioned by too weak and watery food; and sometimes it arises from the weakness left in the constitution by the small-pox, measles, and other disorders; and not unfrequently it proceeds from the child's sucking a woman who has not a sufficient quantity of milk to nourish it: but children suffer much oftener from want of care in the nurses than from want of food. Allowing an infant to lie or sit too much, or not keeping its skin and clothes thoroughly clean, have the most pernicious effects.

The most likely method to effect a cure is, to give the child nourishing diet suited to its age and strength, open dry air, clean linen, and sufficient exercise. If the season be cold, the child should be kept warm; and when the weather is hot, it should be kept cool; the limbs should be rubbed frequently with a warm hand, and the child kept as cheerful as possible.

If the infant be too young for flesh meats, he may have rice, millet, or pearl-barley, boiled with raisins, to which may be added a little wine and spice. Those who cannot afford wine, may, in this case, give now and then a wine-glass of mild ale or good porter.

In the rickets, medicines are of but little use. The disease may often be cured by the nurse, but seldom by the doctor. In children of a gross habit, gentle vomits and doses of rhubarb may be given from time to time; but these seldom carry off the disease.

Cold bathing has often been successful for the rickets; it should, however, be used with prudence, as some ricketty children cannot bear it. The best time for bathing is in the morning, and the child should be rubbed with a dry cloth as soon as he comes out of the water. If the infant appears to be weakened by the cold bath, it must not be continued.

In respect to *Convulsion-fits*, though more children die of them than of any other disease, it is difficult to give directions concerning them, as they proceed from such a variety of causes. The safest way is to endeavour to prevent them by good nursing, avoiding either to stuff the children too much, or give them food too strong, or too poor, for their delicate constitutions. When fits proceed from a disorder in the bowels, magnesia, rhubarb, and Dalby's Carminative, will often prove very efficacious. These medicines, may also be useful when convulsions are occasioned by teething. Sometimes convulsions are brought on by too tight clothing; particularly by the roller. In other convulsive cases, the advice of a doctor must be procured, if possible*.

RULES FOR NURSING THE SICK.

It is a very great advantage, in every rank of life, for women to understand the proper method of managing the sick; yet how often do we see people suffer under the ignorance of nurses, and the awkwardness of servants! A good nurse is one of the most useful cha-

* Chiefly from Dr. Buchan's Domestic Medicine.

racters in life. By a good nurse, I do not mean a person who is perpetually doctoring, as they call it, but one who can lay a bed smooth, without fatiguing the patient; make the various messes which are proper for invalids, dress blisters, &c. with a light and tender hand, and who is willing to follow, with punctuality, the directions which are given by those, who, from education, must be supposed to know better than herself. Many people who would be willing to practise these things, have not the opportunity of learning them; to such, a few hints on this important subject will doubtless be acceptable.

GENERAL DIRECTIONS FOR NURSING.

Sick Chamber.

A small fire, although not wanted for warmth, is of use to keep the air in constant circulation. Windows opened, let out the bad air.

Water, poured from one vessel to another, purifies the air. Perhaps vinegar would be better, especially hot.

Flowers do harm; but perhaps a little earth, or tufts of grass plucked up by the roots, would freshen the air; certainly they would be agreeable, or at least not injurious.

No chimney-boards should ever be suffered, even when a person sleeping in a chamber is in health.

Clothes, carpets, blankets, curtains, &c. hung abroad, or laid out upon the grass, will, when brought back, bring in fresh comfortable air. Carpets, &c. should be

daily well shaken abroad; perhaps a sick chamber would be better without much of carpet.

To fan the air at a distance from a sick person, with a door or curtain, is of use. Windows may be always safely opened, by drawing the bed curtains, and covering the patient carefully during the time. The room should be ventilated frequently.

With all possible care, the air of a sick room will be unwholesome.

It is of great use in all disorders to remove the patient into a fresh chamber as often as it can be done; even where a person is so bad as to be confined to the bed, it is better to be taken out, and wrapped in a blanket, placed in an easy chair, and so removed to a bed ready prepared (in a fresh room if it can be), than to stay whilst the bed is made: this gives opportunity for a thorough freshening of the room; laying the bed open to the fire if need be, but certainly to the open window. A thorough shaking of all the clothes, changing sheets, sweeping, and even rubbing the room with a moist cloth, with caution, contributes greatly to the recovery of the patient, as well as the safety of his attendants.

More scrupulous neatness is required in sickness than in health; the patient is generally too languid to attend to the duties of cleanliness, with that zeal which is necessary for his own benefit, and the safety of those about him; it is, therefore, the province of friendship to watch that the air he breathes may be as pure as it can be kept, his linen clean, &c.

Cleanliness contributes greatly to the recovery of the patient, and the safety of his attendants. In all

contagious distempers, the danger is increased, and the infection spread, by the neglect of cleanliness; this is the case in all diseases, and a scrupulous delicacy ought to be observed in the instant removal of every thing offensive where it can be done. In camps, and on board of ship, the impossibility of using this precaution occasions great mortality in a disease which is peculiarly incident to such situations.

A sick person may have his hands and face wiped with a towel dipped in warm water with a little brandy in it, if it be improper to do more. The mouth should be thoroughly cleaned often, and the throat gargled when it can.

To comb the head is so wholesome and refreshing, that, when no more can be done, it should at least be gently scratched with a large-toothed comb.

In all diseases the linen should be frequently changed for fresh, well-aired linen, cool, at least not warmer than the patient.

Bathing the feet and legs in lukewarm water, and drying them well with a cloth, is beneficial in most diseases; it should be done at going to rest, and will often dispose the sick person to sleep.

Nurses themselves should make it an invariable rule to take off their clothes daily; they should often have fresh air, and use exercise out of doors. It is of great use to take off the clothes.

An old general said, that camps did not injure from dampness, but from soldiers lying in their clothes, and want of proper bedding.

Those who visit the sick should stuff their noses with rue, or other herbs, or tobacco; they should not go

with an empty stomach, and should avoid swallowing their saliva; it is good to chew herbs, and to spit, and avoid breathing hard; and, at returning, to wash the skin, change the clothes, gargle the throat with vinegar, and then pass some time in the open air.

In ulcerated sore throats, or any infectious disorders, it is good to sprinkle the chamber often with vinegar. This, indeed, is reviving to any sick person; or to hold vinegar in a jar, and stir it with a hot iron. Camphire, sewed in a bag and hung about the neck, is refreshing, and a good preservative.

A thick smoke of juniper-berries in an epidemical disorder that raged violently, and was as fatal as the plague, relieved the sick, and, it is supposed, prevented the increase of the infection, for not one died after.

Tobacco prevents infection—tar is very useful—cabbage-leaves burnt—vinegar poured upon hot iron—aromatic herbs chewed—thief's vinegar—fresh skins of lemon and orange, are good—boiling vinegar poured upon rue bruised; the quantity, a pint to a handful.

To clean the teeth with bark in powder, is a preservative; bark and stick-liquorice mixed and boiled—a glass often taken.

To remove infection from bedding, it is recommended after washing to fumigate with brimstone. It may be done by burning a very little charcoal, and strewing some brimstone on it, taking care not to breathe near it, and to expose the clothes to fresh air after it.

In an acute continual fever, the patient's mouth should be often washed with a mixture of water and honey, to which a little vinegar may be added, or with a decoction of figs in barley water.

His feet and legs ought to be often bathed in lukewarm water, especially if his head be affected.

Company, noise, and much light, should be avoided.

A load of bed-clothes has a bad effect ; it increases the heat, fatigues the patient, and hinders perspiration ; sitting upright in bed, if the patient be able to bear it, will often have a good effect ; but the posture must not be continued long ; and if the patient be inclined to sweat, it will be safe to let him lie, only raising his head with pillows to relieve it.

Rising for the short time that the bed is making, has an excellent effect whenever it can safely be practised.

In applying blisters, wash the flies, after they are spread on the plaster, with camphorated spirits. Spread a drop of oil on the edge of the leather. Bathe the part where the blister is to be applied, with hot vinegar ; put a washed gauze under the blister bigger than the leather ; this enables you to remove the plaster without pain ; as the gauze can be held close, and so the skin prevented from coming away, and leaving the part exposed to the air while the new dressing is applied. Some, however, now never pull off the blister, but suffer it to drop off.

When the blister is laid on, let the patient begin to drink of almond milk, and repeat it often whilst it draws. It is to be made as follows :

Almond Milk.

Boil a quart of water with a quarter of an ounce of pearl-barley, well sifted and washed ; let it waste half a pint. When it is cold, put in half an ounce of

blanched almonds beaten fine, with a little rose or orange-flower water; strain it, and sweeten to taste. Add an ounce of gum arabic dissolved.

It often happens that a patient is distressed, and loses the benefit of a medicine, by not being able to keep it on his stomach; to obviate this inconvenience, observe the following rules.

If the stomach be squeamish, hold a few drops of brandy in the mouth some time, or even swallow them after holding them some time in the mouth: this dulls the sense of tasting. Then suck the draught out of the phial, and, after it, wash the mouth with vinegar, or vinegar and water, spitting it out; or chew thin slices of lemon or orange, with a little of the juice in them, and spit them out; keep smelling to vinegar or pickles, or lemon-skins, and have all bottles or cups, &c. which are connected with the medicine, removed.

The sick should always have the largest and most airy apartment; and, if possible, one adjoining to other rooms, of which the windows can be often open.

No unnecessary persons should be in the room, to contribute to tainting the air. The sick person should be kept cool, quiet, easy, and cheerful, in hope, soothed and indulged as much as may be.

Nothing should pass which you would wish the sick person not to hear; there should be no whispering, no air of mystery and secrecy; and certainly no bustle in the room.

The following is an excellent preservative of health to those who are well.

An ounce of salt (bay salt is best) dissolved in water;

wash the head and whole person with a coarse cloth, and put the clothes on without drying the skin.

This braces the fibres, prevents feverish infection, embalms and preserves from disease.

TALE II.

THE MURMURER CORRECTED.

IN the same village with Mrs. Wilden lived Robert Hardy, a very honest, laborious man; he was the best husband in the village, owing to his piety and manly fortitude, which led him to repose a firm and constant trust in Providence, and to encounter without fear, and support without repining, whatever difficulties or distresses he met with in providing for the wants of a numerous family.

His wife was, upon the whole, a well-disposed woman, but she had not equal resolution with him to bear the evils of poverty. Before they came, she tormented herself with an idea that they would be insupportable; and when they actually arrived, she declined the comforts which Providence kindly mixes with the bitterness of affliction, and too often envied those in superior stations.

To this woman Mrs. Wilden was a most valuable friend; she often alleviated her distresses by the means already mentioned, and frequently awakened proper reflections in her mind, and calmed her fears when she was on the brink of despondency.

I cannot avoid mentioning a very remarkable occurrence, which gave an awful lesson to Robert Hardy's wife, and which he and her good neighbour did not fail to enforce.

Mrs. Hardy being lately recovered from a bad fever was particularly distressed with the reflection, that her sickness had reduced her to the necessity of spending a small sum of money which her husband had laid by out of his wages, in order to buy a jacket and trowsers, and other necessaries to fit out one of the boys for sea. She poured forth her sorrows to her friend Mrs. Wilden, who lamented that it was not in her power to assist her at that time with any money, as her charity-purse was empty, and several of the ladies of the neighbourhood were absent on various excursions. Mrs. Hardy said it was a dreadful thing to be poor, and secretly repined that Providence had cast her lot in so lowly a station. However, being of a very industrious temper, she determined to do all she could towards regaining the sum which her necessities had obliged her to expend.

At this time the farmers were in great want of hay-makers, and she resolved to accompany her husband to the field, though his tenderness made him unwilling that she should expose herself to so great a fatigue, before she had fully recovered her strength. However, she told him, she thought she was able to bear it; and if she stayed at home she should do nothing but *fret*; this he knew would hurt her constitution more than *labour*; so he yielded his consent, and Mrs. Wilden promised to look to her children in her absence.

The day proved remarkably hot, and poor Peggy

Hardy suffered much from the scorching rays of the sun; but in the evening the air grew cooler, and became very pleasant, though scarcely a leaf moved. The haymaker having thrown her gown across her arm, and gathered up a few things, which she put in a little basket, took her fork and rake in her hand, and stood still, looking for her husband, who joined her as soon as he had put on a coat, so nicely mended, that it did credit to his wife. "Well, Peggy, how is it?" said he, "I fear thou art deadly tired?"—"A little," said she, "to be sure, however, that is the fate of *poor folk*, you know. O, Robert! how could I enjoy a walk with thee this fine evening, if we were *gentlefolk*!"—"I am heartily sorry to see thee so weary, my poor girl," said Robert; "but whatever you do, Peggy, do not *envy gentlefolk*; we have *our* troubles, and they have *theirs*; let us reckon up our *blessings*, and we shall find we have much more than our *deserts*." As he uttered these words, a gentleman and a lady in a high phaeton, attended by two servants on horseback, passed by. Their appearance showed them to be of rank; the lady was beautiful, and looked very good-natured; and the haymakers admired her as she whirled along. The black beaver hat, adorned with a gold band, and an elegant plume of white feathers, waving high above her head, made her easily seen at a distance. Peggy fetched another sigh. "Well," said she, "I must not stand here; my poor children will want to go to bed. I cannot ride about at my ease like that gay lady. She never knew what it was to have her feet ache as mine do. What a fine thing it is to be rich! When this

lady and gentleman go home, they will have a nice supper, and servants to wait on them; while we, who could enjoy these delights as well as our betters, have nothing but bread and cheese."

"May be so, and may be *not*," replied honest Robert; "but I tell thee once more, Dame, do not *envy* others. The *rich*, my good woman, seldom have such a hearty appetite to their food as *labour* gives us; and I much question whether their *sleep* is so *sound*. God knows best what is good for all his creatures. Do not *murmur*, Peggy, lest it should tempt him to take away some of the comforts he has been so good as to bestow on us. For my part I would not change thee for the grandest lady in the world; though, I suppose, you had rather be a duchess, or so, than a poor labourer's wife?"—"Not unless *you* could be a *duke*," replied she. "I fear," said Robert, "I should make but a *rum duke*; and while I have hands to labour, a good clean wife to make home comfortable, and dear little children to divert me with their prattle, I want no more in this world. There is a better world to come, you know, which will last for ever; then what signifies a few years of toil and trouble? Poor, as we are, there is a crown of glory laid up in heaven for us, if we will but do our duty. Think of that, Peggy: so come, lay hold on my arm; give me the things to carry, and let us jog forward." Just as she was going to comply with his desire, the phaeton returned empty, with the horses in full speed; and, in an instant, it was overturned by a bank, and broken to pieces. Robert and his wife concluded that a misfortune had happened to the gentleman

and lady, and ran on towards the place at which they had just before lost sight of the phaeton; in a minute after, they met one of the servants, who begged them to go immediately to his lady, who, he feared, was killed by being thrown out of the carriage.

The good man and his wife hastened with all speed, while the servant, with the assistance of some other working men, disengaged the horses, which were taken to a farmer's stable. In the mean while Robert and his wife beheld a most affecting sight. The poor young lady lay senseless on the ground, having hit her head against the stump of a tree, and her brother, in the greatest agony of mind imaginable, stood by her, not knowing what step to take; one of the servants, however, of his own accord, went to fetch a surgeon from the nearest town; but where to take his sister to, the gentleman knew not, as they were at a distance from any house with which he was acquainted. When he saw Robert Hardy and his wife, he conceived hopes that they could lend him assistance, and they were ready to do so to the utmost of their power. Robert, informed the gentleman, that his poor habitation was but a little way off, and his wife could lay the lady on a *clean*, though *homely bed*, with curtains to it, and could also fetch a neighbour, who was a main handy woman. "Well then," said the gentleman, "my honest countryman, for GOD's sake, help me to carry my dear sister thither immediately." Robert accordingly raised the lady up, and she opened her eyes, but stared wildly about, without the power of recollection. Peggy Hardy ran home as fast as possible, to get the

bed ready, and prided herself in the thought, that she could produce a good pair of sheets, and pillow-cases too, of her own spinning. Mrs. Wilden, having brought home the children, was very fortunately in the house, and, with her usual presence of mind, she made every necessary preparation. In a short time Robert arrived with his lovely burden. The young lady was, by Mrs. Wilden's desire, laid upon the bed, and in a few minutes the surgeon came; but his skill was useless; there was a dreadful fracture in the skull, and he could give no hopes. The young gentleman, conscious that he had been the cause of this misfortune, through his imprudence in driving horses that were not sufficiently broke in, was almost distracted; and the unhappy parents, for whom the servant was sent, arrived in the night, just time enough to see their dear daughter expire. The next day, a hearse carried away the lifeless corpse of the late gay and thoughtless fair-one!

“Well,” said Mrs. Hardy, weeping, after she had watched the mournful procession till she could see it no longer; “well, I have now been taught, by God himself, never to *envy* persons, however happy they may appear. *We know not indeed*, as the Bible says, *what a day may bring forth*. How little did that lovely creature think, when she rode by me in the lane, that she was so near the end of her journey, ay, and of her life too! and now what good can all her fine clothes and gay carriage do her? Her costly hat and gay feathers could not save her head, and, if she had been on foot as I was, she might have been alive now. I am sure I ought to be thankful, and bless God, that my

wish was not gratified; for if it had, what would have become of my seven dear children?" The poor woman's tears flowed faster at this thought, but her husband answered, that GOD, who had taken the lady and spared her, was able to provide for her children, if he had thought fit to remove her from them. "Our business," said he, "is only to do our duty, and not to suppose that GOD cannot provide for others without our help. Let us trust, that the young lady he has called from this world was ready to go; and that if she has lost the pleasures of this life, she will have higher joys at GOD's right hand: but I hope, Dame, this misfortune will stop your murmuring in future. You are a good woman; but, like Martha in the Scripture, *too much troubled about many things.*"—"I believe I am," said she, "and *unmindful of the one thing needful.* GOD forgive my weakness, and grant me more strength for the time to come! By his grace, I hope never more to make myself unhappy. In general, I do not so much care about *myself*; but the thoughts of your working so hard, that perhaps it will kill you, and that my poor babes will come to the parish, pierce me to the heart."—"Come," said Robert, giving her a kiss, "never fear *want*; for while we are *willing and industrious*, and there are good Christians in the world, and a good GOD in heaven, we shall be supplied, one way or other, for the little while we have to stay here, I warrant."—"Ay, but my illness," said she, "has run away with all our money; we have none left but this week's earnings."—"Suppose we have not," said the pious-hearted Robert; "did not GOD feed the

Israelites with manna, day by day; and do not you think that he can give us strength to earn bread? O Peggy!" continued he, "let us put our *whole trust* in Providence. We prayed heaven to bless us in each other, when we came together, and now that he has given us children, and made us happy by mutual love, I cannot think he will ever forsake us. Only cast your thoughts *back*, and recollect what he *has* done for us!"

—"Very true, Robert," said his wife; "I must confess that God has ever been a *ready help in time of need*, and I hope I shall never distrust his mercy any more."

Robert was much pleased at hearing his wife talk in this manner; and in the evening, Mrs. Wilden had a great deal of discourse with her neighbour on the subject of the accident, and was happy to find it had made so proper an impression on her mind. She observed to her that the *rich* was subject to as many *real evils* as the *poor*, and more *imaginary ones*; that the *wants* of the latter were more easily supplied, and their *cares* fewer; that none but those who knew it by experience, could conceive the trouble of managing a large fortune properly; and that if it was spent in licentiousness and folly, it brought certain misery with it. All this Mrs. Hardy acknowledged to be very likely.

A few days after a messenger was sent from the deceased lady's father to Robert Hardy, with a present of ten guineas, with which he purchased every necessary for his son Samuel, and sent him off to sea quite happy. He also bought some other things that were wanted for the family, and laid by three guineas as a *nest egg*, to which by successful labour, he and his

wife added a little and little from time to time: and ever after, when Peggy Hardy found any *murmurings* arising in her mind, she *checked* them, with the recollection of the unfortunate lady in the phaeton.

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