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"It is never too late to learn."

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FACTS FOR THE PEOPLE,

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THINGS WORTH KNOWING:

A BOOK OF RECEIPTS,

IN WHICH

EVERY THING

IS OF

PRACTICAL USE

TO

EVERY BODY.

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PHILADELPHIA:

PUBLISHED BY LARAWAY & HOLSTZ.

1850.

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Price Twenty-Five Cents.

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"IT IS NEVER TOO LATE TO LEARN."

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FACTS

FOR

THE PEOPLE;

OR

THINGS WORTH KNOWING.

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A BOOK OF RECEIPTS

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PHILADELPHIA:

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24.

## WHAT TO DO IN CASES OF EMERGENCY.

THERE are certain accidents which all are more or less subject to, and which every prudent and humane person should know how to treat skilfully. What would a man of ordinary sensibility give to know, upon the spur of the moment, the proper methods of treating successfully an esteemed friend just rescued from drowning? or to apply with skill remedies essential to the preservation of the life of a beloved child after a severe burn? I once lost a valued relative by not knowing how to extract a venomous substance which became lodged in his ear during a hunting excursion. Since then I have spared no pains in making myself acquainted with the most skilful methods of knowing "what to do in cases of emergency," and I here present my readers with a portion of the results. All I will say of these methods is, that the most implicit reliance may be placed on their being the best now known, as I have not only observed and inquired but read, and have, in short, availed myself of all the sources of information upon these topics accessible in both hemispheres, and here present my readers with the result.

### (1.) *To Restore a Drowned Person.*

On being got out of the water, the body, laid on the side, and the head and chest raised, should be immediately removed on a plank or shutter to the nearest house, or to a warm and dry situation. Having cleansed the mouth and nostrils from froth, mucus, &c., the next important step is to strip the body of its wet clothes, to rub it quickly dry with hot cloths, and till a warm bed or blankets can be prepared, to cover it with the spare clothes of the by standers. Heat should be applied in every possible way; the hot bath will be the most efficacious of any, and should always be employed where the circumstances of the case will admit; in the mean time bottles filled with hot water should be applied to the arm-pits, feet, and pit of the stomach. The means, however, most to be relied upon, is the effecting artificial respiration. This is to be accomplished by making strong pressure with both hands on the anterior surface of the chest, the diaphragm being at the same time pushed upwards by an assistant, while inspiration is effected by the mere removal of the pressure, and consequent resiliency of the ribs. This process should be repeated from fifteen to twenty-five times in a minute, so as to imitate natural breathing as nearly as possible. The old mode of introducing air into the lungs by means of bellows, &c., is now justly discarded; there being not only the strongest evidence against its utility, but also sufficient to warrant the conclusion that much mischief has been

occasioned by it, and many lives lost that might have been saved.

During the attempt to restore respiration, friction with hot flannels should be unremittingly applied to the body and extremities, and volatile stimulants held to the nose. Warm clysters, with salt and mustard, or brandy and water, may be administered, and warm spiced wine got into the stomach by means of the stomach-pump, or a flexible catheter and syringe,—not to be attempted, however, without such assistance, till the patient can swallow.

Electricity and galvanism will be found invaluable adjuncts to the above means, and should, whenever practicable, be had recourse to where the respiration is not quickly restored. The author has in two instances employed electro-galvanism with complete success.

Bleeding is occasionally useful, but requires the utmost caution. The abstraction of a small quantity of blood from the external jugular vein, may in some cases relieve the engorgement of the venous system of the brain, but it should not exceed from an ounce and a half to three or four ounces, as a larger quantity would probably extinguish the remaining feeble powers of vitality.

### (2.) *Burns and Scalds.*

There is no accident respecting the treatment of which so much difference of opinion exists as this; authorities of equal respectability and experience advocating the most opposite remedies. Some recommend

in the case of a slight burn or scald, insufficient to produce any constitutional depression, the immediate application of cold in any convenient form, and its continuance until pain and inflammation have subsided. Others adopt a directly opposite course, employing in the first instance stimulants, both externally and internally. The latter plan was introduced about forty years ago, by Mr. Kentish of Newcastle, and is generally called by his name; and there is no question but that in all cases severe or extensive enough to endanger life by the great depression of the vital powers, it is the safest to be adopted. It consists, whether the skin be removed or not, in bathing the part burnt or scalded with a piece of soft linen dipped in warmed spirit of turpentine or of wine, and then, as quickly as possible, covering it with a liniment composed of spirit of turpentine [one part] and basilicon ointment [two parts] thickly spread on lint or linen rag. This dressing should remain on as long as possible, and not be removed unless there be a profuse discharge or bad smell from the wound. Notwithstanding a slight smarting may be at first occasioned by the above applications, a soothing sensation in a very short time succeeds, and the patient feels comparatively easy.

In dressing extensive burns, care should be taken to avoid exposing more than a small part at a time; and if blisters have arisen, they should on no account be punctured, as is often done with a view of relieving the tension; but this latter is of no importance, and will speedily subside, while the cuticle is the best possible covering to the injured part, and it should be a leading object to keep it entire whenever it can be done. When cicatrization of extensive burns is advancing fast, and suppuration subsiding, the bowels should be kept open and the diet curtailed.

The treatment which for the last five years has been almost exclusively adopted at St. Bartholomew's Hospital, consists in enveloping the parts burned with finely-carded cotton wool, spread out of equal thickness; upon this a second and third layer is placed, according to the profuseness of the discharge, the whole being encircled with a bandage. This dressing is allowed to remain till the fifth day, when the whole is removed, and the surface of the sore is generally found to be in the most favourable state to heal with the ordinary simple dressings, as the zinc or chalk ointment, or common cerate. Should the cotton be found to adhere to the sore, no force is to be used

to separate it, but a poultice of bread and water (or bread and linseed meal together) is to be applied over it, which in a few hours will enable it to be removed without violence or pain. Poultices must also be resorted to, or lint or fine rag wetted with water, and over it a piece of oiled silk to retain the moisture, [called the "*water-dressing*,"] when the surface is very irritable and painful, giving a mild opiate at night, followed by an aperient. The constitutional powers, when greatly depressed, must be supported by diffusive stimulants, such as hot brandy and water, ammonia, and ether, according to the urgency of the case, continuing the use of these till reaction is completely established, but not pushing them so far as to produce congestion in the head or chest, or aggravate the succeeding fever and inflammation. The system is to be kept up during the treatment by beef-tea or other mild nutriment.

The proportion of severe cases cured in the above named Hospital, since the adoption of the cotton wool, has very greatly increased, while the favourable termination is brought about in half the time it formerly was.

It remains only to mention several remedies which have obtained popular reputation in these accidents, and which are valuable not only as giving more or less relief, but as being generally at hand, or to be readily procured in every dwelling. They are, *wheat flour*, which may be thickly sprinkled over the injured parts with a common kitchen dredger, till a perfect crust is formed;—an excellent application. *Finely scraped chalk*, or *magnesia*, applied in the same way. These act both by excluding the atmospheric air and absorbing the fluid secreted by the vessels of the inflamed surface. Another application reported to be very efficacious in allaying the pain, is a piece of lint wetted with a saturated solution of *carbonate of soda*. A poultice or grated raw *turnip* or *potato*, applied cold, is quickly productive of ease in slight burns, but requires renewing often enough to keep up the sensation of coldness.

*Scalds of the Glottis*, through swallowing boiling water, an accident not uncommon with children, who are in the habit of drinking from the spout of a tea-kettle, produce the ordinary symptoms of laryngitis,—suffocative cough and difficult respiration.

*Treatment*.—Leeches, ice to the throat, calomel in large doses, so as rapidly to affect the system, and tracheotomy if required.

(3.) *Contusions or Bruises.*

In slight bruises, and those not likely to be followed by much inflammation, nothing more is usually necessary than to bathe the part with spirit, as eau de-Cologne, brandy, &c., mixed with an equal proportion of vinegar and water. In more severe cases, however, and where the accident is near an important part, as the eye, or any of the joints, it becomes a desirable object to prevent the approach of inflammation. This is to be attempted by the application of leeches, repeating them according to circumstances. Should there be considerable fever present, bleeding from the arm, purgatives, and a low diet, may become necessary.

In the last stage of a bruise, where there is merely a want of tone in the parts, and swelling from the effused blood, &c., friction should be employed, either simply or with any common liniment, as opodeldoc. Wearing a bandage, pumping cold water on the part, succeeded by warm friction; also, a saturated solution of common salt in water, have each been found beneficial. The roots of briony and Solomon's seal, bruised and applied as a poultice, are efficacious in hastening the disappearance of the lividity of bruises.

(4.) *Convulsions or Fits in Children.*

When children are attacked with convulsive fits, the most active means should be promptly employed, since there is danger of the fit proving fatal. The best remedy is the warm bath, in which the child is to be placed and retained till the fit goes off. It must not, however, be unnecessarily repeated. The cold bath, exposure to a current of cold air, and sprinkling cold water on the face, have been severally found useful in shortening the attack. In every case, purgatives, particularly of calomel, and an injection, will be proper. In the generality of cases, leeches to the temples, and a blister to the back of the neck, are required. When the fits appear to be connected with acidity or flatulency, a little calcined magnesia in peppermint water, with a few drops of spirit of sal volatile, or of the fetid spirit of ammonia, will be useful; and if caused by the irritation of teething, free scarification of the gums is necessary.

Emetics deserve attention in the treatment of convulsions, for usually after free vomiting relief is obtained. Ipecac or tartar emetic may be used according to the age, and advantageously while in the warm bath. Dr. Tripler has lately recommended mustard, not only for its emetic effect, but for some apparent specific property.

(5.) *To Extract Substances from the Ear*

In case the substance be within sight and can be grasped readily with a small pair of forceps, that will be the best way to extract it; but to accomplish this, force must on no account be used. By far the best and safest method is, to inject lukewarm water pretty forcibly into the ear by means of a rather powerful syringe (it should be one that will hold at least two ounces, to be efficient for the purpose.) This will rarely be found to fail, the water passing beyond the substance, and being there confined by the tympanum, forces the former outwards. It occasionally happens that the foreign body has become firmly fixed, either from its having swelled through the moisture, as a pea, &c., is apt to do, or from the surrounding parts having become swollen; in which case, should a few trials with the syringe not succeed, and the ear be very tender, it will be the better plan to pour into the ear a little sweet oil, and leave it till the next day, when the syringing may be renewed. I have seen a child relieved of a bead, by his mother placing his head between two pillows on the table, the affected ear downwards, and striking the upper one smartly once or twice, when the bead dropped out. Glass beads and similar substances have been extracted by a probe, dipped into some appropriate cement, being introduced into the ear, and kept in contact with the body to be removed, till it is set

(6.) *To Extract Substances from the Eye.*

A substance getting accidentally in the eye may either lie disengaged on its surface, or, having penetrated the external coat, may there remain fixed. In the former case, it is easily removed by a camel-hair pencil, or a piece of paper rolled into the size of a crow-quill, with the end softened in the mouth. It is very common for the substance to stick in the cornea, when, if it cannot be removed with a probe or fine forceps, the point of a lancet should be carefully passed under it so as to lift it out. If, however, the removal cannot be effected without considerable difficulty, it is better to leave it to be detached by ulceration, taking every precaution to keep off undue inflammation, by avoiding a strong light, fomenting with warm water, &c. To remove fine particles of gravel, lime, &c., the eye should be syringed with luke-warm water till free from them; enjoining the patient afterwards to abstain from worrying the eye, under the impression that the substance is still there, which the enlargement of some of the minute vessels *arabes him* believe to be actually the case.

## ART OF GOOD BEHAVIOUR.

THERE are numberless writers upon this subject, from Chesterfield to Willis, but the great fault with all of them is that their works are designed exclusively for the *bon ton*. They are very well for those who spend their whole lives in the fashionable circles; but if a plain, unpretending man or woman were to follow their directions, they would only make themselves ridiculous.

In view of this fact, I shall now present a few plain directions, fashioned not after an imaginary model, but upon the world as it is. I address only sensible persons, and expect them to be satisfied with such rules and principles as shall form well-bred men and women, and not coxcombs and dandies. My directions are all the result of my own observation and experience, and may be relied upon as being the actual practices of respectable people, both in this country and in Europe; for the manners of well-bred people are the same in all parts of the world.

(1.) *Of the Person.*

Cleanliness, absolute purity of person, is the first requisite in the appearance of a gentleman or lady. Not only should the face and hands be kept clean, but the whole skin should be subjected to frequent ablutions. Better wear coarse clothes with a clean skin, than silk stockings drawn over dirty feet. Remember that dirt is the never-failing sign of vulgarity, as cleanliness is of gentility. Let the whole skin be kept pure and sweet, the teeth and nails and hair, clean, and the last two of a medium length, and naturally cut. Nothing deforms a man more than bad hair-cutting, and unnatural deformity in wearing it. Abstain from all eccentricities. *Take a medium between nature and fashion*, which is perhaps the best rule in regard to dress and appearance that can be given.

(2.) *Dress.*

The importance of dress can scarcely be overrated, but by comparison. It is with the world the outward sign of both character and condition, and since it costs no more to dress well than ill, and is not very troublesome, every one should endeavour to do the best that his circumstances will allow.

A clean, unrumpled shirt, coarse or fine, cotton or linen as you can afford, is of the first importance. If the choice is between a fine shirt or a fine coat, have the shirt by all means. A well bred man may be ever so reduced in his wardrobe—his clothes may be coarse and thread-bare, but he seldom wears a coarse, and never a dirty shirt.

Boots are now men's common wear on all occasions, varying in elegance for different purposes. They should always be clean, and invariably well blacked and polished.

Make a point of buying a good hat. One proper fur hat worth four or five dollars, when a year old, looks more respectable, than a silk one bought yesterday.

Be as particular as you like about the cut of your pantaloons. Run into no extravagances of bell bottoms, or puckered waists. Buy strong cloth that will not be tearing at every turn, and if you consult economy and taste at the same time, let them be either black or very dark grey, when they will answer upon all occasions.

The vest allows of some fancy, but beware of being too fanciful. A black satin is proper for any person or any occasion. Nothing is more elegant than pure white. Some quiet colours may be worn for variety but beware of every thing staring or glaring, in materials or trimmings.

If you have but one coat, it will be a black dress coat, as there are occasions where no other will answer. Frock coats are worn in the morning, riding or walking, but never at evening visits, or at weddings, balls, parties, or the opera. Overcoats are worn for comfort; they need not be fine and should not be fanciful. Stocks are pretty much out of use. Most gentlemen wear a simple, plain black silk cravat, neatly tied in a bow-knot before. Balls and parties require white or light kid gloves. Black, or very dark ones, of kid, silk or linen are worn upon all other occasions, except in

driving, when buff leather gloves are preferable.

The best dressed men wear the least jewelry. Of all things avoid showy chains, large rings, and flashy gawgaw pins and broaches. All these things should be left to negroes, Indians and South Sea islanders.

The most proper pocket-handkerchiefs are of white linen. If figured, or bordered, it should be very delicately.

Gloves are worn in the street, at church, and places of amusement. It is not enough to carry them—they are to be worn.

LADIES are allowed to consult fancy, variety, and ornament, more than men, yet nearly the same rules apply. It is the mark of a lady to be always well shod. If your feet are small, don't spoil them by pinching—if large, squeezing them makes them worse. Be as moderate as you can about bustles. While it is the fashion you must wear them, but don't lay them on too thick. Above all, as you regard health, comfort, and beauty, do not lace too tightly. A waist too small for the natural proportion of the figure is the worst possible deformity, and produces many others. No woman who laces tight can have good shoulders, a straight spine, good lungs, sweet breath, or is fit to be a wife and mother.

The most elegant dresses are black or white. Common modesty will prevent indecent exposure of the shoulders and bosom. A vulgar girl wears bright and glaring colours, fantastically made, a large, flaring, red, yellow, or sky blue hat, covered with a rainbow of ribbons, and all the rings and trinkets she can load upon her. Of course a modest well-bred young lady chooses the reverse of all this. In any assemblage, the most plainly dressed woman is sure to be the most lady-like and attractive. Neatness is better than richness, and plainness better than display. Single ladies dress less in fashionable society than married ones, and all more plainly and substantially for walking or travelling, than on other occasions.

In my opinion, nothing beyond a simple, natural flower, ever adds to the beauty of a lady's head-dress.

It is a general rule, applicable to both sexes, that persons are the best dressed, when you cannot remember how they were dressed. Avoid every thing out of the way, uncommon or grotesque.

### (3.) *Behaviour in the Street.*

When you meet a gentleman with whom you are acquainted, you bow, raising your

hat slightly, with the left hand, which leaves your right at liberty to shake hands if you stop. If the gentleman is ungloved you must take off yours, not otherwise.

Meeting a lady, the *rule* is that she should make the first salute, or at least, indicate by her manner, that she recognizes you. Your bow must be lower, and your hat carried further from your head; but you never offer to shake hands; that is *her* privilege.

The right, being the post of honour, is given to superiors and ladies, except in the street, when they take the wall, as farthest from danger from passing carriages, in walking with or meeting them.

In walking with a lady you are not bound to recognize gentlemen with whom she is not acquainted, nor have they in such a case, any right to salute, much less to speak to you.

Whenever or wherever you stand, to converse with a lady, or while handing her into or out of a carriage, keep your hat in your hand.

Should her shoe become unlaced, or her dress in any manner disordered, fail not to apprise her of it, respectfully, and offer your assistance. A gentleman may hook a dress or lace a shoe with perfect propriety, and should be able to do so gracefully.

Whether with a lady or gentleman, a street talk should be a short one; and in either case, when you have passed the customary compliments, if you wish to continue the conversation you must say, "Permit me to accompany you."

Don't sing, hum, whistle, or talk to yourself in walking. Endeavour, besides being well dressed, to have a calm, good natured countenance. A scowl always begets wrinkles. It is best not to smoke at all in public, but none but a ruffian in grain, will inflict upon society the odour of a bad cigar, or that of any kind, on ladies.

LADIES are not allowed upon ordinary occasions to take the arm of any one but a relative or an accepted lover in the street, and in the day time; in the evening—in the fields, or in a crowd, wherever she may need protection, she should not refuse it. She should pass her hand over the gentleman's arm, merely, but should not walk at arm's length apart, as country girls sometimes do. In walking with a gentleman the step of the lady must be lengthened, and his shortened, to prevent the hobbling appearance of not keeping step. Of course, the conversation of a stranger, beyond asking a necessary question, must be considered as a gross insult, and repelled with proper spirit

(4) *Visiting.*

Of course, you ring or knock, and await the opening of the door. When this is done, you ask for the mistress of the house, not the master.

Should she be not at home or engaged, you leave your card, where cards are used, or your compliments. Where there are several ladies in the family, you may ask for *the ladies*. Where people dine early, calls are not made until some time after dinner—in cities they are made from eleven till three.

You leave over-coat, cane, umbrella, &c., and if the call is of any length, your hat in the entry. A graceful bow, a pleasant smile, an easy way of paying the customary compliments, and suiting them to each person, no lesson can teach. In the presence of ladies, you are only silent when listening to them. You never yawn, nor lounge on your seat, nor interrupt, nor contradict, but by insinuation—you never tell unpleasant news, nor make ill-timed observations. Study to please, by a respectful demeanour, and an easy gaiety. Never be rude or boisterous, or presuming. In short, it is much easier to tell what you should not do, than what you should—but there is one important direction, “never wear out your welcome.” It is well to know how to enter a room, but it is much better to know when and how to leave it. If you have made a good impression, a long story may wear it off—if a bad one, being tedious only makes it worse. Don’t stand hammering and fumbling, and saying, “Well, I guess I must be going.” When you are ready, go at once. It is very easy to say, “Miss Susan, your company is so agreeable, that I am staying longer than I intended, but I hope to have the pleasure of seeing you again soon; I wish you a good morning;” and, bowing, smiling, shaking hands, if the hand be proffered, you leave the room, if possible without turning your back; you bow again at the front door, and if any eyes are following you, you still turn and raise your hat in the street.

(5.) *Introductions.*

The rule is, never to introduce one person to another without knowing that it is agreeable to both. Ladies are always to be consulted beforehand. Gentlemen are introduced to ladies, not ladies to gentlemen. In other cases, the younger to the elder. Where persons are equal, we “introduce” them. Where there is much difference in age or station, we “present.”

A common form is, “Mr. Jones, Mr. Smith—Mr. Smith, Mr. Jones.” Messrs.

Jones and Smith bow, shake hands, express their happiness at being made acquainted with each other.

When more ceremony is required, the introducer says, “Miss Smith, permit me to introduce Mr. Jones to your acquaintance,” or, “allow me to present.”

Coffee-house, steam-boat, and stage-coach acquaintances last only for the time being. You are not obliged to know them afterwards, however familiar for the time, no more than a lady is required to recognize a gentleman with whom she has danced at public ball.

(6.) *Behaviour at Dinner.*

There is no situation in which one’s breeding is more observed, than at the dinner-table; our work would therefore be incomplete without the proper directions as to its etiquette.

If there are ladies, gentlemen offer their arms, and conduct them to the dining-room, according to their age or the degree of respect to be shown them.

The lady of the house sits at the head of the table, and the gentleman opposite at the foot. The place of honour for gentlemen is on each side of the mistress of the house—for ladies on each side of the master. The company should be so arranged that each lady will have some gentleman at her side to assist her. Of course it is every gentleman’s duty, first of all to see that ladies near him are attended to.

When napkins are provided, they are at once carefully unfolded, and laid on the knees. Observe if grace is to be said, and keep a proper decorum. If soup is served, take a piece of bread in the left hand, and the spoon in the right, and sip *noiselessly* from the *side* of the spoon. Do not take two plates of the same kind of soup, and *never* tip up the plate.

When regular courses are served, the next dish is fish. If silver or wide-pronged forks are used, eat with the fork in the right hand—the knife is unnecessary.

Next come the roast and boiled meats. If possible the knife should never be put in the mouth at all, and if at all, let the edge be turned outward. Any thing taken into the mouth not fit to be swallowed, should be quietly removed with the fingers of the left hand, to that side of the plate. The teeth should be picked as little as possible, and never with fork or fingers. Carefully abstain from every act or observation that may cause disgust, such as spitting, blowing the nose, gulping, rinsing the mouth, &c. Should a gentleman send you wine at a public table, or ask the honour of a

glass with you, observe when he raises his glass, and do the same, bowing, whether you drink or not.

When the ladies leave the table, which they do together at the signal of the mistress of the house, the gentlemen rise and conduct them to the door of the apartment, and then return to the table. This is in formal parties.

If at dinner you are requested to help any one to sauce, do not pour it over the meat or vegetables, but on one side. If you should have to carve and help a joint, do not load a person's plate—it is vulgar: also in serving soup, one ladleful to each plate is sufficient.

Eat PEAS with a dessert spoon; and curry also. Tarts and puddings are to be eaten with a spoon.

As a general rule, in helping any one at table, never use a knife where you can use a spoon.

Making a noise in chewing, or breathing hard in eating, are both unseemly habits, and ought to be eschewed.

Never pare an apple or a pear for a lady unless she desire you, and then be careful to use your fork to hold it; you may sometimes offer to *divide a very large pear* with or for a person.

At some tables, large coloured glasses, partly filled with water, with a bit of lemon, are brought when the cloth is removed. You dip a corner of your napkin in the water, and wipe your mouth, then rinse your fingers and wipe them on your napkin.

The best general rule for a person unacquainted with the usages of society, is to be cautious, pay attention, and do as he sees others do, who ought to know what is proper. Most of our blunders are the result of haste and want of observation.

#### (7.) On Conversation.

The object of conversation is to entertain and amuse. To be agreeable, you must learn to be a good listener. A man who monopolizes a conversation is a *bore*, no matter how great his knowledge.

Never get into a dispute. State your opinions, but do not argue them. Do not contradict, and, above all, never offend by correcting mistakes or inaccuracies of fact or expression.

Never lose temper—never notice a slight—never seem conscious of an affront, unless it is of a gross character, and then punish it at once. You can never quarrel in the presence of ladies, but a personal indignity may be avenged *any where*.

You are not required to defend your friends in company, unless the conversation

is addressed to you; but you may correct a statement of fact, if you *know* it to be wrong.

Never talk at people, by hints, slurs, innuendoes, and such mean devices. If you have any thing to say, out with it. Nothing charms more than candour, when united with good breeding.

Do not call people by their names, in speaking to them. In speaking of your own children, never "Master" and "Miss" them—in speaking to other people of theirs, never neglect to do so.

It is very vulgar to talk in a loud tone, and indulge in horse-laughs. Be very careful in speaking of subjects upon which you are not acquainted. Much is to be learned by confessing your ignorance—nothing can be by pretending to knowledge which you do not possess.

Never tell long stories. Avoid all common slang phrases, and pet words.

Of all things, don't attempt to be too fine. Use good honest English—and common words for common things. If you speak of breeches, shirts, or petticoats, call them by their right names. The vulgarity is in avoiding them.

#### (8.) General Rules of Behaviour.

Having dressed yourself, pay no farther attention to your clothes. Few things look worse than a continual fussing with your attire.

Never scratch your head, pick your teeth, clean your nails, or worse than all, pick your nose, in company; all these things are disgusting. Spit as little as possible, and never upon the floor.

Do not lounge on sofas, nor tip back your chair, nor elevate your feet.

If you are going into the company of ladies, beware of onions, spirits and tobacco.

If you can sing or play, do so at once when requested, without requiring to be pressed, or making a fuss. On the other hand, let your performance be brief, or, if never so good, it will be tiresome. When a lady sits down to the piano forte, some gentleman should attend her, arrange the music stool, and turn over the leaves.

Meeting friends in a public promenade, you salute them the first time in passing, and not every time you meet.

Never tattle—nor repeat in one society any scandal or personal matter you hear in another. Give your own opinion of people if you please, but never repeat that of others.

Meeting an acquaintance among strangers—in the street or a coffee-house, never address him by name. It is vulgar and annoying.

## HOW TO GET RICH.

WHAT will my reader give to know how to get rich? Now I will not vouch that the following rules will enable every person who may read them to acquire wealth, but this I will answer for, that if ever a man does grow rich by honest means, and retains his wealth for any length of time, he must practise upon the principles laid down in the following essay. The remarks are not original with me, but I strongly commend them to the attention of every *young* man, at least as affording the true secret of success in attaining wealth. A single perusal of such an essay, at an impressible moment, has sometimes a very wonderful effect upon the disposition and character.

FORTUNE, they say, is a fickle dame—full of her freaks and caprices: who blindly distributes her favours without the slightest discrimination. So inconstant, so wavering is she represented, that her most faithful votaries can place no reliance on her promises. Disappointment, they tell us, is the lot of those who make offerings at her shrine. Now, all this is a vile slander upon the dear, blind lady.

Although wealth often appears the result of mere accident, or a fortunate concurrence of favourable circumstances, without any exertion of skill or foresight, yet every man of sound health and unimpaired mind, may become wealthy if he takes the proper steps

Foremost in the list of requisites, are honesty and strict integrity in every transaction of life. Let a man have the reputation of being fair and upright in his dealings, and he will possess the confidence of all who know him. Without these qualities every other merit will prove unavailing. Ask concerning a man, "Is he active and capable?" Yes. "Industrious, temperate and regular in his habits?" O, yes. "Is he honest? is he trust-worthy?" Why, as to that, I am sorry to say he is not to be trusted; he wants watching; he is a little tricky, and will take an undue advantage, if he can. "Then, I will have nothing to do with him;" will be the invariable reply. Why, then, is honesty the best policy? Because, without it, you will get a bad name; and every body will shun you.

A character for knavery will prove an insurmountable obstacle to success in almost every undertaking. It will be found that the straight line is in business, as in geometry, the shortest. In a word, it is almost impossible for a dishonest man to

acquire wealth by a regular process of business; because he is shunned as a predator upon society.

Needy men are apt to deviate from the rule of integrity, under the plea that *necessity* knows no law: they might as well add, that it knows no shame. The course is suicidal, and by destroying all confidence, ever keeps them immured in poverty, although they may possess every other quality for success in the world.

Punctuality, which is said to be the soul of business, is another important element in the art of money-getting. The man known to be scrupulously exact in the fulfilment of his engagements, gains the confidence of all, and may command all the means he can use to advantage; whereas, a man careless and regardless of his promises in money matters, will have every purse closed against him. Therefore be prompt in your payments.

Next let us consider the advantages of a cautious circumspection in our intercourse with the world. Slowness of belief, and a proper distrust are essential to success. The credulous and confiding, are ever the dupes of knaves and impostors. Ask those who have lost their property, how it happened, and you will find in most cases, it has been owing to misplaced confidence. One has lost by endorsing; another by crediting; another by false representations; all of which, a little more foresight, and a little more distrust would have prevented. In the affairs of this world men are saved not by faith, but by the want of it.

Judge of men by what they do, not by what they say. Believe in looks, rather than in words. Observe all their movements. Ascertain their motives and their ends. Notice what they say and do in

their unguarded moments, when under the influence of excitement. The passions have been compared to tortures, which force men to reveal their secrets. Before trusting a man; before putting it in his power to cause you a loss, possess yourself of every available information relative to him. Learn his history, his habits, inclinations and propensities; his reputation for honesty, industry, frugality and punctuality; his prospects, resources, supports, advantages and disadvantages; his intentions and motives of action; who are his friends and enemies, and what are his good or bad qualities. You may learn a man's good qualities and advantages from his friends—his bad qualities and disadvantages from his enemies. Make due allowance for exaggeration in both. Finally, examine carefully before engaging in anything, and act with energy afterwards. Have the hundred eyes of Argus before-hand, and the hundred hands of Briarius afterwards.

Order and System in the management of business must not be neglected. Nothing contributes more to despatch. Have a place for every thing, and every thing in its place; a time for every thing, and every thing in its time. Do first what presses most, and having determined what is to be done, and how it is to be done, lose no time in doing it. Without this method, all is hurry and confusion, little or nothing is accomplished, and business is attended to with neither pleasure nor profit.

A polite, affable deportment is recommended. Agreeable manners contribute powerfully to a man's success. Take two men, possessing equal advantages in every other respect, but let one be gentlemanly, kind, obliging and conciliating in his manners; the other harsh, rude and disobliging, and the one will become rich, where the other will starve.

We are now to consider a very important principle in the business of money-getting, namely, — *Industry* — Persevering indefatigable attention to business. Persevering Diligence is the Philosopher's stone, which turns every thing to gold. Constant, regular, habitual and systematic application to business must, in time, if properly directed, produce great results. It must lead to wealth with the same certainty that poverty follows in the train of idleness and inattention. It has been truly remarked, that he who follows his amusements instead of his business, will in a short time have no business to follow.

The art of money-saving is an important part of the art of money-getting. Without frugality no one can become rich; with it

few would be poor. Those who consume as fast as they produce, are on the road to ruin. As most of the poverty we meet with, grows out of idleness and extravagance, so most large fortunes have been the result of habitual industry and frugality. The practice of economy is as necessary in the expenditure of time, as of money. They say that, if "we take care of the pence, the pounds will take care of themselves." So, if we take care of the minutes, the days will take care of themselves.

The acquisition of wealth, demands as much self-denial, and as many sacrifices of present gratification, as the practice of virtue itself. Vice and poverty proceed, in some degree, from the same sources, namely—the disposition to sacrifice the future to the present; the inability to forego a small present pleasure for great future advantages. Men fail of fortune in this world, as they fail of happiness in the world to come; simply, because they are unwilling to deny themselves momentary enjoyments for the sake of permanent future happiness.

Every large city is filled with persons, who, in order to support the appearance of wealth, constantly live beyond their income, and make up the deficiency by contracting debts which are never paid. Others there are, the mere drones of society, who pass their days in idleness, and subsist by pirating on the hives of the industrious. Many who run a short-lived career of splendid beggary, could they but be persuaded to adopt a system of rigid economy for a few years, might pass the remainder of their days in affluence. But no! They must keep up *appearances*, they must live like other folks. Their debts accumulate; their credit fails; they are harrassed by duns, and besieged by constables and sheriffs. In this extremity, as a last resort, they often submit to a shameful dependence, or engage in criminal practices, which entail hopeless wretchedness and infamy on themselves and families.

Stick to the business in which you are regularly employed. Let speculators make their thousands in a year or day; mind your own regular trade, never turning from it to the right hand or the left. If you are a merchant, a professional man, or a mechanic, never buy lots or stocks unless you have surplus money which you wish to invest. Your own business you understand as well as other men; but other people's business you do not understand. Let your business be some one which is useful to the community. All such occupations possess the elements of profit in themselves

## ON THE CHOICE OF MEATS AND HOW TO COOK THEM.

THIS is one of the most important branches of household affairs. There is not one person in fifty who is capable of selecting good meats if his butcher chooses to impose upon him; and as for cooking, I suppose every one will admit there is room enough for reform in this department, all the world over. I have therefore taken pains to prepare a complete system of rules and observations by which any person of ordinary prudence and sagacity can not only purchase good meats, but have them cooked properly.

(1.) *Venison.*

If the fat be clear, bright and thick, and the cleft part smooth and close, it is young; but if the cleft is wide and tough, it is old.

(2.) *Beef.*

If the flesh of ox-beef is young, it will have a fine smooth open grain, be of good red, and feel tender. The fat should look white rather than yellow; for when that is of a deep colour, the meat is seldom good; beef fed by oil cakes is in general so, and the flesh is flabby.

In roasting beef, 10 pounds will take above two hours and a half: 20 pounds three hours and three quarters.

(3.) *Veal.*

The flesh of a bull-calf is firmest, but not so white. The fillet of the cow-calf is generally preferred for the udder. The whitest is the most juicy, having been made so by frequent bleeding.

Veal and mutton should have a little paper put over the fat to preserve it. If not fat enough to allow for basting, a little good dripping answers as well as butter.

(4.) *Mutton.*

Choose this by the fineness of its grain, good colour, and firm white fat.

A neck of mutton will take an hour and a half, if kept a proper distance. A chin of pork, two hours.

(5.) *Lamb.*

Observe the neck of a fore quarter; if the vein is bluish, it is fresh; if it has a green or yellow cast, it is stale.

(6.) *Pork.*

Pinch the lean, and if young it will break. If the rind is tough, thick and cannot easily be impressed by the finger it is old. A thin rind is a merit in all pork. When

fresh, the flesh will be smooth and cool; it clammy it is tainted.

A leg of pork, or lamb, takes the allowance of twenty minutes, above a quarter of an hour to a pound.

(7.) *Bacon.*

If the rind is thin, the fat firm, and of a red tinge, the lean tender, of a good colour and adhering to the bone, you may conclude it good, and not old.

(8.) *Hams.*

Stick a sharp knife under the bone: if it comes out clean with a pleasant smell, the ham is good; but if the knife is daubed and has a bad scent, do not buy it.

A ham of twenty pounds will take four hours and a half, and others in proportion.

A tongue, if dry, takes four hours slow boiling, after soaking; a tongue out of pickle, from two hours and a half to three hours, or more if very large: it must be judged by feeling whether it is very tender.

Put the meat in cold water, and flour it well first. Meat boiled quick will be hard: but care must be taken that in boiling slow it does not stop, or the meat will be under done.

If the steam is kept in, the water will not lessen much; therefore when you wish it to boil away, take off the cover of the soup-pot.

Vegetables should not be dressed with the meat, except carrots or parsnips with boiled beef.

Weigh the meat; and allow for all solid joints a quarter of an hour for every pound, and some minutes (from ten to twenty) over, according as the family like it done.

The meat should be put at a good distance from the fire, and brought gradually nearer when the inner part becomes hot, which will prevent its being scorched while yet raw. Meat should be much basted, and

when nearly done, floured to make it look frothed.

In roasting meat it is a very good way to put a little salt and water into the dripping-pan, and baste for a while with it, before using its own fat or dripping. When dry, dust it with flour, and baste as usual.

Salting meat before it is put to roast draws out the gravy; it should only be sprinkled when almost done.

#### (9.) *For Roasting.*

The cook must order a fire according to what she is to dress. If any thing little or thin, then a brisk little fire, that it may be done quick and nice. If a very large joint, be sure that a good fire is laid to cake: let it be clear at the bottom, and when the meat is half done, move the dripping-pan and spit a little from the fire, and stir it up. The spit ought to be kept very clean, and ought to be rubbed with nothing but sand and water. Wipe it with a dry cloth.—Oil, brick-dust, &c. will spoil the meat.

#### (10.) *To Roast Pork.*

When you roast a loin, take a sharp penknife and cut the skin across, to make the crackling eat the better. Roast a leg of pork thus: take a knife and score it; stuff the knuckle part with sage and onion, chopped fine with pepper and salt; or cut a hole under the twist, and put the sage, &c. there, and skewer it up. Roast it crisp. Make apple sauce and send up in a boat; then have a little drawn gravy to put in the dish. This is called a mock goose. The spring, or hand of pork, if young, roasted like a pig, eats very well, otherwise it is better boiled. The spare-rib should be basted with a bit of butter, a little flour, and some sage shred small: never make any sauce to it but apple. The best way to dress pork griskins is to roast them, baste them with a little butter and sage, and pepper and salt.—Pork must be well done. To every pound allow a quarter of an hour: for example, a joint of 12 pounds weight will require three hours, and so on. If it be a thin piece of that weight, two hours will roast it.

#### (11.) *To Roast Veal.*

Be careful to roast veal of a fine brown colour; if a large joint, have a good fire; if small, a little brisk fire. If a fillet or a loin, be sure to paper the fat, that you lose as little of that as possible: lay it at some distance from the fire, till it is soaked, then lay it near the fire. When you lay it down, baste it well with good butter; and when it

is near done, baste it again, and drudge it with a little flour. The breast must be roasted with the caul on till it is done enough; skewer the sweet bread on the back side of the breast. When it is nigh done, take off the caul, baste it, and drudge it with a little flour. Veal takes much about the same time in roasting as pork.

#### (12.) *To Roast Beef.*

Paper the top, and baste it well, while roasting, with its own dripping, and throw a handful of salt on it. When you see the smoke draw to the fire, it is near enough: take off the paper, baste it well, and drudge it with a little flour to make a fine froth. Never salt roast meat before you lay it to the fire, for it draws out the gravy. If you would keep it a few days before you dress it, dry it with a cloth, and hang it where the air will come to it. When you take up the meat, garnish the dish with horseradish.

#### (13.) *To Roast a Pig.*

Spit a pig, and lay it to the fire, which must be a very good one at each end, or hang a flat iron in the middle of the grate. Before you lay the pig down, take a little sage shred small, a piece of butter as big as a walnut, and pepper and salt, put them in the pig, and sew it up with a coarse thread; flour it well over, and keep flouring till the eyes drop out, or you find the crackling hard. Be sure to save all the gravy that comes out of it, by setting basins or pans under the pig in the dripping pan, as soon as the gravy begins to run. When the pig is done enough, stir the fire up; take a coarse cloth with about a quarter of a pound of butter in it, and rub the pig over till the crackling is crisp, then take it up. Lay it in a dish, and with a sharp knife cut off the head, then cut the pig in two, before you draw out the spit. Cut the ears off the head, and lay them at each end; cut the under jaw in two, and lay the parts on each side: melt some good butter, take the gravy you saved, and put in it, boil it, pour it in the dish with the brains bruised fine, and the sage mixed together, and then send it to the table.—If just killed, a pig will require an hour to roast; if killed the day before, an hour and a quarter. If a very large one, an hour and a half. But the best way to judge is when the eyes drop out, and the skin is growing very hard, then rub it with a coarse cloth, with a good piece of butter rolled in it, till the crackling is crisp and of a light brown colour.

Time, distance, basting often, and a clear fire of a proper size for what is required, are the first articles of a good cook's attention in roasting.

(14.) *To Roast Mutton and Lamb.*

In roasting mutton the loin, haunch, and saddle, must be done as beef; but all other parts of mutton and lamb must be roasted with a quick, clear fire; baste it when you lay it down; and just before you take it up, drudge it with a little flour; but be sure not to use too much, for that takes away all the fine taste of the meat. Some choose to skin a loin of mutton and roast it brown; be sure always to take the skin off a breast of mutton. A leg of mutton of 6 pounds will take an hour at a quick fire; if frosty weather, an hour and a quarter: 9 pounds, an hour and a half; a leg of 12 pounds will take two hours; if frosty two hours and a half.

(15.) *To Roast Venison.*

Spit a haunch of venison, and butter well four sheets of paper two of which put on the haunch; then make a paste with flour, butter, and water, roll it out half as big as the haunch, and put it over the fat part; then put the other two sheets of paper on, and tie them with pack thread: lay it to a brisk fire, and baste it well all the time of roasting. If a large haunch of 24 pounds, it will take three hours and a half, unless there is a very large fire; then three hours will do: smaller in proportion.

(16.) *To Roast a Tongue or Udder.*

Parboil it first, then roast it, stick 8 or 10 cloves about it, baste it with butter, and have gravy and sweet sauce. An udder eats very deliciously done the same way.

(17.) *To Roast a Leg of Pork.*

Choose a small leg of fine young pork; cut a slit in the knuckle with a sharp knife, and fill the space with sage and onion chopped, and a little pepper and salt. When half done, score the skin in slices, but do not cut deeper than the outer rind. Apple-sauce and potatoes should be served to eat with it.

(18.) *Rolled Neck of Pork.*

Bone it; put a forcemeat of chopped sage, a very few crumbs of bread, salt, pepper, and two or three berries of alspice, over the inside; then roll the meat as tight as you can, and roast it slowly, and at a good distance at first.

(19.) *Spare-Rib.*

Should be basted with a very little butter and a little flour, and then sprinkled with a little dried sage crumbed. Apple-sauce and potatoes for roasted pork

(20.) *Beef a-la-Mode.*

Choose a piece of thick flank of a fine heifer or ox, cut into long slices some fat bacon, but quite free from yellow; let each bit be near an inch thick; dip them into vinegar, and then into a seasoning ready prepared, of salt, black pepper, alspice, and a clove, all in a fine powder, with parsley, chives, thyme, savory, and knotted marjoram, shred as small as possible, and well mixed. With a sharp knife make holes deep enough to let in the larding, then rub the beef over with the seasoning, and bind it up tight with tape. Set it in a well tinned pot over a fire or rather stove; three or four onions must be fried brown and put to the beef, with two or three carrots, one turnip, a head or two of celery, and a small quantity of water, let it simmer gently ten or twelve hours, or till extremely tender, turning the meat twice.

(21.) *Rolled Beef that equals Hare*

Take the inside of a large sirloin, soak it in a glass of vinegar mixed, for forty-eight hours; have ready a very fine stuffing, and bind it up tight. Roast it on a hanging spit, and baste it with a glass of port wine, the same quantity of vinegar, and a teaspoonful of pounded alspice. Larding improves the look and flavour: serve with rich gravy in the dish; currant-jelly and melted butter in tureens.

(22.) *Leg of Veal.*

Let the fillet be cut large or small, as best suits the number of your company. Take out the bone, fill the space with fine stuffing, and let it be skewered quite round; and send the large side uppermost. When half roasted, if not before, put a paper over the fat; and take care to allow a sufficient time, and put it a good distance from the fire, as the meat is very solid; serve with melted butter poured over it. You may pot some of it.

(23.) *Stewed Beef-Steaks*

Beat them with a little rolling pin, flour and season, then fry with sliced onion of a fine light brown, lay the steaks into a stew-pan, and pour as much boiling water over them as will serve for sauce; stew them very gently half an hour, and add a spoonful of catsup, or walnut liquor, before you serve.

(24.) *Cucumber Sauce.*

Put into a sauce-pan a piece of butter rolled in flour, some salt, pepper, and one or two pickled cucumbers minced fine.—Moisten it with boiling water. Let it stew gently a few minutes, and serve it up.

## ON THE TREATMENT OF INFANTS.

Would that parents generally were aware of the importance and adequately understood the principles of properly taking care of children. One half of the diseases of mature life have their origin in our early years.

In the following treatise may be found a complete code of precepts for the bringing up of children. It is from the highest medical authority, and I cannot too highly commend it to the attention of all parents and all those who ever expect to become such.

(1.) *Rules for treatment of the Child after Birth and before Weaning.*

Give the breast within twelve or eighteen hours after birth at latest.

Foment the breasts with warm water if the milk does not flow; avoid rubbing the breasts with spirits.

If there be too much milk, drink little, and take opening medicine.

As a nurse, wear easy dresses about the bosom and chest.

Keep down the tendency of the abdomen to enlarge, by exercise

If the nipple is small or turned in, have it drawn by an older or stronger infant, not by artificial means; but let the new-born child have the first milk.

Choose a hired wet nurse [when required] nearly of the same age with the mother, like her in constitutional peculiarities, and who has been confined about the same time.

When nursing, live on nutritious but not heavy diet. A full habit requires less nutriment, than a delicate constitution. Stimulating liquors are to be avoided. Simple diluents, such as tea, are quite enough as drinks for many mothers.

The mother's milk is the best food for the new-born child for three months

An infant from two to four months old, requires to be suckled once about every three hours.

The best substitute for the breast, but as temporary as possible, is asses' or diluted cows' milk; but on no account should farinaceous food be given at this early period.

Apply a flannel bandage to the lower part of the body in bowel complaints. A warm bath soothes irritation.

After six months an approach may be made to more solid diet.

Raise up the child after feeding.

Give no stimulants, caraway-seeds, carminatives, &c.; they are most pernicious.

Give as little medicine to a child as possible, and always by advice.

Never over-feed, and never stop crying by feeding.

Avoid rough jolting and patting of the back.

Train an infant to regularity in all its wants.

(2.) *Rules for Weaning.*

Wean gradually, discontinuing suckling in the night: the gradual change is beneficial to both mother and child. Avoid weaning in severe weather. Take for yourself a cooling purgative, and refrain from fluids and stimulating diet.

In weaning, apply to the breasts three ounces compound soap liniment, three drachms laudanum, one drachm camphor liniment. If this is too irritating, foment with warm water, or poppy heads and camomile flowers boiled together in water. Avoid tightness or pressure from the dress, and all roughness, for fear of abscess. Avoid drawing the breasts: avoid exposure to cold.

(3.) *Rules for treatment after Weaning—Food.*

Study the child's constitution, digestive powers, teeth, strength, and proportion the kind and quantity of food.

A small food in small quantity once a-day, if the teeth can masticate, is necessary when there is rapid growth.

Avoid too nourishing a diet with a violent tempered child.

Give a nourishing diet to a white-looking lymphatic child.

Both overfeeding and underfeeding produce scrofula and consumption.

The spoiled and petted child is injured both in health and temper.

Avoid seasoned dishes, fried and salted

meats, pastry, uncooked vegetables, unripe fruits, wine and rich cake.

Insist on thorough chewing or mastication.

Never tempt the appetite when disinclined.

Vary the food from day to day, but avoid variety at one meal.

Animal food should be tender, and eaten with a little salt, vegetables, and bread.

Take care that the child's food is well cooked. Give no new bread.

Sweetmeats and confections are only to be given to children in a very sparing manner, if given at all. Never pamper or reward with eatables.

#### (4.) *Rules for Sleep.*

Allow the child plenty of sleep without disturbance.

Avoid accustoming the child to sleep on the lap; it will not sleep in bed if so accustomed.

Establish times for regular sleeping.

Keep the hands, feet and face comfortably warm—blankets are better than sheets.

Support every part of the body, raising by a slope the head and shoulders.

Avoid laying the child in the same bed with an adult, unless for a short time to restore warmth if it fail.

Never rouse the child by play when taken up during the night.

#### (5.) *Rules for Clothing.*

In the first stage of infancy, warmth depends on clothing alone, for there is no muscular movement.

Avoid a degree of warmth which produces *sensible* perspiration.

Flannel and calico are the best materials in all seasons.

Dress the child loosely, and fasten with strings, not with pins.

The umbilical cord, navel, and belly-band, require much attention.

Avoid keeping the child's head too warm or its feet cold.

Avoid chilling the child, or taking it abroad in cold weather.

Attend to the form and size of the child's shoes, so that the feet shall not be cramped.

The practice of plunging infants into cold water, to render them hardy, is exceedingly dangerous.

Let a child's washing be very completely and carefully performed. Keep the child always perfectly clean and neat.

Be very attentive to ventilate the apartment where a child lives, but never expose it to draughts of air

Begin early to form habits of personal cleanliness and delicacy.

#### (6.) *Vaccination.*

Let the child be vaccinated from six weeks to two months after birth, and that by a proper medical attendant. Vaccination should take place before teething.

#### (7.) *Deformities and Distortions.*

Consult the surgeon upon the first appearance of any deformity; and do not allow fears for giving pain to the child prevent the use of the necessary remedies.

Be very vigilant with rickets or soft bones. Never allow the rickety child to support its own weight. It ought to be kept on its back for many months, and carried about on a little mattress on a board or tray, and have nourishing diet, and the proper medicines to give solidity to the bones.

Never jerk or swing children by the arms; much mischief has been done by this practice.

When a child falls or meets with any accident, it is highly culpable in a nurse to conceal it. If she do not immediately mention it, she may be the cause of the child's deformity and lameness for life.

With proper attention, a tendency to be *left handed* may be easily cured in a child.

Prevent all tricks and ill-habits which injure the features and organs; such as stuffing the nostrils, ears, &c., distending the mouth with too large a spoon.

Curvature of the spine is of very frequent occurrence from mismanaging children, by tight lacing, long sitting without support to the back—(all school seats and forms should have backs.) Take all deformities of the spine in time, before they get fixed.

#### (8.) *Precocity.*

When a child appears to be over-intelligent, or too *clever*, or *wise* for its age, this is a symptom of an unnatural development of the brain; it is a kind of disease. Avoid, therefore, exercising the child's ability; treat it as an animal, with nutritive food, muscular out-door exercise, and plenty of sleep; and do this, and *this only*, for some years.

No child should be kept for more than a few minutes at a time engaged in mental study.

#### (9.) *Stammering and Defective Articulation.*

This defect, with care, may be cured; or rather, when it is first threatened, it may be prevented.

Practise the child in letters or articulations where a peculiar defect appears.

#### (10.) Squinting.

Watch this very common weakness: check it in the infant by holding the hand over the eyes till they are shut; and when opened again, if they have not assumed a proper position, repeat the operation. It may have often to be repeated. Careless nurses are very apt to produce squinting in children.

An ingenious and effectual mode of curing squinting has been discovered, and is now practised by surgeons.

#### (11.) Teething.

The first sign of teething is heat in the mouth of the child—felt by the mother during sucking—flow of saliva—biting and grinding the gums. A piece of India-rubber is better than coral, ivory, or any hard substance, for rubbing the gums.

When the child is much distressed, have recourse to medical aid.

When the bowels are confined, give without delay a gentle purgative, such as castor-oil, manna, magnesia, or senna. The warm bath at 96 degrees soothes the child.

A child's mouth should be often examined, even after three years of age. Wayward temper, cough, and even croup, have been traced to cutting a double tooth.

Do not hesitate to allow the child's gums to be lanced.

#### (12.) Exercise—Walking Alone.

Very little motion, and that of the gentlest and most careful kind, is all the infant should have for a considerable time after birth.

Avoid the upright posture as much as possible.

Avoid all sudden and violent jerking, and long-continued positions.

Allow the child to move its limbs freely, on the floor or in bed.

Watch the first efforts of the child to walk alone, and interfere rather with eye and hand than by exclamations of caution and alarm: these last do much harm.

Avoid sympathising too strongly with a child when hurt: assist quietly, and show how the accident happened. Children who are angry when hurt should see that you do not sympathise with their rage, although you do with their sufferings.

Abjure all leading-strings and go-carts, or other artificial means of teaching the child to walk. Never drag the child by one hand, or lift it by either one or both arms.

When the child walks alone, it should not be permitted to over-fatigue itself.

The mother should have her eye both on child and its attendant out of doors, and be as much as she can in her child's company

#### (13.) Moral Government.

Anticipate and prevent fretfulness and ill-temper by keeping the child in good health, ease, and comfort. Never quiet with giving to eat, or by bribing in any way, still less by opiates.

For the first few months avoid loud and harsh sounds in the hearing of children, or violent lights in their sight: address them in soft tones; do nothing to frighten them; and never jerk or roughly handle them.

Avoid angry words and violence both to a child and in its presence: by which means a naturally violent child may be trained to gentleness.

Moderate any propensity of a child, such as anger, violence, greediness for food, cunning, &c., which appears too active. Show him no example of these.

Let the mother be, and let her select servants such as she wishes the child to be. The youngest child is affected by the conduct of those in whose arms he lives.

Cultivate and express benevolence and cheerfulness; in such an atmosphere, a child must become benevolent and cheerful.

Let a mother *feel as she ought*, and she will *look as she feels*. Much of a child's earliest moral training is by looks and gestures.

When necessary, exhibit firmness and authority, always with perfect temper, composure and self-possession.

Never give the child that which it cries for; and avoid being too ready in answering children's demands, else they become impatient of refusal, and selfish.

When the child is most violent, the mother should be most calm and silent. Out-screaming a screaming child is as useless as it is mischievous. Steady denial of the object screamed for is the best cure for screaming.

In such contests, witnesses should withdraw, and leave mother and child alone. A child is very ready to look round and attract the aid of *foreign* sympathy in its little rebellions.

Never promise to give when the child leaves off crying. Let the crying be the reason for *not* giving.

Never strike a child, and never teach it to strike again. Never tell a child to beat or threaten any animal or object. Corporal correction may be avoided by substitutes.

## DISEASES OF THE HAIR.

NOTHING contributes so much to personal beauty as a good head of hair. Nevertheless, the hair has its diseases like other parts of the human frame. Appended will be found an accurate and scientific description of these diseases, from the highest medical authority, with prescriptions that may be implicitly relied on for their alleviation and cure. Every person who begins to find his hair loosen or prematurely turn grey, should read this essay, and practice its precepts. It will save him from being imposed on by quack nostrums if nothing else.

(1.) *To remove superfluous Hair.*

With many persons it is an important question, How hairs in improper situations are to be disposed of? I wish I could answer this question satisfactorily, for it is one that I have addressed to me very frequently. I know of no specific remedy for such a purpose. Substances are sold by the perfumers called *depilatories*, which are represented as having the power of removing hair. But the hair is not destroyed by these means, the root and that part of the shaft implanted within the skin still remain, and are ready to shoot up with increased vigour as soon as the depilatory is withdrawn. The effect of the depilatory is the same in this respect as that of a razor, and the latter is unquestionably the better remedy. It must not, however, be imagined that depilatories are negative remedies, and that if they do no permanent good, they are at least harmless; that is not the fact; they are violent irritants, and require to be used with the utmost caution. This will be immediately seen when I inform my reader that depilatories are chiefly composed of quicklime, soda, and sulphuret of arsenic, all of which substances act by burning up and dissolving the hair. There could be no objection to this process, if it were conducted with safety to the skin; but the depilatory requires to be laid on the skin either in the form of powder or paste, and necessarily destroys the scarf-skin at the same time that it acts on the hair, for the scarf-skin and hair are, as I have shown in preceding chapters, identical in composition. After all, the safest depilatory is a pair of tweezers and patience.

(2.) *Loosening of the Hair.*

I will not advert to the loosening of the hair, which frequently occurs in young per-

sons, or in those of the middle period of life, and which, if neglected, would become real baldness. Such a state as I am now describing is not uncommon in women, and generally terminates in its mildest form, in excessive loosening of the hair. The case, however, is far from being the hopeless one which is generally imagined; and if proper treatment be pursued, the hair will grow afresh, and assume all its pristine strength. A useful practice in men, and those of the opposite sex whose hair is short, is to immerse the head in cold water, morning and night, dry the hair thoroughly, and then brush the scalp, until a warm glow is produced. In women with long hair this plan is objectionable; and a better one is to brush the scalp until redness and a warm glow are produced, then dab among the roots of the hair one or other of the following lotions. If the lotion produce smarting, or tenderness, the brush may be laid aside, but if no sensation is occasioned, the brushing should be resumed, and a second application of the lotion made. This treatment should be practised once or twice a day, or at intervals of a few days, according to the state of the scalp; namely, if tender, less; if insensible, more frequently. When the baldness happens in patches, the skin should be well brushed with a soft tooth-brush, dipped in distilled vinegar, morning and evening, or dipped in one of the following lotions:—

*Lotion for promoting the growth of the Hair*

## No. 1.

Vinegar of cantharides, half-an-ounce  
Eau de Cologne, one ounce.  
Rose water, one ounce.

## No. 2

Eau de Cologne, two ounces.  
Tincture of cantharides, half-an-ounce

Oil of nutmegs, half-a-drachm  
 Oil of lavender, ten drops.  
 Mix.

## No. 3.

Mezereon bark in small pieces, one ounce.  
 Horseradish root in small pieces, one ounce.  
 Boiling distilled vinegar, half-a-pint.

Let this infusion stand for a week, and then strain through muslin for use.

If either of these lotions should be found too irritating to the skin, use them in smaller quantity and less frequently. No. 3 may be diluted with more distilled vinegar. If they have the effect of making the hair harsh and dry, this inconvenience may be removed by the use of oil or pomatum after each application of the lotion. Pomatums for the growth of the hair are very inferior to the lotions, and the celebrated pomatum of Dupuytren is both clumsy and inefficient.

(3.) *To remedy premature greyness of the Hair.*

It must be a matter of common observation, that in those instances in which the pigment presents the deepest hue, blanching most frequently occurs, and greyness is most common; while in persons of light hair and light complexion, blanching is comparatively rare. There can be no doubt that the production in this climate of a dark pigment is a greater exertion to the economy than one of a lighter kind; and hence, when the power of the nervous system is reduced, the formation of pigment is one of the first actions which suffers. It is wisely ordained that it should be so, for colour of the hair is one of the conditions of existence most easily spared, and it is one also that may well serve as a monitor of human decay. When greyness shows itself in the hair, it is therefore an indication of want of tone in the hair-producing organs; and if this tone can be restored, the hair would cease to change, and at the same time, further change would be prevented. The lotions for promoting the growth of the hair are remedies of this kind, and I know no better local means for checking greyness. They must be used as recommended in the preceding paragraph.

(4.) *On dying the Hair.*

I have heard of persons who have been led to adopt this artifice under the supposition that the hair being once dyed will grow for ever after of that colour. If they had reflected in time that the dye acts only on the hair above the level of the surface, and that the hair continues to grow of the natural colour, so as to require a repetition of a disagreeable process.

they would, I think, have hesitated before they had offered themselves as willing slaves to a barbarous practice.

(5.) *Altered direction of the Hair.*

Altered direction of the hair may be discussed in a few words; the only situation in which the hair is known to give rise to inconvenience by irregularity in the direction of its growth, is upon the margin of the eyelids, where the lashes sometimes grow inwards, and by pressing against the front of the eyeball, occasion irritation, and even inflammation. When such a state as this occurs, the erring hair must be removed by means of a pair of fine tweezers, and the inflammation afterwards subdued by cooling and slightly astringent lotions.

(6.) *Ringworm.*

In the treatment of ringworm, the first point for attention is rigorous cleanliness; the head should be washed with a profusion of soap, and the hair carefully combed, to remove all loosened hairs and every particle of crust. When this has been done, the whole head, and particularly the disordered parts, should be well rubbed with the following lotion, namely:—

*Ringworm Lotion.*

Sublimate of mercury, five grains.  
 Spirits of wine, two ounces.  
 Tincture of musk, one drachm.  
 Rose water, six ounces.

Mix well.

It must be recollected that the yellow matter is not confined to the surface alone, but extends deeply into the hair-tubes, and the friction of the diseased parts with the finger, when well wetted with the lotion, is necessary to introduce the latter into the hair-tubes. Unless attention be paid to this observation, the lotion might be used without ever reaching the seat of the disorder, and of course without avail in respect of the cure of the disease. Another point to be noticed is the necessity of carrying the principle of cleanliness to the sponges, combs, and towels used by the patient. The sponge and combs should be dipped in a weak solution of chloride of lime, and a clean towel employed at each washing. Unless these precautions be adopted, the sponge, the comb, the brush, the towel, may each convey the seeds of the vegetable growth, and consequently the disease, back to the scalp.

I have said nothing about shaving the head in ringworm, because in private life I know it to be quite unnecessary.

## ON THE PRESERVATION OF THE SIGHT.

THERE are no people in the world that suffer so much from weak eyes as the Americans, so at least I am assured by the oculists. In the essay which follows will be found a complete treatise on the cure of the eyes, and the proper method of warding off the diseases to which they are subject. Let every one who perceives the slightest approach to weakness in his organs of sight, take counsel from the maxim that "an ounce of preventive is worth a pound of cure," a maxim of singular correctness in all that relates to the eyes.

(1.) *Diameter of the pupil of the eye.*

In proportion to the expansion of the pupil of the eye, is the sensibility of the organ: the mean diameter of the pupil, though varying from one to two teuths of an inch, in proportion to the brightness of objects, is reckoned to be commonly about one tenth of an inch.

When the light is too strong, or the object too bright, the pupil contracts, that it may intercept the excess of light, by which the eye would otherwise be distressed: on the contrary, when the light is faint, the pupil expands, in order that a larger portion of it may be admitted by the eye, and thus a more powerful impression be made upon it.

(2.) *Injury of sudden Transitions of light.*

Sudden changes from comparative darkness to strong light, and *vice versa*, are highly improper: hence the eyes should be carefully guarded from the full effect of the morning sun on first awaking in summer; and the custom of breakfasting in the lightest room in the house, as is generally practised, is certainly weakening to the eyes, which ought to be accustomed by gentle transitions from one degree of light to another, till they can bear the effulgence of the sun's meridian splendour.

(3.) *Cautions against rubbing the eyes.*

Rubbing the eyes on waking is a destructive habit which many people have contracted; and though healthy persons, whose sight is moderately used through the day, may not be sensible of receiving any injury from this custom; yet those whose occupations demand close application of their visual organs for any continued space of time, will soon be convinced by painful experience of the truth of this remark. Besides the daily injury thus done to the eyes, it some-

times also happens that hairs and other foreign matters are forced into them by their being violently rubbed, which may occasion inflammation, and are frequently very troublesome to dislodge. The inflamed and weak eyes of many persons are likewise in a great measure to be attributed primarily to this most imprudent habit. Should, however, the eyelids be so fixed that a difficulty in opening them is felt, let them be moistened with a little warm milk and water for a few minutes, which, in all cases where the organ is healthy, will be found to answer the purpose in a manner such as they can have no idea of who have never tried this simple remedy.

(4.) *On the pernicious effects of shades and bandages.*

The use of shades and bandages, on every trifling affection of the eye, is an evil that cannot be too strongly reprobated; for the action of light and air being thus excluded, and the organ rigidly compressed, ophthalmia, and even total blindness, is not unfrequently the consequence of that which, being perhaps merely a slight flow of humour, or a little extravasated blood, would have subsided in a few days, if judiciously treated, or even if left to itself.

(5.) *Cure of the eyes.*

Bathing the eyes occasionally during the day, as well as on rising, is of much importance to their preservation; where the organ is healthy, cool spring water should be preferred; but where there is reason to suspect any disease, people cannot be too careful, considering what a very delicate organ the eye is, in having professional advice before they adopt any remedial means. When the roads are dusty and the weather windy, bathing the eyes is so pleas-

ant, and felt to be so necessary to comfort, that I need say nothing as to its salubrity, to induce its employment by those who have experienced the annoyance arising from dust in walking our streets in summer; but I have to remark, that care must be taken to be perfectly cool before bathing the eyes, because if the face be covered with perspiration, the application of cold water may be very dangerous.

The most frequent situation of counting-houses, and other places where business is carried on, in close and dark situations, is equally injurious to the sight and to the general health; for the latter is not more affected by confined and ill-ventilated rooms, than the former by dim and obscure ones, into which the light of day can hardly ever be said fairly to penetrate. It is therefore essential to the preservation of the sight in any degree of vigour, that the apartments in which the greatest portion of our time is spent, and in which are carried on those occupations requiring a continued exertion of our eyes, be in a light and cheerful situation; for whoever neglects this advice will assuredly sooner or later feel the baneful effects of his temerity. Care should also be taken to avoid rooms whose windows face whitewashed walls, which reflect the rays of the sun so powerfully as in a short time sensibly to weaken the strongest sight, causing inflammations and a train of other evils.

An excess of gilding, or indeed, of any shining or white articles, in rooms, ought to be carefully avoided. Dress also, it cannot be doubted, exercises much influence on the visual organs; and many naturally good eyes have been permanently weakened by the apparently innocent custom of wearing a veil, the constant shifting of which affects the eyes so prejudicially, in its ceaseless endeavour to adjust itself to the veil's vibrations, that I have known not a few young ladies who have brought on great visual debility by this means alone. Again, tight clothing is manifestly hurtful to the sight; too copious a flow of humours being thereby induced to the head; for it needs not to be demonstrated, that the effective state of the eyes, like every other part of the body, depends on a free circulation of blood, which cannot take place when the body is too straitly laced or buttoned.

#### (6.) *Choice of situation important.*

Whatever may be the nature of the occupation, an equal degree of light should, if possible, be attained, and a happy medium observed—there should neither be too much nor too little, both being very destructive

to the eyes. Some, however, seem to think that nothing can affect their sight; hence we find such persons, as a matter of choice, working opposite a wall white enough to reflect powerfully the sun's rays: never considering that this foolish conduct cannot fail to weaken their vision. I have, indeed, frequently known this to be the cause of obstinate and dangerous inflammations, which, even after being cured, left the eyes still so weak as to unfit them ever after for their accustomed duties.

#### (7.) *Value of an equal light.*

A good and equal light being procured, the next remark I have to make is, that it is highly conducive to the comfort and durability of the eye, to vary frequently the position in which any employment is carried on; this being a very effectual way of preventing too great an influx of humours to the head. For example, the student and man of letters should be furnished with a high desk, at which he should stand to read or write, alternately with sitting. This, simple as it seems, if once fairly tried, would, I am confident, so strongly commend itself by its beneficial influence not only on the sight, but on the general health, that they would not easily be induced to abandon the custom. To their constant habit of sitting, and seldom changing their position, there can be no reasonable doubt that very many of the complaints peculiar to literary men are owing

#### (8.) *Importance of Cleanliness, especially in Children.*

Rigid cleanliness is a point of much importance, as regards the sight of children especially; for it is well known, that though one powerful cause of inflammatory ophthalmia among the children of the poor consists in improper and innutritious diet, yet it cannot be denied that the putrid exhalations of the places in which many of them are doomed to live have a greater effect in producing diseases of the eyes, than even the deleterious and insufficient food which is the lot of but too many of our miserable fellow-creatures, in a great and densely populated metropolis.

#### (9.) *Cautions to persons of weak sight.*

Costiveness, and whatever causes much straining at stool, is very injurious to the sight; as in such cases, the pressure on the intestines impels the blood with an unnatural rapidity to the head.

**(10.) Frequent causes of Diseases of the Eyes.**

Among the common causes of diseases of the eye may be noticed, derangement of the digestive functions—high living—excess in vinous and spirituous liquors—cold fever—suckling too long protracted—an immoderate use of tobacco and cigars, which often produces debility in young persons—sitting up late at night, and being much excited by card-playing, &c.—straining and fatiguing the eyes by staying several hours in a theatre, as many persons of weak sight do, instead of retiring as soon as they feel any symptoms of dimness of vision, or pain in the eyes—the modern use of dinner-lamps, the purpose of which is much better answered by wax candles; together with every species of intemperance which always affects the sight, especially in persons advanced in life.

A due portion of sleep is as essential to enable the eyes to perform their office comfortably and effectively, as a due portion of rest is to enable the limbs wearied with toil, or the mind with reasoning or other kind of exertion, to resume with alacrity their wonted offices. But sleep too long protracted, on the other hand, is perhaps hardly less destructive of accurate and healthy vision than when taken too sparingly; for as in the one case the organ is enfeebled by unremitting activity, without a proper degree of repose, so in the other case the eye, from infrequent or insufficient exercise, becomes torpid and dull, and if inaction be persisted in, is at length unfitted for its functions.

**(11.) Weak Eyes ought not to be too long employed in one occupation.**

Consequently, however strong and good our sight may be, it ought always to be moderately and carefully used: and to make it plain what I consider the symptoms of its having been immoderately and carelessly used, I shall throw together a few remarks, by which each may judge for himself of the nature of his own case.

If, in order to perceive objects distinctly, we are compelled to place them nearer to the eye than we have been accustomed, *i. e.* if the focus of sight or point of view begins closer to the eye than usual. If one desires, while employed or otherwise, to fix the eye steadfastly on some distant object, and they begin involuntarily to emit aqueous humours. If, during labour or occupation, a painful contraction through the entire orbit of the eye be experienced, but which invariably disappears after a few minutes'

rest, or shutting the eyelids now and then. If the employment be protracted, or require close mental application added to considerable visual tension, and the contraction just noticed is followed by heat in the eyelids, heaviness, difficulty of opening them, &c. If in young persons who are fair and sanguine, the borders of the eyelids become red, or thicker than when in health, and the blood vessels turgid. If, in fine, we perceive motes floating before the eyes (called *musca volitantes*;) and objects become so indistinct and ill defined as to oblige us to shut our eyes for a while; then, in any of these cases, we may be certain that the sight has been overworked, and that relaxation is absolutely necessary to its recovery to a healthy tone. It is of the utmost consequence that these premonitory symptoms be carefully attended to, otherwise the eyes are in danger of being materially weakened ever after.

If, however, these symptoms are neglected, others of more formidable character will not be long in making their appearance; the first of which will be, that objects will seem as if encircled by a faint cloud or mist, the extremities of it being tinged with every variety of colour: after which, objects will begin to dance before the eyes, which are suddenly enveloped in great obscurity, and the objects themselves, at times seemingly raised, at others lowered, not unfrequently topsy-turvy, look as if they were floating at random. Now, though even this stage can hardly be called an actual disorder, being rather perhaps a kind of oscillation, as it were, between disease and health, yet, if still unattended to, it may altogether ruin the sight for the rest of life.

A few simple remedies are, indeed, all that are required to restore the healthy functions of the organ in such cases; and these I shall briefly explain.

The first thing to be attended to, is a careful regulation of the use of the eyes in regard to length of time, as far as this is practicable: entire disuse of them suddenly would be almost as injurious as a continued straining of them beyond their capabilities. They should, therefore, be variously employed, as much as this can be done, not applying them too long or too intently to the same object, but relieving them by change of scene and diversity of occupation.

**(12.) Change of scene and fresh air beneficial.**

Children at school should not be kept too long engaged in the same kind of tasks, especially in such as fatigue the eyes.

Fresh air and change of scene have a wonderful effect in relieving the eyes when

over-fatigued, and in restoring their power. A friend of mine, who is busily employed in the city several hours daily, informs me, that, though obliged to wear glasses while at business, after leaving town for a few days he is able to read with ease without them; and this he rightly attributes to the beneficial influence which the change of air and scene has upon his visual organs. I may add, that one of the chief remedies means in ophthalmia is fresh air.

Another means that will be found to be beneficial, and to help the eyes where much relaxation cannot be obtained, consists in shutting them now and then while at work, going into the air, looking out at an open window, especially if there be any trees or verdure within sight; this interval of rest, though only of a few minutes' continuance, will be found greatly to relieve the eyes, and enable them to resume their employment with comparative pleasure.

A third caution is, that those who are conscious from experience that their sight has been weakened by its severe and protracted exercise, or arising from any other cause, should carefully avoid all attention to minute objects, or such business or study as requires close application of the visual faculty, immediately on rising; and the less it is taxed for a while after eating, or by candle-light, the better.

The fourth means I have already recommended,—viz. bathing the eyes frequently through the day with cold water. Though the effect of this simple remedy may for a time be hardly perceptible, yet if duly persevered in, I can vouch for its producing the happiest results. So long as there is no actual disease of the eyes, only cold water should be used; and this, applied in the gentlest manner, will soon become sufficiently tepid for all the ends of utility and comfort.

These several methods are of course preferable only to cases of weakness, &c. brought on by fatigue and over-exertion. But where no such cause can be assigned for imperfection of sight and pain in the organ, advice ought to be immediately sought; and on no account should any remedies be applied but under the direction of an experienced oculist.

#### (13.) *Colour of the eye.*

That the colour of the eyes should affect their strength may seem strange; yet that such is the case need not at this time of the day be proved; and those whose eyes are brown or dark-coloured, should be informed that they are weaker and more susceptible of injury from various causes than grey or

blue eyes. Light-blue eyes are *catervis paribus*, generally the most powerful; and next to these are grey. The lighter the pupil, the greater and longer continued is the degree of tension the eye can sustain.

Within these few years past, screens and shades against the light have come very much into vogue for weak eyes; but I may observe that such artificial defences are only servicable and proper for those whose eyes are very prominent, and who have very sparing eyelashes and eyebrows. To such as, from this cause, need some protection for their eyes, a green silk shade is the simplest as well as the best contrivance that can be used.

#### (14.) *Reading by night highly prejudicial.*

Reading by moonlight, or gazing steadfastly on the moon for any considerable length of time, is a common practice with many young people, but one which cannot be too strongly censured. Even total loss of sight has sometimes been the consequence of astronomers pursuing their observations of the moon for too long continued a period, without sufficient intervals of repose; and in all cases the sight is more or less dimmed and weakened by exposure to such influence.

#### (15.) *Care of the sight in infancy, youth, manhood, and age.*

In order to see well, it is necessary to begin in infancy to take care of the eyes. Many children have their sight permanently weakened by the carelessness of nurses, in exposing them soon after birth to a strong light, or to the bright glare of a fire, &c.

The eyes of infants should be gradually accustomed to exercise themselves in scrutinizing distant objects; but this should be done in the most careful manner, without inducing them to strain their tender sight on such things as are too remote or dazzling for them to see without causing too forcible a contraction of their immature organs, which may lay the foundation of permanent, and, irremediable debility throughout life.

If these precautions are duly taken in infancy, and a proper regard be had in the use of the vision during youth, by not overstraining it, by excessive reading at night, or by needlework too long continued by candlelight, or any other practice likely to be detrimental, then even to dotage the eyes will sustain a great deal of labour without injury; and thus one of the most annoying of decaying nature's infirmities be kept at bay, perhaps even till the hour of dissolution.

## THE ART OF CARVING.

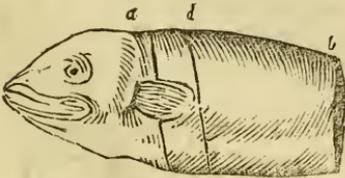
WITHOUT a perfect knowledge of the art of Carving, it is impossible to perform the honours of the table with propriety; and nothing can be more disagreeable to one of a sensitive disposition, than to behold a person at the head of a well-furnished board, hacking the finest joints, and giving them the appearance of having been gnawed by dogs.

It also merits attention in an economical point of view—a bad carver will mangle joints so as not to be able to fill half a dozen plates from a surloin of beef, or a large tongue; which, besides creating a great difference in the daily consumption in families, often occasions disgust in delicate persons, causing them to loathe the provisions, however good, which are set before them, if helped in a clumsy manner.

I cannot therefore too strongly urge the study of this useful branch of domestic economy; and I doubt not that whoever pays due attention to the following instructions, will, after a little practice, without which all precept is unavailing, speedily acquire the reputation of being a good carver.

Slight, rather than muscular strength, is the secret of the art. To carve with ease, and with dispatch, requires practice. The observing of others, and attention to the following plates, will soon enable the practitioner to become an adept. The carver should be seated sufficiently elevated; so near the dish as not to require effort in reaching; and should wield, with the greatest facility, a keen blade.

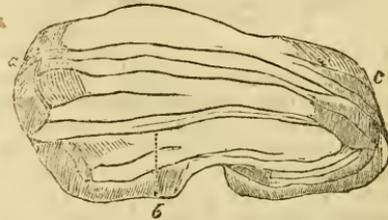
Fish wants but little carving. The pieces should be preserved as whole as possible. A fish trowel will be found preferable to a knife.

(1.) *Cod's Head and Shoulders.*

Introduce the trowel at *a*, and cut through the back as far as *b*, then help to pieces from between *c* and *d*, and with each piece help a portion of the sound, which lines the under part of the back bone. It is esteemed a delicacy; is thin, and of a darker colour than the rest of the fish.

Some persons are fond of the palate and tongue, for which you must put a spoon into

the mouth. About the jaw-bone lies the jelly part, and within the head the firmer parts.

(2.) *Surloin of Beef.*

There are two ways of carving this joint. The better is, by long thin pieces from *a* to *c*; the other way is, which spoils it, to cut across.

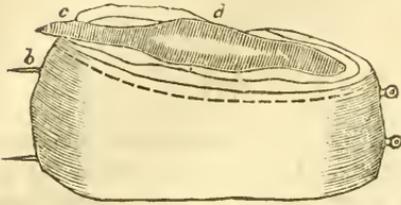
The most tender and best part lies in the direction of the line *b*; there, too, lies some delicate fat. Part should be given with each slice.

(3.) *Ribs of Beef.*

These may be sliced like the surloin, commencing at the thin end and slicing the whole length, so as to give a mixture of fat and lean.

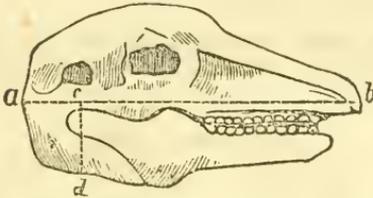
(4.) *Round of Beef.*

Remove the upper surface, as in the edge bone; help to thin slices, with a portion of fat; cutting as even as possible, to preserve its beauty of appearance

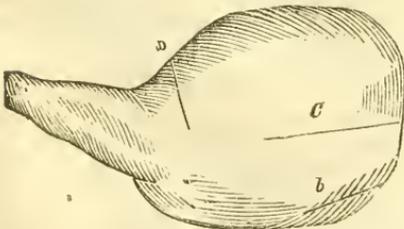
(6.) *Atch-Bone of Beef.*

Cut off and lay aside a thick slice from the entire surface, then help. There are two kinds of fat attached to this joint, and as tastes differ, it is necessary to learn which is preferred; the solid fat will be found at *c*, and must be cut horizontally; the softer, which resembles marrow, at the back of the bone, below *d*.

A silver skewer should be substituted for the one which keeps the meat properly together while boiling, and it may be withdrawn when you cut down to it.

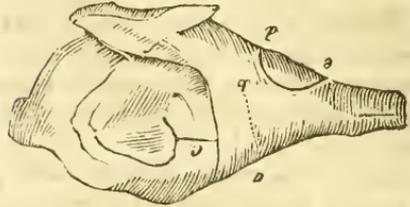
(7.) *Calf's Head.*

Cut thin slices from *a* to *b*, to the bone. The throat sweetbread lies at *c*. Slice from *c* to *d*, and help that with the other part. Should the eye be requested, extract with the point of the knife, and help to a portion. The palate, a delicate morsel, lies under the head. The sweet tooth, too, not an inferior delicacy, lies back of all the rest, and, in a young calf, is easily extracted with the knife. On removing the jaw-bone, fine lean will appear. Help to each of these.

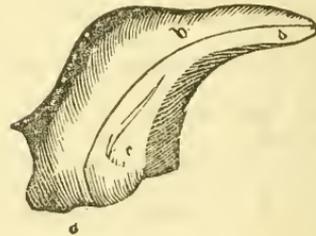
(8.) *Shoulder of Mutton.*

Slice to the bone at the line *a*, and help thin pieces from each side. The choice fat lies at the outer edge, at *b*. Should more be needed than can be gotten from those parts,

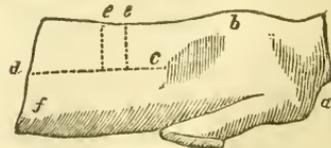
slice on either side of the line *c*, which represents the blade-bone, and nice pieces may be obtained. From the under side also, by slicing horizontally.

(9.) *Leg of Mutton.*

The nicest part lies at *a*, midway between the knuckle and the other end. Thence, cut thin slices each way, as deep as *b*. The outside being seldom very fat, some favourite pieces may be sliced off the broad end at *c*. The knuckle is tender, but the other parts more juicy. Some good slices may be cut lengthwise, from the broad end of the back of the leg. The cramp bone is much thought of by some: to get it, cut down to the bone at *d*, and in the curve line to *e*.

(10.) *Spare Rib.*

Carve, first, slices from the fleshy part tracing the line *a, b*. This will give a proportion of lean and fat; and being removed, separate the rib, placed in the direction *d, b, c*; breaking it at the point *c*. If an entire rib is too much, a slice of meat may be taken from between two ribs.

(11.) *Fore Quarter of Lamb.*

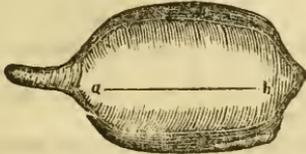
Separate, first, the shoulder from the seven, which constitutes the ribs and the scaven, by sliding the knife under the knuckle, in the direction of *a, b, c*, leaving

on the ribs a due proportion of meat. Place it on a different dish. Now squeeze half a Seville orange on the other part, which, being sprinkled with salt and pepper, should be carved in the direction *c, d*. This will separate the gristly part from the ribs. Now help from either, as may be the choice, carving as directed by the lines *e, f*.

chops and ears, and dividing the body lengthwise. Separate a shoulder from the body; next a leg; and divide the ribs. The joints may be divided, or the meat sliced from them. Some prefer the neck, though most the ribs. Help with stuffing and gravy.

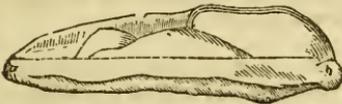
If the head is not otherwise disposed of the brains should be mixed with the gravy

(12.) *Saddle of Mutton.*



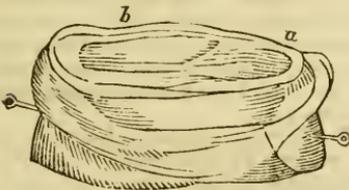
Cut long slices, on each side of the back bone, in the direction *a, b*. As some are fond of a joint of the tail, they can easily be served by cutting between the joints.

(13.) *Breast of Veal.*



Separate the ribs from the brisket by cutting through the line *a, b*. The brisket is the thickest part, and of a gristly substance. Carve each, and help according to preference.

(14.) *Fillet of Veal.*



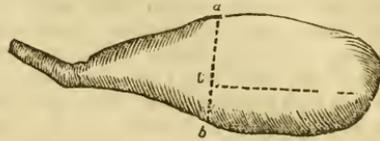
This resembles a round of beef. Like that, it should be carved horizontally, or by cutting thin even slices off the top, cutting deep into the flap, between *a, b*, for the stuffing. Help to each person a portion of the dressing.

(15.) *Pig.*



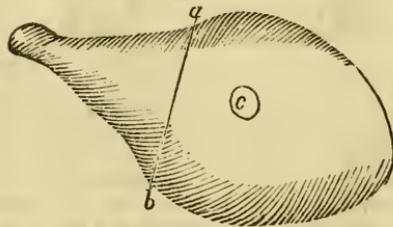
This is seldom sent to the table whole; the cook first garnishing the dish with the

(16.) *Venison.*



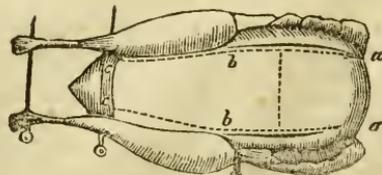
Slices of a medium thickness may be given, and plenty of gravy with them. Cut quite to the bone in the line *a, b*; then turn the dish with the end *b* towards you, and putting in the point of the knife at *c*, cut as deep as possible in the direction *c, d*. You may now, at pleasure, slice from either side. As the fat lies deeper on the left, those who like fat, as most venison eaters do, may be helped to the best flavoured and fattest slices on the left of the line *c, d*.

(17.) *Ham.*



Ham may be carved three different ways. Usually, commencing by long delicate pieces, cut to the bone through the thick fat, in the line *a, b*. A second way is, to cut a small round hole on the top, as at *c*, taking thin circular pieces. The most saving way is to begin at the knuckle.

(18.) *A Fowl.*



It will be more convenient carving this to take it on your plate, replacing the joints

as separated, neatly on the dish. Place the fork in the middle of the breast, and remove the wing in the direction of *a, b*, separating the joint at *a*, and lifting up the pinion with the fork, and drawing the entire wing towards the leg. This drawing will separate the fleshy part more naturally than cutting. Cut between the leg and the body at *c*, to the joint *b*. By giving the blade a sudden turn the joint will break. Repeat the same operation for the other wing and leg. Next, take off the merry thought by drawing the knife across the breast and turning the joint back; and then remove the two neck bones. Divide the breast from the back, by cutting through all the ribs, close to the breast. Turn the back up; half way between the extreme ends press the point of the knife, and on raising the rump end the bone will part. Take off the sidesmen, having turned the rump from you:—and done.

The wings should be made as handsome as possible. These, with the breast, are the most delicate parts of the fowl; the legs are more juicy.

(19.) *A Goose.*



With the neck end toward you, to take off the wing, put the fork into the small end of the pinion and press it close to the body, dividing the joint at *a*, and carrying the knife along as far as *b*. Take off the leg by an incision from *b* to *c*, and separate the drumstick. Part the wing and leg from the other side, and between the line 1 and 2, cut long slices from each side of the breast. The apron must be removed by cutting from *d* to *e*, by *c*, to get at the stuffing. The merry thought being removed, the neck bones and all other parts are to be divided as in a fowl.

A *Duck* may be carved in a similar manner

(20.) *Turkey.*

To carve, without withdrawing the fork, place your fork firmly in the lower part of the breast, so as to have the turkey at perfect command. It is not difficult to complete the entire carving of this fowl without extracting the fork till done—the whole back, of course, making one joint. Proceed to remove the wing; the leg; another wing and leg. (This may be done either before or after slicing the breast.) Next, remove

the merry-thought, the neck bones, the neck itself; then, cutting through the ribs the job is done.

(21.) *Partridge.*

Carved as a fowl. Wings, breast, and merry-thought, are the best parts. The two latter not often divided. The wing the best joint: the tip the very best.

(22.) *Pigeons.*

Halve them, dividing lengthwise; or, so as to make the breast and wings form one division. The lower division generally preferred.

*Woodcocks, Grouse, &c.*, are carved like fowls, if not too small; when they must be cut in quarters.

*Snipes* should only be halved.

(23.) *Tongue.*

Cut perpendicular thin slices, commencing a little nearer the root than the tip. The fat lies underside, at the root.

(24.) *Leg of Pork*—[See Ham.]

The stuffing, in a roast leg, will be found under the skin, at the thick end.

*General Directions.*

The seat for the carver should be somewhat elevated above the other chairs: it is extremely ungraceful to carve standing, and it is rarely done by any person accustomed to the business. Carving depends more on skill than on strength. We have seen very small women carve admirably sitting down; and very tall men who know not how to cut a piece of beef-steak without rising on their feet to do it.

The carving knife should be very sharp, and not heavy; and it should be held firmly in the hand: also the dish should be not too far from the carver. It is customary to help the fish with a fish trowel, and not with a knife. The middle part of a fish is generally considered the best. In helping it, avoid breaking the flakes, as that will give it a mangled appearance.

In helping any one to gravy, or to melted butter, do not pour it *over* their meat, fowl, or fish, but put it to one side, on a vacant part of the plate, that they may use just as much of it as they like. In filling a plate, never heap one thing on another.

In helping vegetables, do not plunge the spoon down to the bottom of the dish, in case they should not have been perfectly well drained, and the water should have settled there.

## ON WARTS AND CORNS AND HOW TO CURE THEM.

SUCH persons (and who have not) as have been troubled with these afflicting annoyances, will no doubt feel gratified to see a scientific exposition of the nature of their enemy, and of the proper and ready means of exterminating him. The essay which follows is from one of our most enlightened surgeons, and his prescriptions may be implicitly relied on.

(1.) *How Warts are formed*

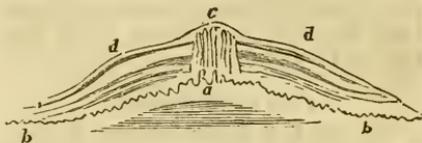
The papillæ of the sensitive skin are covered and protected by the scarf-skin, and the thickness of the scarf-skin bears an exact relation to the size of the papillæ. It may therefore be inferred, that if the papillæ grow to an extraordinary size, they, in their turn, will occasion the production of a proportionate quantity of scarf-skin, which will form a rounded prominence on the surface of the body. Such is the reality, and the little prominence so produced is termed a *wart*, (fig. 1). The wart may



be regarded as the effect of an excitation acting generally from within; but instances are not wanting, in medicine, to prove that they may also be dependent on an obvious external cause of irritation.

(2.) *On the formation of Corns.*

Whenever a portion of the skin is subjected to long-continued and unequal pressure, the papillæ of the sensitive skin are stimulated, and grow to an unusual size. Associated with this increase of growth of the papillæ, is the increased thickness of the scarf-skin, and this latter being the outward and perceptible effect, is denominated, according to its size, either "callosity" or "corn." When the pressure, and consequently the thickening of the scarf-skin is distributed over an extensive surface, the state is properly a *callosity*. Where it is limited, occupying, for example, the prominence of a joint, and where in consequence of this limitation, the effects produced are more severe, the case is one of *corn* (fig. 2).



Callosities may occur on any part of the body where much pressure exists; on the shoulder, for instance, in persons who are in the habit of carrying burdens; on the hands in certain crafts; on the elbows and knees, and on different parts of the body. Corns are usually limited to the feet, and are, in fact, a more severe degree of callosity. The papillæ of the central part of the corn are enlarged to such an extent as to be equal in magnitude to those of a wart. In this state, the papillæ take on the action of producing separate sheaths of scarf-skin in the same manner as warts, and these sheaths, seen on the cut surface of a corn, give the idea of fibres, which popular ignorance magnifies into roots. A corn extracted by its roots is therefore expected never to grow again, because trees, which have roots, when torn up from the ground never re-appear. But the fact is, that these so-called roots are, in reality, branches, and they may be cut off, and torn off, and twisted off, as long as the possessor lives, without curing the corn, unless the cause, namely, the pressure and friction, be removed. When the cause is taken away, the papillæ return by degrees to their pristine bulk, and the corn disappears.

It will be apparent to every one, that if a shoe of a certain size be worn, and if this shoe, by its too small dimensions, and consequent pressure, occasion a corn, the corn, by increasing the size of the injured part of the foot, will necessarily increase the pressure on the already irritated skin. Pain and inflammation follow this injury, and the least mischief that can happen is the en-

larged growth of the papillæ, more blood than natural being now habitually sent to them. But, on a particular day, when vanity triumphs over comfort, and the "light fantastic toe" has been more than usually wronged, blood bursts from the pores of the sensitive skin, and the next morning, when the corn is inspected, it has the character of a bruise. The doctor is sent for, a poultice is put on, rest enjoined, and in a few days all is again well; too well, in fact, to allow experience even a whisper. A gray party again does slaughter on the unfortunate corn, but similar means restore it as before. Each section of a corn which has been thus maltreated, is precisely that of the geological section of a stratified mountain, stratum following stratum, of various hues, from a delicate yellow to the deep black of dried blood.

### (3.) *Of Soft Corns.*

The soft corn occurs between the toes, and is produced in the same manner as the common corn; but in consequence of the moisture existing in this situation, the thickened scarf-skin becomes saturated, and remains permanently soft. The soft corn, again, rarely becomes convex outwardly, but presses severely on the deep textures, and gives little indication, as regards size, of the torment which it occasions. It is no uncommon thing to find a blister formed under the soft corn, and its fluid oozing through a small, round aperture in the centre of the latter. Sometimes, also, the soft corn is followed by a deep and painful sore, and inflammation of the foot; and on one occasion I examined a soft corn which had eaten into the bones, and produced inflammation of a joint. Diseased bone originating in soft corns is no infrequent occurrence.

### (4.) *To cure Warts.*

The treatment of warts is to pare the hard and dry skin from their tops, and then touch them with the smallest drop of strong acetic acid, taking care that the acid does not run off the wart upon the neighbouring skin, for if it do, it will occasion inflammation and much pain. If this practice be continued once or twice daily, *with regularity*, paring the surface of the wart occasionally, when it gets hard and dry, the wart may be soon effectually cured.

### (5) *Sure method of curing Corns.*

The same treatment will keep corns under, in spite of pressure; but there is a knack in paring them which I will now

explain. The end to be gained in cutting a corn is to take off the pressure of the shoe from the tender papillæ of the sensitive skin; and to effect this object, the summit of the corn must be cut in such a manner as to excavate it, the edges being left to act as a bolster and still further protect the central part, where the longest, and consequently the most sensitive papillæ are found. The professional chiropodist effects this object very adroitly; he generally works around the centre, and takes out the fibrous portion in a single piece. He digs, as he says, for the root. There is another way of disposing of a corn which I have been in the habit of recommending to my friends; it is effectual, and obviates the necessity for the use of the knife. Have some common sticking-plaster spread on buff-leather; cut a piece sufficiently large to cover the corn and skin around, and have a hole punched in the middle of exactly the size of the summit of the corn. Now take some common soda of the oil shops, and make it into a paste, with about half its bulk of soap; fill the hole in the plaster with this paste, and cover it up with a piece of sticking-plaster. Let this be done at bed-time, and in the morning remove the plaster, and wash the corn with warm water. If this operation be repeated every second, third, or fourth day for a short time, the corn will be removed. The only precaution requiring to be used is to avoid causing pain; and so long as any tenderness occasioned by the remedy lasts, it must be repeated. When the corn is reduced within reasonable bounds by either of the above modes, or when it is only threatening, and has not yet risen to the height of being a sore annoyance, the best of all remedies is a piece of soft buff-leather, spread with soap-plaster, and pierced in the centre with a hole of exactly the size of the summit of the corn. If it can be procured, a better substance still for spreading the plaster upon is "amadou," or "German tinder," commonly used for lighting cigars, and kept by the tobacconists. This substance is softer than leather, and does not become hard and ruck up, as the latter does, after it has been on for a short time. The soft corn is best relieved by cutting away the thick skin with a pair of scissors, avoiding to wound the flesh; then touching it with a drop of Friar's balsam, and wearing habitually a piece of cotton wool between the toes, changing the cotton daily. Caustic, as an application for the cure of corns, is a remedy which should be used with great caution, and would be better left altogether in the hands of the medical man.

## OBSERVATIONS ON MAKING PUDDINGS, &amp;c.

THE receipts which follow are from an experienced and capable housewife. They are amply worthy the attention of all who have any interest in the kitchen. It will be perceived that the prescriptions are all upon the cold-water principle, as alcohol is in no instance recommended.

## OBSERVATIONS ON MAKING PUDDINGS.

The cloths used to tie over puddings, or boil them in, should be nicely washed and dried in the sun, and kept in a dry place. When to be used, they should be dipped into boiling water, squeezed dry, and floured. In all cases the eggs must be thoroughly beaten. If bread pudding, the cloth should be tied loose, to give room for rising. If oyster, tight over. The water should boil quick when the pudding is put in; and it should be moved about for a minute, that the ingredients should mix evenly. Batter pudding should be strained through a coarse sieve when all mixed. In others, strain the eggs separately. The pans must always be buttered before the pudding is put in. And the milk or cream used, should be boiled and cooled, before the eggs are put in. A pan of cold water must be ready, and the pudding dipped in, as soon as it comes out of the pot: then it will not adhere to the cloth.

*Transparent Pudding.*

8 eggs,                      8 oz. of sugar,  
8 oz. of butter,              Nutmeg.

Beat up the eggs, put them into a stew-pan with the sugar and butter, nutmeg to taste, set it on a stove or fire of coals, stirring it constantly until it thickens, then pour it into a basin to cool. Set a rich paste round the edge of your dish, pour in your pudding, and bake it in a moderate oven. A most delicious and elegant article.

*A Cheshire Pudding.*

1 lb. of raspberry jam,              4 oz. of butter,  
1 cup of cream or buttermilk,      1-2 lbs. flour.  
1 table spoonful of saleratus,

Rub the half of the butter into the flour, warm the milk, rub the saleratus fine with the broad blade of a knife on the corner of a paste-board, then scrape it in, and while it is in effervescence, mix with the flour and the rest of the butter, and a dust of more salt if necessary, then roll out to fourteen or fifteen inches long, and eight or nine in

width; spread with the jam, and roll it up in the manner of collared eel; have a floured cloth ready and wrap it two or three times around and pin it; tie it tight at each end. Boil in plenty of water two hours. Serve with thickened sweet sauce, with some rose-water and nutmeg, and juice of a lemon.

Nice stewed peaches are fine in this dumpling, with cream sweetened, and nutmeg for sauce. Almost any acid fruit is excellent in this way. The crust should be light, and it must be eat as soon as done.

*Tapioca Pudding.*

1 quart of milk,              5 eggs,  
Seasoning,                      1 coffee cup of tapioca.

Steep the tapioca in the milk two hours, put it in cold, let it warm a little, beat up the eggs well with sufficient sugar, a little essence of lemon. Bake half an hour, eat with butter.

*Quince Pudding.*

Scald the quinces tender, pare them thin, scrape off the pulp, mix with sugar very sweet, and add a little ginger and cinnamon. To a pint of cream put three or four yolks of eggs, and stir it into the quinces till they are of a good thickness. Butter the dish, pour it in, and bake it.

*Baked Potato Pudding.*

12 oz. of boiled potato              1 oz. of suet,  
skinned and mashed,              1 gill of milk  
1 oz. of cheese grated fine,

Mix the potatoes, suet, milk, cheese, and all together; if not of a proper consistence, add a little water. Bake it in an earthen pan.

*Almond Pudding.*

1 lb. of blanched almonds,      8 oz. of sugar,  
1-2 glass of rose-water,              1 pint of cream.  
6 eggs.

Put the rose-water to the almonds in a marble mortar, pound them fine; beat the sugar and eggs together well, the sugar

being nicely sifted; put all into a basin and stir them over a few coals, well together, until they are warm, then put it into a thin dish, put paste only around the edges (or sides of the dish) bake three quarters of an hour

#### *Winter Pudding.*

Take the crust off a baker's loaf of bread, and fill it with plums: boil it in milk and water.

#### *Custard Pudding.*

1 quart of milk, 6 spoonsful of flour,  
6 eggs, 1 nutmeg, sugar and butter.

Boil the milk, and, whilst scalding, stir in the flour, set to cool half an hour before it is wanted, beat up the eggs nicely, and put to the milk with sufficient salt, bake in a quick oven twenty minutes. Rub nutmeg with nice sugar and butter for sauce.

#### *Flour Pudding.*

1 pint of milk 6 spoonsful of flour.  
6 eggs,

Boil the milk, stir in the flour whilst scalding, let it cool; have the water boiling. When sufficiently cool, beat the eggs well, and put them in with salt to taste; boil hard one hour. Use the sauce above.

#### *Sago Pudding.*

4 spoonsful of sago, 4 eggs,  
1 1-2 pints of milk, Sugar to taste.  
Lemon peel, cinnamon, nutmegs,

Boil the milk and sago nicely, let it cool; beat the eggs up perfectly with some sugar, add the other ingredients, then mix all together, put a nice paste round the dish, pour in the pudding, and bake slowly.

#### *Boiled Custard Pudding*

1 pint of new milk, Orange-flower water.  
2 spoonsful of flour, Cinnamon, currant-jelly.  
Yolks of five eggs,

Mix the flour with the milk, by degrees; beat the yellows and other ingredients with a little salt together, and put with the milk. Butter a basin that will exactly hold it, pour the batter in, and tie a floured cloth over it. Put in a kettle of boiling water, and turn it about a few minutes to prevent the eggs from settling on one side. Half an hour will boil it. Pour currant-jelly over, and serve with sweet sauce.

#### *Rice Pudding.*

1 quart of milk, 1 stick of cinnamon,  
4 CZ. of rice, 4 spoonsful of rose-water,  
1-2 nutmeg, 8 eggs, salt.

Boil the rice and cinnamon with the milk, stir it often to keep from burning, cool, add

the nutmeg and other ingredients, having beat the eggs well. Butter a pan or dish, or cover the dish with puff paste; pour the above composition in, bake one hour and a half. Serve with butter and sugar.

#### *An Apple Pudding Dumping.*

Put into a nice paste, quartered apples, tie up in a floured cloth, and boil two hours serve with sweet sauce.

Pears, plums, peaches, &c., are fine done this way.

#### *Indian Pudding.*

3 pints of milk, 1-4 lb. of butter,  
7 eggs, 7 spoonsful of Indian meal,  
1-2 lb. of raisins, Spice, salt, sugar to taste.

Scald the milk, and stir it in the meal whilst boiling, set it to cool, stone and put in the raisins, salt, and spice; then beat the eggs well, and if only milk-warm, put them in, stir all well together, bake an hour and a half, good heat.

#### *A Superb Lemon Pudding.*

1-2 lb. of sugar, 5 eggs,  
1-2 " best butter 1 glass of rose-water,  
1 lemon, 1 glass orange-flower water.

Beat the rose-water and butter to a froth, prepare the sugar and eggs as for pound cake, grate the yellow part of the lemon rind in, (but not a particle of white) have a nice puff paste ready in your dish, and, after incorporating the pudding well together, pour it into your paste. Bake in a moderate oven. Orange pudding is made in the same way, using a pounded orange, instead of a lemon.

#### *Boston Apple Pudding.*

15 good apples, 1-4 lb. of butter,  
4 yolks of eggs, 1 white, Cinnamon, cloves.  
1 lemon, Sugar to taste.  
1-2 nutmeg,

Peel, core and cut the apples into a stew-pan that will just hold them, with a little water and the spices, rasp the peel of the lemon in, stew over a slow fire till quite soft, then sweeten and pass through a sieve, beat the eggs and grated nutmeg together with the juice of a lemon, then mix all well, line the inside of your pie-dish with good puff-paste, put in your pudding. bake half an hour.

#### *Newmarket Pudding.*

1 pint of milk, 4 oz. of currants,  
1 teaspoonful cinnamon, 1 lemon peel,  
5 yolks, 3 whites of eggs, sweeten with sugar.

Boil the milk with the lemon peel and other spices, for five or ten minutes; then set to cool; spread butter upon nice bread

and cut very thin; spread a layer in the dish, and strew over a layer of currants, and so on until the dish is nearly full, then lay the custard over, and bake it half an hour

#### *Vermicelli Pudding.*

¼ oz. of vermicelli, lemon peel, cinnamon,  
5 yolks, 3 whites eggs, loaf sugar, salt to taste.  
1 pint of milk,

Boil the milk with the lemon peel grated in, sweeten, and strain through a sieve, put in the vermicelli, boil ten minutes, cool, have the eggs well beaten; when sufficiently cool, put them into the pudding, mix well together, and steam one hour and a quarter, or bake half an hour.

#### *Suet Pudding.*

4 oz. of suet, 2 eggs,  
1-2 pint of milk, 1 spoon of ginger  
3 table spoons of flour,

Mince the suet fine and roll it thin, salt it, and mix well with the flour, beat the eggs well, and mix with milk and spices; flour a cloth that has been dipped into boiling water, tie it loose, put it into boiling water, boil hard an hour and a quarter. Serve with sweetened sauce, with the squeeze of a lemon in it.

#### *Spring Pudding.*

¼ doz. sticks of rhubarb 1-2 lb. of loaf sugar,  
(or pie-plant), 1 spoon of cinnamon.  
1 lemon,

Wash and peel the rhubarb, cut short, throw it into a stew-pan with the grated rind of the lemon, and cinnamon, and sugar; set it to cook, reduce it to a marmalade, pass it through a hair sieve, have a pie-dish lined with good puff paste, and pour the pudding in; bake half an hour.

#### *Batter Pudding.*

¾ oz of flour, salt,  
3 eggs, 1 pint of milk.

Have the milk boiled, and beat the eggs well; add milk until it is smooth, the thickness of cream, mix all well together, then have a dish buttered that will just hold it. Bake three quarters of an hour; or it is nice to boil as before directed. Boil one and a half, or two hours.

#### *Bread Pudding.*

1 eggs, 1 stick of cinnamon,  
1 pint of milk, sugar, nutmeg,  
1 pint crumbs of bread, salt to taste.

Boil the bread and milk with the cinnamon ten minutes, then cool, pass through a sieve, beat the eggs very well, and add

to the batter, sweeten, and salt, mix well together, bake half an hour; or, boil one hour and a quarter.

#### *Nottingham Pudding.*

6 fine sour apples, sugar.

Prepare the batter as for the above batter pudding, peel the apples, and take out the core with a sharp-pointed penknife, but do not cut the apple open; fill the space with sugar, (where the core was taken from,) after setting them in a pudding-dish; then pour the batter over them, bake in a moderate oven one hour.

#### SMALL DISHES FOR SUPPER OR TEA.

##### *Poached Eggs.*

6 eggs, 6 slices of bread.  
1-4 lb. of butter.

Draw the butter nicely, have ready a nice kettle of boiling water, toast the bread of a light brown, wet with the drawn butter, and place in a covered dish; break the eggs one at a time into a teacup, and drop into the boiling water, (having thrown some salt in); two will cook at once. When cooked to suit, slip a skimmer under and place them upon toast; drop in more, and so on, until all are cooked. Then pour the remainder of the butter over.

##### *Custards.*

1 quart of cream, or new milk, nutmeg,  
8 eggs, 1 oz. of sugar

Beat the eggs and sugar well together, grate in some nutmeg, add the cream by degrees, stirring it all the while; set your custard cups in a dripping-pan, pour the custard into the cups, set the dripping-pan into the oven, then pour water around. Bake in a quick oven.

##### *Orange Custards.*

1 Seville orange, Rose-water,  
1-2 oz. of loaf sugar, 1 pint of cream  
4 eggs,

Squeeze the juice from a Seville orange, take half of the peel and boil very tender, beat it in a (marble) mortar until fine; put to it two spoons of rose-water, the juice of the orange, the sugar, and the yellows of the eggs. Beat all together for ten minutes, then have ready the cream boiling hot, which put to them by degrees; beat them until cold, then put them into custard cups, in a dish of hot water. Let them stand until they are set, then take them out and stick preserved orange peel on the top. This forms a fine flavoured dish, and may be served up hot or cold.

Some are fond of sippets of toast in cups of custard.

Dried beef sliced thin is nice for tea, or venison dried is nice, sliced thin, or mutton dried and sliced thin is nice, together with good bread and good butter, and a dish of fruit, cheese, and a plate of cake of some kind. Some nice corned beef sliced thin is a substitute for dried; cold boiled ham sliced thin is a good relish, or cold tongue for tea. Some are fond of other cold meats of any kind, nicely sliced thin. The manner of doing things is a great deal.

#### *Ice Currants.*

Take large bunches of ripe currants, have them clean, whisk the white of an egg to a froth, and dip them in it, lay them on a sieve or plate not to be touched, sift double refined sugar over them very thick, and dry them in a cool oven.

#### *Icing for Cake.*

2 lbs. double ref'd sugar, 5 eggs,  
1 spoon of fine starch, .1 spoon rose-water,  
1 pennyworth gum Ara- 1 juice of lemon.  
bic in powder,

Make the sugar fine, and sift it through a hair sieve, rub the starch fine, sift, and the gum Arabic sift also; beat or stir all well together. Take the whites of the eggs, whisk them well, put one spoonful of rose-water, one spoon of the juice of lemon, beat well together, then put to the sugar by degrees, until you wet it, then beat it until the cake is baked; lay it on with a knife, and the ornaments if you have any; and if it does not harden sufficiently from the warmth of the cake, return it to the oven. Be careful not to discolour.

#### *Ice Cream.*

2 quarts of milk, 2 oz. of sugar,  
12 eggs, 2 lemons.

Grate the peels into the milk, and boil; sweeten; take the yellows of all of the eggs, and half of the whites; beat them well, then add the boiling milk, keep them stirring, set the dish over the fire five minutes, stirring it constantly, then pour through a sieve into your freezing-pot. The proportions to surround the pot is one quart of salt to one pail full of ice. Place it in as cold a place as possible; as fast as it freezes on the sides, remove it with the spoon. One hour is sufficient to freeze it.

#### *Scotch Marmalade.*

2 lbs. honey, 2 pints juice of Seville oranges.

Squeeze the juice from the oranges, put them together, and boil in a nice, well

tinned stew-pau, and boil to a proper consistence.

#### *Ice Cream with Fruit.*

1 pound of preserved fruit, 2 lemons,  
1 quart of cream, Cochineal

Squeeze the juice of the lemons into some sugar to taste; then pass all through a sieve, and if raspberry, or strawberry, or any other ripe fruit, add a little cochineal to heighten the colour. Have the freezing-pot nice and clear, put the cream into it and cover it; then put the pot into the tub with the ice beat small, and some salt; turn the freezing-pot quick, and as the cream sticks to the sides, scrape it down with an ice-spoon, and so on until it is frozen. The more the cream is worked to the side with a spoon, the smoother and better it will be flavoured. After it is well frozen, take it out and put it into ice shapes with salt and ice; then carefully wash the shapes for fear of any salt adhering to them; dip them in lukewarm water, and send to the table. Fresh fruit, strawberries, or raspberries, are nice, but more sugar will be necessary.

#### *Currant Jelly, to use with Venison.*

10 lbs. of the juice, 8 lbs. clean brown sugar  
of red currants.

As the currants may for this jelly get very ripe, they can be broken through a colander and then be cleaned with flannel jelly-bags. When perfectly clean, add the sugar, boil and skim until it jellies, which is known by dipping in a spoon and holding it in the air; when it hangs in a drop to the spoon, it is done: pour into pots; when cold, cover as before directed.

#### *Another way*

4 lbs. of double refined sugar,  
4 lbs. of clear juice extracted in a jar.

Stir gently, and smoothly for three hours, then put into glasses, and in three days it will concrete into a firm jelly: then cover and set by for use.

#### *Black Currant Jelly.*

6 quarts of juice, 9 pounds of sugar.

To ten quarts of the dry fruit add one quart of water; put them in a large stew-pot, tie paper close over them, and set them for two hours in a cool oven. Squeeze them through a fine cloth, and add to every quart of juice a pound and a half of sugar loaf, broken in small pieces. Stir it until the sugar is melted; when it boils skim it quite clear. Boil it quick over a clear fire till it jellies; try it as above directed. If jelly is boiled too long, it will lose its flavour, and shrink very much: pot and cover.

## THE CANARY BIRD FANCIER.

For the amusement of our leisure hours, I know not that a more innocent or rational pursuit can be recommended than that of rearing these harmonious songsters.

In many of the principal cities and towns, the industrious mechanic and manufacturer are enabled to pay the entire of their rents, and to add to their comforts, by attending, in the intervals of their labour, to the rearing and management of these pleasing little warblers. Pleasure is thus blended with profit; and our pretty songsters help to "feed the hungry and clothe the naked."

To the gentleman fancier they afford an equal degree of amusement and delight; and, if profit were his object, the prices which are frequently given for well-bred birds, sufficiently prove that they may be easily obtained. I will only add, the directions here given for their treatment in cases of illness, are the result of practical knowledge, and many years experience of their efficacy.

(1.) *Of the general characteristics of  
Canaries.*

Canaries are not naturally so delicate as they are thought to be, but become so from the little attention and improper treatment that is sometimes paid them. It may be said with truth that they excel most other birds in their good qualities—1st, In the sweetness and melody of their song, which continues nearly the whole of the year, excepting only the time of moulting, during which they are generally silent; although some in spite of this annual illness, do not even then lose their song. 2dly, By their rich and beautiful plumage, which is displayed in seven or eight different colours, causing a variety of corresponding names to be given them by different fanciers. 3dly, By their docility; which is manifested by their learning quickly a variety of pleasing little tricks—such as coming at the order of their master, and even pronouncing distinctly several words. Add to this their aptness in learning airs, by means of a flageolet or bird-organ, even keeping time as correctly as a skilful musician. The manner of teaching them will be shown hereafter.

(2.) *The proper time for pairing Canaries.*

As to the time of pairing, it generally commences about the middle or latter end of March, but in some degree depends upon the weather, at that period, being genial or otherwise. The best criterion is, when the frosts have disappeared, and the rays of the sun begin to shed the enlivening warmth,

which, at the time I have named, is generally the case.

You may then pair them in the following manner: Take a small cage which is well cleaned; be careful there are no small red insects, which are very injurious, and of which I shall hereafter speak. Select the cock and hen Canary you intend to pair and put them in together, as they sooner match in a small cage than in a large one. Although at first they may fight and quarrel, let not this alarm you, as you will soon see them reconciled, which will be known by their feeding each other, billing, &c.

During the time they are preparing, they must be fed in the following manner: Boil an egg very hard, and chop or grate it very fine, to which add bread crumbled equally fine, a little maw seed, and mix this all up well together in a plate, and give the birds a table-spoonful twice a day. In ten days (sometimes much sooner) they will be paired.

(3.) *The most advantageous place for the  
Breeding Cage.*

The situation of the breeding cage is an object of considerable importance; let it be where it may, the birds, prompted by nature, will go to nest; but there will be a great difference in the success that awaits the breeder.

For instance, if the cage be in a dark room where the sun seldom appears, and never shines on the cage, the young birds that may be bred, will be weakly, dull, and small; and not equal in three weeks,

to birds of ten days old, which are bred in a more cheerful situation; so that if you wish to procure fine birds, let your breeding cage be in a room which enjoys the morning sun, and on which it continues, if possible, the best part of the forenoon, which is preferable to a room where the sun shines only in the afternoon, as the excessive heat then sometimes causes the hen to fall ill, and forsake her nest; it likewise occasions what may be termed a sweating sickness, and causes the birds to breed mites, which destroy the young ones, sucking their blood, and sticking to them with the most obstinate pertinacity, as long as life remains. I do not now speak of a variety of accidents to which they are liable, as having clear and unproductive eggs, or being in a room which does not suit their temper, for they have their preferences and antipathies, and their behaviour in their room or cage, will readily testify their satisfaction or dislike to it.

#### (4.) *Observations on the mode of Pairing.*

The original Canary, which was of a dusky buff and dark green colour, is now but little esteemed in comparison with the birds distinguished by the terms, jonque, and mealy. In pairing, care should be taken not to put a cock and hen both mealy, otherwise the colour of the young ones would degenerate to a disagreeable dirty or whitish tint: but rather you should pair a fine jonque or yellow cock with a mealy hen, and you may then expect the young birds, particularly the cocks, to follow the colour of the father. So also is it with streaked, striped, spotted, or various coloured birds, taking care if the predominant colour be yellow, to pair with mealy, and *vice versa*. If you wish to breed splashed or marked birds, I should recommend you to pair a fine shaped lively green or splashed male bird with a yellow or jonque hen; the produce of this pair will be marked, and of various colours. To breed full-coloured yellow birds without a spot or splash, you should procure a fine large mealy hen, bred from yellow birds, with which match a jonque cock bird; or a pair of close-feathered yellow birds, large and strong: these latter will, from being both jonque, if they are not of a good size, dwindle very much, but from such matches are thrown the fine deep yellow birds. If you wish to breed green Canaries, let the birds you pair be both green, or a green cock bird with a yellow or mealy hen, bred from green old ones, from which I have known to be produced that pleasing variety called "*Cinnamon Birds.*"

#### (5.) *The proper materials for Nests.*

There are different materials given them to build their nests with; but nothing is so good as a little fine hay and cow's hair, or deer's hair, which latter ought to be well washed to clean it from dust, and then dried in the sun or before the fire. This hair, after serving one nest, may be washed and dried, and it will serve the remainder of the season, being as good as the first for the succeeding nest.

The best nest boxes are those which are composed entirely of wicker, or wooden sides with wire bottoms, so that the dust, if any left in the hair, falls through, and does not breed the red mites which prey on the young birds. You must not fail to let the paired birds, when in the breeding cage, have red sand or gravel, which ought to be dried before it is given them, and laid pretty thick at the bottom of the cage, so that if the cock or hen, in flying off the nest, happen to draw a young bird or egg out after them, which sometimes occurs, it falls on the soft sand, and thus frequently is saved a valuable bird. I would recommend, when your birds are first put up, to give them only one nest box, as they are apt, when they have two, to carry the building materials first to one and then to another, and by these means lose time. When the hen sits, the other nest box is easily put in, or indeed after she has hatched. It is better to make the second and following nest for them, as by so doing they are saved much unnecessary fatigue; and if it does not please them, they soon adapt it to their wishes or fancy.

#### (6.) *Directions for Feeding.*

The following food must be given to them when they have young: Boil an egg very hard, and grate it through a grater, such as is used for grating horse-reddish; after that, take a stale piece of bread about the size of an egg, and grate it through the grater, after the egg is grated; then mix them together, pass it through the grater twice, and it will mix the better. Give them, now and then, for a change, a stale piece of bread soaked in water, with the crust taken off, then squeeze the water out, add a little sweet milk to it, and then give it to the birds; also give them cabbage now and then when in season—*this is a fine thing for them.* This ought to be given them two or three times a day, with chicken-weed or salad, if in season. Many persons who commence breeding Canaries, without previously knowing the necessary management of them very often meet with such disappointment from the number of

birds that die, that they give it up in disgust, attributing fault to the bird, when they alone are to be blamed. The young ones are generally lost from being either fed too much or too little, and without paying any attention as to the food being proper at the season it is given them or not. For instance, chickweed or salad, which in proper season are excellent, if given too early in the year, are absolute poison; that is, before the plants are in that stage of their growth that their bitterness goes off, and their cold acrid juices are dissipated or exhaled by the heat of the sun. Thus, when your young birds can feed themselves, (which you will observe by their not letting the cock feed them any longer, or by his discontinuing to do so,) you may cage them off and give them chopped egg, with bread, as before stated, with the addition of a little maw seed, and some ground or bruised rape, till they are seven weeks old; when they will be able to crack hard seed, which should, however, before that time, be given them. They should then have a mixture of rape, canary, yellow, and hemp seeds mixed together, taking care that fresh seed be put in their box every two days, with now and then a few grains of bruised hemp seed. Some feed their birds with rape alone, thinking they live longer. I have observed it renders them so thin, that they often die at the first illness that attacks them—and particularly the later birds when moulting. Another evil to guard against is, when your old birds are put in a cage with soft food, &c., to breed, they generally gorge to such a degree as to swell themselves and die. Many Canaries are killed by giving them too large a quantity of soft food, as eggs, greens, &c., which is not always necessary for them. Remember, when breeding, your old birds should have (besides canary, rape, and hempseed) a little lettuce seed, which purges and clears them of such foul humours as may have generated during the winter. And, as the breeding time is the most difficult period to manage them, I shall be particular in my directions for their treatment at that season.

The hen sits thirteen, but more frequently fourteen days, although much depends on the state of the weather, as in very fine weather they hatch sooner than in dull and cold weather; however, two days before she hatches, I generally clean the perches, fill the box with seed, and the fountain with water, so that they may not be disturbed for two or three days after they hatch. The soft meat must be given them three times a day; you may likewise give them a little seed, chickweed as free as possible

from the large rank leaves, which are very injurious. In July and August, they should have ripe plantain, or a lettuce leaf, feeding them at six o'clock in the morning, at noon, and again at five in the afternoon. In the hot months, they must be very particularly attended to; and this food put in the cage in the morning, if any remains, should be taken away when next fed, as the soft meat in a few hours turns sour, the chickweed also withers, so that the old ones, feeding their young on these nauseous, half-rotten substances, retard their growth, and make them weak and large bellied, instead of being strong, straight, and taper. I also give them lettuce seed and plantain seed mixed in a small pot. Observe what the old ones prefer, giving them as much of that particular seed as they will eat: for the less they feed the young ones on green meat the better, as it causes the surfeit or swelling before observed. I put sometimes a piece of stick liquorice into their water glass, which gives a flavour to the water and acts as an alterative.

In hot weather they should have clean water once a day in pans, to bathe and wash in, which greatly refreshes them; as well as in their glasses, as they drink much oftener than in cold weather.

(7.) *Directions to make Paste, to bring them up by hand.*

When you wish to bring up a Canary by hand, for the purpose of rendering him remarkably tame, you must first see if he is strong enough to be taken away from the old ones; as should he be taken away too soon, he is apt to pine; neither must he be left too long, as in that case he is obstinate sullen, and difficult to breed.

The bird thus intended to be brought up should be well fledged or feathered; if a mealy bird, eleven days is the proper age; if a jonque, thirteen. When taken from the hen, he should be placed in a warm box and kept in rather a dark situation, to make him forget the old ones.

This rule is not without exception; as sometimes the hen is taken ill in breeding, and cannot feed her young, so that it becomes necessary they should be taken from her sooner, and bred up by hand, if you have not another hen under which you can put them. And occasionally a hen feeds so ill, that the young ones fall away and will die for want of food. When this is the case, they must be taken from her, or they would soon be past recovery, from the effect of her neglect. Frequently the hen leaves them at eight days old to the care of the

cock; and although you give her proper things for her nest, she unmercifully plucks the feathers from her young ones; in which case they must be taken from her, or she will kill them in two or three days. But when there is no pressing occasion to take them from the old ones, they should be suffered to remain as before stated.

When they are taken away, the following paste is given them, which will keep good fifteen days: In a large mortar, or on an even table, you must bruise with a rolling-pin, a pint or quart of rape, in such manner that you may blow the chaff away; to this bruised seed add a piece of bread, reducing them to powder; mix these together, and put them in an oak box, which should be kept from the sun. You may give them a tea-spoonful of this powder, with the addition of a little hard yolk of egg, and a few drops of water. By these means you will have prepared in a minute food for your young birds without trouble. This powder must not be kept longer than twenty days, as it then becomes unfit for use, the rape seed turning sour, so that when the water is put in, it smells like mustard. After twenty days, if any of the powder remains, it may be given dry to the old ones, and it will do them no harm. I rather prefer giving them their paste fresh every day, as I observe they thrive better. The first three days I take them from the old ones, I give them part of a sponge biscuit, reduced to powder; add a hard boiled yolk of egg, (or the white, which is better, if fresh, as it does not heat them so much as the yolk,) with a drop or two of water: make this up into a thick paste, as, if it be too liquid, it digests so quickly as to be of little or no service to them.

After your birds are three or four days old, and begin to be strong, add to the mixture a small quantity of scalded rape seed, without bruising it, as they are strong enough to digest it. I sometimes give them too, (chopped very fine,) a sweet almond peeled, and a small quantity of chickweed seed. This latter ought to be given them twice a day in very hot weather. If you attend strictly to this mode of feeding, you may depend on your Canaries thriving well, and, on an average, you will scarcely lose one in fifty.

(8.) *How to treat those that are sick.*

If any of the young ones are ill, you must treat them as follows: Take a handful of hemp seed, which first wash in cold water, then bruise it in a mortar, and put in water again, from which again take it and put it

in a clean piece of linen, which you must squeeze very strongly in the last used water, and this is termed milk of hemp seed; it will strengthen and nourish your young birds very much. Remember to take the water glass away when you give your sick birds this medicine.

Birds brought up by hand require frequent feeding; let them be attended to every two hours at farthest. This regularity and frequency is absolutely requisite to procure complete success. To feed them, sharpen a small piece of wood, and at each time of feeding give them four or five mouthfuls, or till they refuse to open their mouths voluntarily; as, if too much gorged, they are apt, from a want of sufficient digestive powers, to become ill, and to fall into what may be termed a surfeit. At a month old you may cease feeding them with a stick, as they will then begin to feed alone. You must put them in a cage without perches, at first, and feed them as before directed for about a month. There must also be a little rape and canary in the seed box, or glass. When you see them strong enough, which will generally be about seven weeks old, take the soft food by degrees away from them, and leave them only the rape, yellow, and canary. It will be well to give them now and then, a little bruised hemp seed, especially in the winter. Many fanciers boast that the Canaries brought up by the old ones, are the strongest and best, while some maintain that the birds brought up by hand by far exceed the others in strength and force; (and the additional trouble considered, so they ought.) It often happens that those brought up by the old ones fall into a consumption, owing to the parent birds being ill, and not giving them half enough food; having five or six in a nest to bring up at a time, they must necessarily neglect some, which become feeble and die. The cock and hen are likewise much relieved when the young ones are taken away at ten or twelve days old; and they live longer than when they are left entirely to rear them themselves. The young brought up by hand are more familiar than the others, and fewer die in the moult. At least, a nest from each pair of birds is gained by thus rearing them; and they may have four nests without too much fatiguing them during the breeding season, and they will the next season be in as good a state to breed as they were the first year.

A bird that breeds, seldom lives longer than ten years: others, that are not bred from, but kept merely for song, have been known to attain the age of twenty years.

## THE ETIQUETTE OF COURTSHIP AND MARRIAGE.

No subject in this work is more important, and certainly none will be studied with so much attention, as that of the present section. Love is the universal passion, courtship is the most interesting avocation of human life, and marriage one of the great ends of existence. As our wives are not purchased as in China, nor stolen as in some parts of Africa, nor in general negotiated for by parents, as in some countries in Europe, but wooed and won by polite attentions, the manner in which a gentleman should behave towards ladies, is a matter of the greatest importance. Charms, filters, and talismans are used no longer—the only proper talismans are worth and accomplishments.

*How to win the favour of Ladies.*

To win the favour of the ladies, dress and manner must never be neglected. Women look more to sense than to beauty, and a man shows his sense, or his want of it, in every action of his life. When a young man first finds himself in the company of the other sex, he is seldom free from a degree of bashfulness, which makes him more awkward than he would otherwise appear, and he very often errs from real ignorance of what he should say or do. Though a feeling of respect and kindness, and a desire to be obliging and agreeable, will always be recognised and appreciated, there are certain forms very convenient to be understood.

*How to address a Lady.*

We address a married lady, or widow, as Madam, or by name, as Missis or Mistress Jones. In answering a question we contract the Madam to ma'am—as “yes, ma'am, no ma'am, very fine day, ma'am.”

A single lady, of a certain age, may also be addressed as Madam.

A young lady, if the eldest of the family, unmarried, is entitled to the surname, as Miss Smith, while her younger sisters are called Miss Mary, Miss Julia, &c. The term “Miss,” used by itself, is very inelegant.

It is expected, that gentlemen will, upon every proper occasion, offer civilities to ladies of their acquaintance, and especially to those for whom they have a particular attachment.

A gentleman meeting a lady at an evening party, is struck with her appearance. Ascertaining that she is not engaged, which he may do from some acquaintance, he takes some opportunity of saying,

“Miss Ellen, will you honor me, by accepting my escort home to-night?” or,

“Miss Ellen, shall I have the pleasure of seeing you home?” or,

“Miss Ellen, make me happy by selecting me for your cavalier;” or,

“Miss Ellen, shall I have the pleasure of protecting you?”

The last of course, as the others, may be half in fun, for these little matters do not require much seriousness. The lady replies, if engaged,

“Excuse me, Sir, I am already provided for;” or, pleasantly.

“How unfortunate! If you had been five minutes earlier, I might have availed myself of your services;” or, if disengaged,

“Thank you, sir; I shall be obliged for your attention;” or,

“With pleasure, Sir, if my company will pay you for your trouble;” or, any other pleasant way of saying that she accepts, and is grateful for the attention proffered to her.

The preliminaries settled, which should be as early as possible, his attention should be public. He should assist her in putting on her cloak and shawl, and offer her his arm before leaving the room.

*Preliminaries of Courtship.*

There is no reason why the passion of love should be wrapped up in mystery. It would prevent much and complicated misery in the world, if all young persons understood it truly.

According to the usages of society, it is the custom for the man to propose marriage, and for the female to refuse or accept the offer as she may think fit. There ought to be a perfect freedom of the will in both parties.

When a young man admires a lady, and thinks her society necessary to his happi-

ness, it is proper, before committing himself, or inducing the object of his admiration to do so, to apply to her Parents or Guardians for permission to address her; this is a becoming mark of respect, and the circumstances must be very peculiar, which would justify a deviation from this course.

Everything secret and unacknowledged is to be avoided, as the reputation of a clandestine intercourse is always more or less injurious through life. The romance evaporates, but the memory of indiscretion survives.

Young men frequently amuse themselves by playing with the feelings of young women. They visit them often, they walk with them, they pay them divers attentions, and after giving them an idea that they are attached to them, they either leave them, or, what is worse, never come to an explanation of their sentiments. This is to act the character of a *dangler*, a character truly dastardly and infamous.

#### *How to Commence a Courtship.*

A gentleman having met a lady at social parties, danced with her at balls, accompanied her to and from church, may desire to become more intimately acquainted. In short, you wish to commence a formal courtship. This is a case for palpitations, but forget not that "faint heart never won fair lady." What will you do? Why, taking some good opportunity, you will say,

"Miss Wilson, since I became acquainted with you, I have been every day more pleased with your society, and I hope you will allow me to enjoy more of it—if you are not otherwise engaged, will you permit me to visit you on Sunday evening?"

The lady will blush, no doubt—she may tremble a little, but if your proposition is acceptable to her, she may say:

"I am grateful for your good opinion, and shall be happy to see you."

Or if her friends have not been consulted, as they usually are before matters proceed so far, she may say:

"I am sensible of your kindness, Sir; but I cannot consent to a private interview, without consulting my family."

Or she may refuse altogether, and in such a case, should do so with every regard to the feelings of the gentleman, and if engaged, should say frankly:

"I shall be happy to see you at all times as a friend, but I am not at liberty to grant a private interview."

As, in all these affairs, the lady is the re-

spondent, there is little necessity for any directions in regard to her conduct, as a "Yes" ever so softly whispered, is a sufficient affirmative, and as her kindness of heart will induce her to soften as much as possible her "No."

To tell a lady who has granted the preliminary favours, that you love her better than life, and to ask her to name the happy day, are matters of nerve, rather than form, and require no teaching.

#### *Love Letters.*

A gentleman is struck with the appearance of a lady and is desirous of her acquaintance, but there are no means within his reach of obtaining an introduction, and he has no friends who are acquainted with herself or her family. In this dilemma there is no alternative but a letter.

There is, besides, a deficiency, a timidity, and nervousness in love, which makes many men desire some mode of communication rather than the speech, which in such cases too often fails them. In short, there are reasons enough for writing—but when the enamoured youth has set about penning a letter to the object of his passion, how difficult does he find it! How many sheets of paper does he spoil! How many efforts does he make before he succeeds in writing one to suit him!

It may be doubted whether as many reams of paper have ever been used in writing letters upon all other subjects, as have been consumed upon epistles of love; and there is probably no man living who has not at some time written, or desired to write, some missive which might explain his passion to the amiable being of whom he was enamoured; and it has been the same, so far as can be judged, in all the generations of the world.

Affairs of the heart—the delicate and interesting preliminaries of marriage, are oftener settled by the pen than in any other manner.

To write the words legibly, to spell them correctly, to point them properly, to begin every sentence and every proper name with a capital letter, every one is supposed to learn at school.

To give examples of letters would be useless and absurd, as each particular case must necessarily require a widely different epistle, and the judgment and feelings of the party writing, must be left to control both the style and substance of the letter.

For a love letter, good paper is indispensable. When it can be procured, that of a costly quality, gold-edged perfumed, or

ornamented in the French style, may be properly used. The letter should be carefully enveloped, and nicely sealed with a fancy wafer—not a common one of course, where any other can be had; or what is better, plain or fancy sealing wax. As all persons are more or less governed by first impressions and externals, the whole affair should be as neat and elegant as possible.

#### *Popping the Question.*

There is nothing more appalling to a modest and sensitive young man than asking the girl he loves to marry him: and there are few who do not find their moral courage tasked to the utmost. Many a man who would seek a forlorn hope, mount a breach, and “seek the bubble reputation e’en in the cannon’s mouth,” trembles at the idea of asking a woman the question which is to decide his fate. Ladies may congratulate themselves that nature and custom have made them the responding party.

In a matter which men have always found so terrible, yet which, in one way or other, they have always contrived in some awkward way to accomplish; it is not easy to give instructions suited to every emergency.

A man naturally conforms to the disposition of the woman he admires. If she be serious, he will approach the awful subject with due solemnity—if gay and lively, he will make it an excellent joke—if softly sentimental, he must woo her in a strain of high-wrought romance—if severely practical, he relies upon straight-forward common sense.

There is one maxim of universal application—Never lose an opportunity. What can a woman think of a lover who neglects one? Women cannot make direct advances, but they use infinite tact in giving men occasions to make them. In every case, it is fair to presume that when a woman gives a man an opportunity, she expects him to improve it; and though he may tremble, and feel his pulses throbbing and tingling through every limb; though his heart is filling up his throat, and his tongue cleaves to the roof of his mouth, yet the awful question must be asked—the fearful task accomplished.

In the country, the lover is taking a romantic walk by moonlight, with the lady of his love—talks of the beauties of the scenery, the harmony of nature, and exclaims, “Ah! Julia, how happy would existence prove, if I always had such a companion!”

She sighs, and leans more fondly on the arm that tremblingly supports her.

“My dearest Julia, be mine forever!”

This is a settler, and the answer, ever so inaudible, “makes or undoes him quite.”

“Take pity on a forlorn bachelor,” says another, in a manner which may be either jest or earnest, “marry me at once and put me out of my misery.”

“With all my heart, whenever you are ready,” replies the laughing fair. A joke carried thus far is easily made earnest.

A point is often carried by taking a thing for granted. A gentleman who has been paying attentions to a lady, says, “Well, Mary, when is the happy day?” “What day, pray?” she asks, with a conscious blush.

“Why, every body knows that we are going to get married, and it might as well be one time as another; so, when shall it be?”

Cornered in this fashion, there is no retreat.

“Jane, I love you! Will you marry me?” would be somewhat abrupt, and a simple, frankly given, “Yes!” would be short and sweet, for an answer.

“Ellen, one word from you would make me the happiest man in the universe!”

“I should be cruel not to speak it then, unless it is a very hard one.”

“It is a word of three letters, and answers the question, Will you have me?”

The lady, of course says Yes, unless she happen to prefer a word of only two letters, and answers No.

And so this interesting and terrible process in practice, simple as it is in theory is varied in a hundred ways, according to circumstances and the various dispositions.

One timid gentleman asks, “Have you any objection to change your name?” and follows this up with another which clenches its significance, “How would mine suit you?”

Another asks, “Will you tell me what I most wish to know?”

“Yes, if I can.”

“The happy day when we shall be married?”

Another says, “My Eliza, we must do what all the world evidently expects we shall.”

“All the world is very impertinent.”

“I know it—but it can’t be helped. When shall I tell the parson to be ready?”

As a general rule, a gentleman never need be refused. Every woman, except a heartless coquette, finds the means of discouraging a man whom she does not intend to have, before the matter comes to the point of a declaration.

### *Marriage Ceremony.*

Weddings are every where accompanied with some degree of ceremony, and are usually considered as occasions of festivity.

The preliminaries having been arranged by the contracting parties, and the lady having named the happy day, preparations are made for the wedding. Those who belong to the Episcopal and Roman Catholic Churches are usually married at Church, in the morning, and by the prescribed forms. In some cases there is a wedding party given in the evening; in others, the happy couple make a short wedding tour, and issue cards of invitation on their return.

Among other denominations, the parties are married by a clergyman or magistrate; and in the state of New York, marriage being considered by the law only a civil contract, it may be witnessed by any person.

Where a wedding is celebrated in the usual forms, cards of invitation are issued, at least a week before hand. The hour selected is usually 8 o'clock, P. M. Wedding cake, wines, and other refreshments, are provided by the bride and her friends for the occasion. The bride is usually dressed in pure white—she wears a white veil, and her head is crowned with a wreath of white flowers, usually artificial; and orange blossoms are preferred. She should wear no ornaments but such as her intended husband or her father may present her for the occasion—certainly no gift, if any such were retained, of any former sweetheart.

The bridesmaid or bridesmaids, if there be two, are generally younger than the bride, and should also be dressed in white, but more simply. The bridegroom must be in full dress—that is, he must wear a dress coat, which, if he pleases, may be faced with white satin; a white vest, black pantaloons, and dress boots or pumps, with black silk stockings, and white kid gloves, and a white cravat. The bridegroom is attended by one or two groomsmen, who should be dressed in a similar manner. It is the duty of the bridesmaids to assist in dressing the bride, and making the necessary preparations for the entertainment of the guests. The chief groomsmen engages the clergyman or magistrate, and upon his arrival introduces him to the bride and bridegroom, and the friends of the parties.

The invited guests, upon their arrival, are received as at other parties, and after visiting the dressing rooms and arranging their toilets, they proceed to the room

where the ceremony is to be performed. In some cases the marriage is performed before the arrival of the guests.

When the hour for the ceremony has arrived, and all things are ready, the wedding party, consisting of the happy couple, with the bridesmaids and groomsmen, walk into the room arm in arm; the groomsmen each attending the bridesmaids, preceding the bride and bridegroom, and take their position at the head of the room, which is usually the end farthest from the entrance; the bride standing facing the assembly on the right of the bridegroom—the bridesmaids taking their position at her right, and the groomsmen at the left of the bridegroom. The principal groomsmen now formally introduces the clergyman or magistrate to the bride and bridegroom, and he proceeds to perform the marriage ceremony: if a ring is to be used, the bridegroom procures a plain gold one previously, taking some means to have it of the proper size.

As soon as the ceremony is over, and the bridegroom has kissed the bride, the clergyman or magistrate shakes hands with the bride, saluting her by her newly acquired name, as Mrs. ———, and wishes them joy, prosperity and happiness: the groomsmen and bridesmaids then do the same; and then the principal groomsmen brings to them the other persons in the room, commencing with the parents and relatives of the parties, the bride's relatives having precedence, and ladies being accompanied by gentlemen. In this manner all present are expected to make their salutations and congratulations, first to the newly married couple, and then to their parents and friends. And where the wedding ceremony has been performed before the arrival of the guests, they are received near the door, having of course first visited the dressing rooms, and introduced in the same manner. The groomsmen takes occasion before the clergyman or magistrate leaves, to privately thank him for his attendance, at the same time placing in his hand the marriage fee, which is wrapped up nicely in paper, and if more than the legal sum, as is frequently the case where the parties are wealthy, it is usually in gold. The bridegroom, of course, takes an early opportunity to reimburse his groomsmen for necessary expenses.

When the presentations and congratulations are over, that is, when the guests have arrived, the bridal party, which till now has kept its position, mingles with the rest of the company, and joins in the dancing or other amusements.

*The Bridal Chamber.*

The festivities should not be kept up too late; and at the hour of retiring, the bride is to be conducted to the bridal chamber by the bridesmaids, who assist her in her night toilet. The bridegroom upon receiving notice will retire, without farther attendance or ceremony.

The practice of kissing the bride is not so common as formerly, and in regard to this, the taste of the bridegroom may be consulted, as the rest of the company follow the example of the groomsman; but the parents and very near relatives of the parties, of course act as affection prompts them.

The chamber frolics, such as the whole company visiting the bride and bridegroom after they are in bed, which was done some years ago, even at the marriage of monarchs, and the custom of throwing the stocking, etc., are almost universally dispensed with.

*After Marriage.*

After marriage the bridal party usually travel for a week or two: upon their return, it is customary for the bride to be "at home" for a few days to receive visits. The first four weeks after marriage constitute the honeymoon.

You need not retain the whole of your previous acquaintance; those only to whom you send cards are, after marriage, considered in the circle of your visiting acquaintance. The parents or friends of the bride usually send the cards to her connexion; the bridegroom selects those persons among his former associates whom he wishes to retain as such. The cards are sometimes united by a silken cord, or white ribbon, to distinguish those of a newly married pair from ordinary visitors; but it is doubtful whether it be in good taste.

A married lady may leave her own or her husband's card in returning a visit; the latter only would be adopted as a resource in the event of her not having her own with her.

A lady will not say, "My husband," except among intimates, in every other case she should address him by his christian name, calling him *Mr.* It is equally good ton, when alone with him, to designate him by his christian name.

Cobbett, in his "Advice to a Husband," says, "I never could see the *sense* of its being a piece of etiquette, a sort of mark of *good breeding*, to make it a rule that

man and wife are not to sit side by side in a mixed company; that if a party walk out, the wife is to give her arm to some other than her husband; that if there be any other hand near, *his* is not to help to a seat or into a carriage. I never could see the *sense* of this; but I have always seen the *nonsense* of it plainly enough; it is, in short, a piece of *false refinement*: it, being interpreted, means that so free are the parties from a liability to suspicion, that each man can safely trust his wife with another man, and each woman her husband with another woman. But this piece of false refinement, like all others, overshoots its mark; it says too much; for it says that the parties have *lewd thoughts in their minds.*"

This is the sensible view taken of part of the etiquette of marriage, by a man of extreme practical sense.

*Acquaintances after Marriage.*

When a man marries, it is understood that all former acquaintanceship *ends*, unless he intimate a desire to renew it, by sending you his own and his wife's card, if near, or by letter, if distant. If this be neglected, be sure no further intercourse is desired.

In the first place—A bachelor is seldom *very particular* in the choice of his companions. So long as he is amused, he will associate freely enough with those whose morals and habits would point them out as highly dangerous persons to introduce into the sanctity of domestic life.

Secondly—A married man has the tastes of *another* to consult; and the friend of the *husband* may not be equally acceptable to the *wife*.

Besides—Newly-married people may wish to limit the circle of their friends, from praiseworthy motives of economy. When a man first "*sets up*" in the world, the burthen of an extensive and indiscriminate acquaintance may be felt in various ways. Many have had cause to regret the weakness of mind which allowed them to plunge into a vortex of gayety and expense they could ill afford, from which they have found it difficult to extricate themselves, and the effects of which have proved a serious evil to them in after-life.

When a man is about to be married, he usually gives a dinner to his bachelor friends; which is understood to be their *congé*, unless he choose to renew their acquaintance.

## HYDROPATHY, OR THE WATER CURE.

Bathing has been practised, both as a preventive and a curative of disease, from the earliest ages to the present day.

It is a vulgar error that the practice of cold bathing when the body is bedewed with perspiration, is dangerous, and that numbers of persons, every summer, lose their lives by this means. But the true fact is, that the danger in such cases is owing to the *fatigue* present, and not to perspiration checked. The ancient Romans were in the habit of often passing from their sudatorium, or sweating to the cold bath. The Russians for centuries have been accustomed to go, while in a state of reeking sweat, to a cold immersion, or to roll in the snow. So, also, in this way, the Indians of our own country accomplish in a multitude of cases of rheumatism, fevers, etc., what could not be with any amount of drugs, and the lancet besides.

The Macedonians considered warm water to be enervating. Their women, after accouchement, were washed in cold water.

The Spartans bathed their children, as soon as born, in cold water; and the men of Sparta, both old and young, bathed at all seasons of the year, to harden their flesh, and strengthen their bodies.

Among the Araucanian Indians of South America, a mother, immediately after child birth, takes her child, and going down to the nearest stream of water, washes herself and it, and returns to the usual labours of her station.

A remedy that has proved so potent in untrained and unskilled hands, affords a legitimate prospect of much greater success when wielded by men of cultivated minds, and devoted to the practice of the healing art.

So far as great names give a sanction to a system, the Water Cure is not without some of the most eminent in science, and the most distinguished in practice. Not to mention a host of physicians and professors on the Continent of Europe, with the illustrious Liebig at their head, it may be enough to cite some names of well-deserved note in England—Sir Charles Scudamore, Drs. Wilson, Gully, Johnson, Adair, Crawford, Hume, Weatherhead, Freeman, Heathcote, Swethurst, Mr. Herbert Mayo, Mr. Courtney, Mr. Abdy, and many others. The system is rapidly gaining ground among intelligent and scientific men in our own country; and the French, Prussian and Austrian Governments have already given their public approval of its practice, the reports of their respective commissions sent to the establishment of Priessnitz at Gräfenberg to investigate its merits, having given a favourable verdict.

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*The Process of the Water Cure.*

Having premised with these general observations, we shall proceed to explain the various modes of administering the remedy, with the diseases for which each mode is peculiarly applicable.

*Sweating.*

This is produced as follows: The patient is stripped and laid upon a thick wool-

len blanket extended on the bed. An attendant wraps first the one side of the blanket round the body of the patient drawing it close in all directions: grasping now firmly with the one hand the portion in which the patient is wrapped, he draws with the other hand the blanket round the body, and tucks this part also under him.

The coverings must be in close contact with the body, particularly at the neck, so that the heat emitted may be retained. For it is the excess of caloric thus confined tha

induces sweating. Before the outbreak of perspiration, slight excitement of the vessels generally passes off spontaneously; but where it does not, a cooling bandage must be laid on the head of the patient, at the same time administering cold water internally. All parts affected with swellings are to be wrapped up in warming applications before envelopment, in order to allay the pain, which is usually more violent previous to perspiration. As persons thus enveloped are helpless, a servant should always be in attendance to open the windows as soon as sweating ensues, and to give as much cold water as is necessary to promote perspiration, every ten or fifteen minutes.

The result of this mode of treatment is pretty certain.

The best time for sweating in chronic cases, is in the early hours of the morning, from four to five o'clock. A repetition of the process the same day, is only admissible as an exception. The ordinary duration in chronic cases is from half an hour to three hours daily; but moderate perspiration may be encouraged for a longer time in acute diseases.

When the patient has remained in a state of perspiration long enough, the woollen covering should be loosened about his feet and legs, to enable him to walk. If not able, he is to be carried to the bath. No danger is to be dreaded from the transition from heat to cold, if every thing is properly done.

After the bath, patients who can should walk, or take other exercise, in fresh air. Those who cannot, must be rubbed after the bath for some time, first with wet cloths and then dry.

This is a powerful part of the treatment, and must be resorted to with prudence. Priessnitz does not now use it as often as formerly.

#### *Wet Sheet.*

This is the great bug-bear of the treatment. The wet sheet is laid upon one or more blankets, the patient lays himself at full length upon the former, whereupon it is folded round him, so as to come in close contact with every portion of the body. He is then enveloped in the blanket and bed covering.

The wet sheets are of remarkable utility in all febrile diseases. In acute fevers they must be changed according to the degree of heat, every quarter or half hour, until the dry hot skin becomes softer, and more prone to sweating. When this symptom is observed, the renewal of the wet

cloths may be delayed till perspiration actually ensues. The patient must then remain for several hours in this state, until uneasy sensations render it necessary to extricate him; but it is more advisable to keep him in the loosened envelopment until the sweating ceases spontaneously, when a tepid abluion, or half bath, should follow. In acute eruptions of the skin, measles, scarlatina, small pox, &c., the wet sheets are not less serviceable, than when the eruption cannot make its way to the surface in consequence of the dry state and heat of the skin, and of the violence of the fever; or where the rash has receded suddenly, owing to other disturbances. The wet sheets followed by tepid ablutions cannot be sufficiently recommended in many diseases of children.

In using the envelopment, we generally raise the temperature of the patient, and occasionally allow him to perspire, according to the circumstances of the case. Determination to the head during the process must be removed by cold applications to that part. If the feet remain cold for a long time in the wet cloths, and show no disposition to become warm, they are to be extricated and wrapped in the dry blanket only.

The wet sheet produces two *diametrically opposite effects*, accordingly as it is used. If it be changed frequently, as fast as the patient becomes warm, as, for instance, in cases of fever, almost any amount of heat may be *abstracted* slowly and gradually from the body. But if the patient remain half an hour, the most delicious sensation of warmth and a gentle perspiration are produced; while pains and uneasiness are removed.

#### *Cooling Bandages.*

Bandages are made to produce the same effect upon any *part* of the body, as the wet sheet upon the whole body. As cooling applications, they should be applied of a size suited to the part inflamed, folded from three or four to eight times, dipped in very cold water, and are to be renewed from every three or four to ten minutes, according to the necessities of the case.

#### *Warming, or Stimulating Bandages.*

These are applied by folding linen two or three times, and dipping them in cold water, or they may be made slightly tepid; they should be well pressed or wrung out, and are not to be changed until they begin to dry. They must be well adapted to the part, and also well secured from the action

of the air by a dry oandage, which is better to be a non conductor of heat, so that the part may be raised in temperature. The combined action of heat and moisture thus produced is highly beneficial in a great variety of indurations, swellings, tumours, &c. In the water-cure, they are also much used in derangements of the digestive organs, affections of the abdomen, diseases of the liver, &c.

For the abdomen, a convenient form is made by folding and sewing together two or three thicknesses of linen, of sufficient length to pass round the body two or more times, the width varying according to the size of the person; one end is wet and wrung out, enough in length to cover the abdomen, or to pass round the body if desirable, and then applied as tightly as comfortable—and the dry folds over in the same manner, the whole secured by tapes attached for the purpose. There should always be enough dry cloths to prevent a permanent chill.

#### *Rubbing Wet Sheet.*

A coarse linen sheet, suitable for holding considerable water, and for friction, is here used. It may be allowed even dripping. The patient standing ready, it is to be thrown over the head or closely about the neck, so as to create a slight shock, and immediately very active friction is to be used by the assistant behind, and the patient, if able, or another assistant, before. This should be continued from one to five minutes, when the skin will have become reddened and warm. This must be followed briskly by a coarse dry sheet or dry cloths, until the surface is perfectly dry and in a complete glow. The patient is then immediately dressed for exercise, or for bed, as the case may be. The temperature of the water used should correspond with the strength of the patient. Those who are so feeble as to render it necessary to remain in bed, can be often much benefited by a judicious rubbing while in bed. This is a highly useful application, and, if judiciously made, will produce nearly all the good effects of a bath, and will often be found much more convenient of application.

#### *Ablutions.*

These may be performed in the following manner:—The hands, or a sponge or cloth, is dipped into a vessel containing cold water, placed on a chair. The sponge or cloth is to be gently expressed, and then

conveyed for some few minutes rapidly over the whole surface of the body; then the same operation is to be performed with dry cloths, brushes, &c. until the surface is entirely dry. Every one, old and young, should practise daily ablutions.

The best time for these ablutions is the morning. They are to be performed immediately after rising from bed, when the temperature of the body is raised by the heat of the bed. In many cases a second ablution before going to bed will suffice. Local ablution will have to be repeated most frequently, where we wish to produce increased reaction; even in these cases the natural warmth of the body should be restored before proceeding to a second ablution; to increase the beneficial effects of this washing, it should be accompanied by friction during the process; this is also essential immediately after it. Quite as necessary is exercise in the open air, if circumstances will in any way permit it. Very great invalids only may be allowed after washing to retire to bed.

#### *Plunging Baths.*

The immersion of the body covered with sweat, into cold water, is exempt from danger, provided the organs of perspiration are in a state of repose. The risk which is incurred of catching cold, if, on arriving at a river to bathe, we remain until the body is cold, cannot exist in this case; as we thereby abstract from the body the heat which it requires to produce reaction, and thus lose the good effect of bathing. If we walk fast, or a long distance, to the bath, it is requisite to repose a little in order to tranquillize the lungs, after which we must undress quickly and plunge head-foremost into the water, having first wetted the head and chest, to prevent the blood from mounting to those regions. This precaution is strongly enforced at Graefenberg. During the bath the head ought to be immersed several times into the water. Great care is requisite in not exposing the body, between throwing aside the blanket after sweating and entering into the bath.

It is highly advantageous to keep in movement in the bath, and to rub with the hands any parts afflicted. The skin is thus stimulated, and the sensation of cold abated. Those whose chests are affected must exercise moderation in the use of the bath, entering it only by degrees, and not staying in it too long. In general, the time for remaining in the bath is governed by the coldness of the water, and the vital heat. At Graefenberg, where the temperature of

the water is from 43 to 50 degrees, no one stays longer in the bath than from six to eight minutes. Priessnitz advises his patients to avoid the second sensation of cold by leaving the bath before it is felt; by this means the patient will avoid a too powerful reaction provoked by a great subtraction of heat. This precaution is indispensable at the epoch of the treatment, marked by fevers and eruptions. Then a reaction, produced by an immoderate use of the bath or douche, would compel the invalid to keep his bed for some days without at all accelerating the cure.

A glass or two of water immediately after the bath, is agreeable, and should not be omitted whilst walking.

### *The Half-Bath.*

This is employed in cases in which the whole bath would be too much for the strength of the invalid, who may require to be bathed for a longer time, in order to excite the morbid humours. It is less active than the entire bath, and is attended with less danger. The temperature of the small or half-bath is never lower than about sixty degrees.

The water in these half-baths is only about three to six inches deep. When it is necessary that the invalid should have the advantage of an entire bath, water is poured upon him, or the attendant constantly wets the body and head with the water of the bath.

The half-bath is frequently taken by the patient immediately after he has been confined in the wet sheet. It may be accompanied by a general sprinkling of the body with cold water and rubbing. When the patient quits the bath, he dries himself, dresses, and proceeds to take exercise in the open air.

### *Sitting-Baths*

The dimensions of the vessel should be about the following: height of the pedestal, four to six inches; the inner depth of the vessel from nine to ten inches; height of the back, six to eight inches; whole breadth of the vessel, twenty-two to twenty-four inches. These baths are made of wood or tin. The vessel in which the bath is taken should be filled with water, until it reaches the navel of the patient, when in the sitting posture. In especial cases, a greater or less height of water may be requisite. During the bath, the upper part of the body is to remain covered, the shirt

should be turned up, and the legs and feet are to be enveloped in a woollen coverlet. Whilst the person is in the bath, he may rub the abdomen with a woollen cloth, to increase the action of the skin, and to facilitate the passage of flatulent collections. The action of sitting-baths varies. Where they are desired to have a tonic action, the temperature should be from 50° to 60° of Fah., and they should be continued from ten to fifteen minutes. To act as a stimulant, and to produce more powerful reaction, they must be continued for the same length of time; but their temperature must not exceed 40° to 45° of Fah.

Where the sitting-baths are to act as derivatives, determining the blood from parts which suffer from congestion, the patient must remain twenty minutes to half an hour in the bath. It is sometimes necessary during the bath to adapt cold applications to the parts affected; this is the more necessary, if the congestion increase during the bath.

If the sitting-baths be intended to produce a solvent effect, a moderate temperature of 60° to 70° of Fah., and rather a lengthened continuation of them, say from half an hour to an hour or more, will be required. It is advisable, that patients suffering from obstructions or hæmorrhoids should sit in deeper water; it may in this case extend beyond the umbilicus.

These baths should not, as a rule, be taken immediately after eating, as they will be liable to derange the digestion and produce irregularities in the evacuations. The best time is an hour before dinner, or before going to bed. In the latter case they offer the advantage of securing a night's rest to the patient. Generally speaking, two sitting-baths a day will suffice; in particular cases, especially if not persevered in for a long time, five to six may be taken during the day. Exercise in the open air is to be strictly recommended both before and after these baths.

### *Leg-Bath.*

The thighs and legs, when afflicted with ulcers, ring-worms, wounds, or fixed rheumatic pains, ought to be put into a bath so as to cover the parts afflicted. The object of these baths is for them to act as stimulants. They may be taken for an hour, and sometimes longer: they always determine abscesses, and where they already exist, they cause an abundant suppuration. They are also applicable to any other members afflicted in a like manner.

*Shower-Bath.*

In this kind of bath very weakly or irritable people may begin with tepid water, and they will soon accustom themselves to cold, as these baths produce a very grateful impression. Those who cannot obtain a proper machine may stand in an empty bathing vat, or other vessel, sufficiently large, whilst an assistant standing on a chair pours water over them from a common watering-pot, which answers the purpose perfectly.

The action of these baths consists in a general shock to the nervous system, and to the skin; in consequence of which, the secretion and excretion is promoted, and the whole economy benefited. As the action of shower-baths is closely allied to that of ablutions, they are justly preferred to these by many people, because their effect is milder, and more grateful, and the water, in the form of rain, is brought in contact with all parts of the body at the same time. They are to be recommended in diseases requiring repeated sweatings for their cure; for patients who, in consequence of congestions, and diseases of the chest, cannot bear the full baths after the process of sweating. These baths deserve recommendation to families. Children may be best accustomed to cold water in these baths where the temperature can at first be raised, and then gradually decreased.

*The Douche.*

This description of bath is prepared with the aid of mechanical contrivances, by means of which a stream of water is made to fall upon the body with more or less force. In some respects it is most advantageous to make use of a natural fall of water for this purpose; we can then conduct the water simply into a channel, giving it a fall of twelve to twenty feet, and

to the stream a calibre of half an inch to five inches. Douche rooms, admitting by their construction of the access of air from above, produce an agreeable sensation, especially in summer, and are very beneficial in their action. After the first time of using these baths, the dreadful ideas which many patients preconceive of them quickly disappear.

The chief consideration in the use of the douche should be to guard against applying it to the body when quite cold, or when in a state of perspiration after active exercise. The patient, after undressing in a moderate temperature, steps below the falling stream, attempting to receive it in the palms of his hands, that the whole force and volume of the water may not fall upon his body immediately, which is not, to say the least, at all times agreeable. After having thus prepared himself for the more potent shock, he must expose himself to the full stream, and, in such a manner, that the whole column of water falls chiefly on the neck and spine. From time to time he must equably expose the other members of the body to the stream; but the affected parts chiefly, and for a greater length of time. He should be careful not to allow the stream to fall perpendicularly on the head, chest, or the region of the liver, especially if these parts be weak or affected with disease.

The duration of the douche must be regulated by the constitution of the patient, and the effect we wish to produce; it should never be continued for less than one, nor more than twelve minutes.

It is only to be taken fasting, or immediately after sweating, and never on a full stomach, nor oftener than once or twice daily. It is, moreover, not advisable to drink cold water immediately after the douche, because a rapid generation of heat is thus impeded, and inflammation of the stomach and the bowels might be caused.

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The subject of water-cure has necessarily been briefly treated in these few pages, and the reader who wishes for more ample information, is recommended to refer to some of the popular hydropathic works of the day. "The Philosophy of the Water Cure," by Dr. Balbirnie, is a complete and thorough treatise, published by Wilson & Company of New York, and merits the perusal of the intelligent inquirer. Dr. Shew's "Water Cure Journal," published periodically by Wm. H. Graham, is also a most valuable source of information; and Dr. Johnson's work on the "Results of Hydropathy," published by Wiley & Putnam, presents some new and important theories respecting the influence of Hydropathic treatment upon the various secretions. The last mentioned work is peculiarly interesting to those labouring under the evils of constipation and indigestion

## THE ART OF CONVERSATION.

The art of conversation, so essential to every one who wishes to mingle in society can only be perfected by frequent intercourse with the polite ; yet great assistance may be derived by an intelligent person from the observations below, and no important blunders can possibly be made if the rules here given be attended to.

Under favourable circumstances, and among persons who know how to train a conversation, there are few if any amusements more grateful to the human mind. Every one knows something which he is willing to tell, and which any other that he is in company with wishes to know ; or which, if known to him, would be amusing or useful.

To be a skilful conversationist, one's eyes and ears should be busy ; nothing should escape his observation. His memory should be a good one, and he should have a good-natured willingness to please and to be pleased.

It follows that all matter of offence in conversation should be avoided. The self-love of others is to be respected. Therefore, no one is tolerated who makes himself the subject of his own commendation, nor who disregards the feelings of those whom he addresses.

There is as much demand for politeness and civility in conversation as in any other department of social intercourse. One who rudely interrupts another, does much the same thing as though he should, when walking with another, impertinently thrust himself before his companion, and stop his progress.

It was one of the maxims of a French philosopher, that "in conversation, confidence has a greater share than wit." The maxim is erroneous, although it is true that a fashionable fool may attain to the small talk of which much of the conversation of society is composed, and his glib confidence may so far impose upon the superficial as to make this pass for wit ; but it will not be received as such by that portion of society whose esteem is desirable. Good sense, sound and varied information, are as necessary as confidence, to enable a man to converse well.

In addition, then, to the ordinary routine of education, make yourself acquainted with the passing circumstances of the day - its politics, its parties, its amusements,

its foibles, its customs, its literature, and at the present time, I must also say its science. Some of these subjects may be the parent of much gossip and scandal ; still, a man moving in society as a gentleman, must be ignorant of nothing which relates thereto, or if he is, he must not appear to be.

Avoid a loud tone, particularly if speaking to ladies. By observing men of the world, you will perceive that their voices, as it were, involuntarily, assume a softness as they address the sex ; this is one of the most obvious proofs of an intimacy with good society.

Never attempt to occupy the attention of a company for a long time ; unless your conversation be very brilliant, it must become tiresome.

Never tell long stories, or retail well-known anecdotes.

Be not partial to theorizing, or your conversation will assume the style of speech-making, which is intolerable.

*Badinage* is pleasant, but it may be dangerous ; stupid people may imagine you are ridiculing them, and the stupid are the most assiduous enemies.

Abjure punning : it has been aptly designated "the wit of fools." A man of talent rarely condescends to be an habitual punster ; a gentleman, never. Punning is a sort of pot-house wit, which is quite incompatible with good manners. Be not over anxious to be considered a wit ; recollect, that except in the society of wits, the *wit* of the company is likely to become the *butt* of the company.

It is a common error, that of adapting your conversation to the occupation of the persons with whom you are conversing, and to some persons it is exceedingly offensive. Thus, introducing the subject of theology to a clergyman, - of law to a barrister, &c. &c., is in fact saying, "I have chosen the subject with which you are best acquainted - all are alike to me." This is an assumption of superiority which is highly indecorous, and will ultimately ensure

punishment. A man of the world might not be offended, but he would instantly attribute the inadvertence to ignorance; indeed, it generally arises from a desire to avoid the awkwardness of silence, and is a bungling way of throwing on another the onus of sustaining the conversation, and of confessing your own incompetence; but where one person will give you the benefit of this apology, a dozen will consider you impertinent.

A Tattler is a most contemptible character, uniting in person either excessive ignorance, folly, and vanity, or the extremes of meanness, mischief, and malignity.

Women ordinarily slander more from vanity than vice—men, from jealousy than malignity.

Without intending mischief, many persons do much, by repeating conversations from one house to another. This gossiping is all but as injurious as scandal; for as you can never represent the exact circumstances under which a fact may have been related, your version may give a totally different meaning to that which was intended by the original speaker; as observation proves that, in relating an anecdote or conversation, we give our impression of the meaning of the speaker, not his words: thus a misconception of our own may produce infinite mischief.

A man should never permit himself to lose his temper in society—nor show that he has taken offence at any supposed slight—it places him in a disadvantageous position—betraying an absence of self-respect, or at the least of self-position.

If a "puppy" adopt a disagreeable tone of voice, or offensive manner towards you, *never resent it at the time*, and above all do not adopt the same style in your conversation with him; appear not to notice it, and generally it will be discontinued, as it will be seen that it has failed in its object, besides which—you save your temper.

Avoid a loud tone of voice in conversation, or a "horse laugh:" both are exceedingly vulgar; and if practised, strangers may think that you have been "cad" to an omnibus. There is a slightly subdued *patrician tone of voice*, which we fear can only be acquired in good society. Be cautious also how you take the lead in conversation, unless it be forced upon you, lest people reiterate the remark made on a certain occasion upon that "*Brunnagem*" Johnson, Dr. Parr,—that "he was like a *great toe in society; the most ignoble part of the body, yet ever thrust foremost.*"

Be very careful how you "show off" in strange company, unless you be thoroughly conversant with your subject, as

you are never sure of the person next to whom you may be seated.

Lounging on sofas, or reclining in chairs, or leaning back in a chair when in society, as if in the privacy of one's own dressing room or study, is always considered indecorous; but in the presence of ladies, is deemed extremely vulgar.

Mothers should be on their guard not to repeat nursery anecdotes or *bon-mots*, as, however interesting to themselves, they are seldom so to others. Long stories should always be avoided, as, however well told, they interrupt general conversation, and leave the impression that the narrator thought the *circle* dull, and consequently endeavored to amuse it.

Never use the term "*genteel*." Do not speak of "*genteel people*;" it is a low estimate of good breeding, used only by vulgar persons, and from *their* lips implies that union of finery, flippancy and affectation, often found in those but one remove from the essentially vulgar. Substitute "*well-bred persons*," "*manners of a gentlewoman*," or of "*a gentleman*," instead.

Never use the initial of a person's name to designate him; as "Mr. P.," "Mrs. C.," "Miss W.," &c. Nothing is more abominable than to hear a woman speak of her husband as "Mr. B."

It is allowable in some cases to *conceal* our sentiments; but we ought never to do so for the purpose of deceiving others. Make it a rule never to give utterance to a falsehood: in all circumstances, and whatever be the consequences, adhere to truth.

It is not considered good taste for a lady to say "yes, *Sir*," and "no, *Sir*," to a gentleman, or frequently to introduce the word *Sir* at the end of her sentences, unless she desires to be exceedingly reserved towards the person with whom she is conversing.

It is not contrary to good breeding to laugh in company, and even to laugh heartily, when there is anything amusing going on; this is nothing more than being sociable. To remain prim and precise on such an occasion is sheer affectation.

If upon the entrance of a visitor you continue a conversation begun before, you should always explain the subject to the new-comer.

There cannot be a custom more vulgar or offensive than that of taking a person aside to whisper in a room with company, yet this rudeness is of frequent occurrence—and that with persons who ought to know better.

Conversation should be studied as an art. Style in conversation is as important, and as capable of cultivation, as style in wri-

ing The manner of saying things is what gives them their value.

Avoid provincialisms in your language and pronunciation. *Walker* is the standard for pronouncing in the best society both in the United States and in England.

Swearing, which formerly pervaded every rank of society, is now to be chiefly found in a very low and uneducated class; it is, in fact, a vulgar and proscribed mode of speech. Nevertheless, it is still used occasionally by persons of no humble rank, especially by the young, though chiefly for the purpose of giving an emphasis to speech, or perhaps simply to give token of a redundancy of spirits, and a high state of excitement. To those who are guilty of it for these reasons, it is only necessary to point out, that no well-informed person can be at the least loss, with the genuine words of the English language, to express all legitimate ideas and feelings, and that to use either profane or slang words, is at the least, the indication of a low taste and inferior understanding. A direct, pure, manly use of our native language, is an object which all may cultivate in a greater or less degree; and we have invariably observed, through life, that the most virtuous persons are the most exempt from the use of mean and ridiculous phraseology and monkey tricks of all kinds.

Meeting an acquaintance among strangers—in the street or a coffee-house, never address him by name. It is vulgar and annoying.

Never tattle—nor repeat in one society any scandal or personal matter you hear in another. Give your own opinion of people if you please, but never repeat that of others.

You are not required to defend your friends in company, unless the conversation is addressed to you; but you may correct a statement of fact, if you *know* it to be wrong.

Do not call people by their names, in speaking to them. In speaking of your own children never "Master" and "Miss" them—in speaking to other people of theirs, never neglect to do so.

In the use of language, avoid too great formality of expression, and an affectation of preciseness. It is better to say "I don't know," or "I can't tell," than "I do not know," or "I cannot tell." Preserve a proper medium, avoiding pedantry on the one hand, and vulgarity on the other. In all cases speak plainly, with proper emphasis and inflection, neither drawing, nor mumbling, nor chattering, nor spluttering, nor speaking through the nose, nor mouth-**ing**, like a stage-player murdering Shak-

spere, nor whining like a whipped school-boy. There are a thousand vulgarities of pronunciation and expression which it is impossible to enumerate—such as "onet," for once; "dost," for does; "vulgar," for vulgar; and the rest.

In relating a circumstance to any one, do not be constantly saying—"you know"—"you understand"—"you take."

Do not at every six words, put in a "says he," or "says she," which last I have heard voluble old ladies shorten into a continual "sheshe."

What is called doubling comparatives should be carefully avoided, such as "more better," "more honest," &c.

Avoid grand words and high sounding phrases, particularly when you are not quite sure you can use them correctly, or you may be exposed to the same ridicule as was a worthy lady with more money than learning, who, in describing the mansion her husband was about to build, said there was to be a "Pizarro" on the front, and a "lemonade" all round it, while to complete the arrangement the water was to come in an "anecdote."

There is another vulgar affectation—that of claiming acquaintance with distinguished people. Some persons are forever telling of Governor this, and General that, evidently to increase their own consequence.

While music is playing, especially while any one is singing, it is very bad manners, little better than an insult, indeed, to talk at all.

In general society, certain subjects must be carefully excluded. Politics generally lead to warm and intemperate discussions. Sectarian opinions of religion cannot be put forth without offence, and all matters of controversy should be avoided.

In ordinary conversation, the modulation and proper management of the voice is a point worthy of the attention of young ladies; for a fine and melodious voice, "sweet as music on the waters," make the heart-strings vibrate to their very core.

The thin, small voice is the most difficult to manage, as it is liable to degenerate into shrillness; and ladies who have this kind of voice must keep strict guard over their temper, when within hearing of any one on whom they may wish to make a favourable impression; for the very idea of a shrill voiced scold makes us place our hands to our ears. But with a sweet temper, a pretty little harmonious voice is pleasing enough. Always recollect, however, that affectation, constraint, or striving for effect, is the certain ruin of the prettiest voice in the world.

## COOKERY FOR THE SICK ROOM.

Too little attention is generally paid to the preparation of food for the sick, and when we consider that "kitchen physic is often the best physic," it is a matter of surprise that so important a subject should be so frequently neglected. The palate of a sick person is usually more nice, and less easily pleased than that of one in good health, and the utmost delicacy is required in preparing nourishing articles of diet.

The cookery for the sick room is confined to the processes of boiling, baking, and roasting; and it may be useful to offer a few remarks upon the principles which render these processes serviceable for the preparation of food. By cookery, alimentary substances undergo a two-fold change,—their principles are chemically modified, and their texture is mechanically changed. The extent and nature of these changes greatly depend on the manner in which heat has been applied to them.

(1.) *Boiling.*

Boiling softens the animal fibre, and the principles not properly soluble are rendered softer, and easier of digestion. In boiling meat, the water should scarcely be brought to the boiling temperature, but it should be long kept at a lower than the boiling point of water, or in that state which approaches more to stewing than to boiling. The nature of the water is also of some importance. Dr. Paris observes, that meat boiled in hard water is more tender and juicy than when soft water is used; while vegetables are rendered harder and less digestible when boiled in hard water.

(2.) *Baking.*

Excepting in the preparation of light puddings, the process of baking is inadmissible for the sick.

(3.) *Roasting.*

Roasting softens the tendonous part of meat better than boiling, and it retains more of its nutritious principles. Care should always be taken that the meat be neither *over* nor *under-done*; for, although in the latter state it may contain more nutriment, yet it will be less digestible on account of the density of its texture. It has of late years been much the fashion to regard *under-done* roasted meat as being well adapted for weak stomachs; but no opinion is more erroneous.

(4.) *Mutton Broth.*

This is prepared from a pound of good mutton, freed from fat, and cut into slices, and a pint and a half of soft water. Boil for half an hour, after the maceration, and then strain it through a sieve.

(5.) *Panadu.*

Having pared off the crust, boil some slices of bread in a quart of water for about five minutes. Then take out the bread, and beat it smooth in a deep dish, mixing in a little of the water it has boiled in; and mix it with a bit of fresh butter, and sugar and nutmeg to your taste.

(6.) *Tapioca.*

Wash the tapioca well, and let it steep for five or six hours, changing the water three times. Simmer it in the last water till quite clear, then season it with sugar and wine, or lemon juice.

(7.) *Rice Jelly.*

Having picked and washed a quarter of a pound of rice, mix it with half a pound of loaf sugar, and just sufficient water to cover it. Boil it till it becomes a glutinous mass; then strain it; season it with whatever may be thought proper; and let it stand to cool.

(8.) *Gruel.*

Allow three large table-spoonfuls of oatmeal or Indian meal to a quart of water. Put the meal into a large bowl, and add the water, a little at a time, mixing and bruising the meal with the back of a spoon. As you proceed, pour off the liquid into another bowl, at every time, before adding fresh water to the meal, till you have used it all up. Then boil the mixture for twenty minutes, stirring it all the while; add a little salt. Then strain the gruel and sweeten it. A piece of butter may be stirred into it; and also a little wine and nutmeg. It should be taken warm.

## RESPECTING CLOTHING, &amp;c.

(1.) *Putting away Woollens.*

The following method of putting away all the woollen and worsted articles of the house, will be found an infallible preservative against moths; and the cost is nothing in comparison to the security it affords of finding the things in good order when opened for use on the return of cold weather. Procure at a distiller's or elsewhere, a tight empty hogshead that has held whiskey. Have it well cleaned, (without washing) and see that it is quite dry. Let it be placed in some part of the house that is little used in summer, and where it can be shut up dark.

After the carpets have been taken up, and well shaken and beaten, and the grease spots all removed, (see 4) let them be folded and packed closely down in the cask. Put in also the blankets, having first washed all that were not clean; also, the woollen table-covers. If you have worsted or cloth curtains and cushions, pack them likewise, after they have been freed from dust. Also, flannels, merinoes, cloaks, coats, furs, and in short every thing that is liable to be attracted by the moths. Fold and pack them closely, making all the articles fit advantageously into the space, and so disposing them that each may find a place in the hogshead. The furs had best be sewed up in linen before they are put in. If well packed, one hogshhead will generally hold all the woollen articles belonging to a house of modern size, and a moderate sized family. Then nail on the head of the cask, and let the whole remain undisturbed till the warm weather is over. While the house is shut up, and the family out of town, in the summer, you may safely leave your woollens put away in this manner. Choose a clear dry day for unpacking them in the autumn; and when open, expose them to the air till the odour of the whiskey has gone off. If they are put away clean and free from dust, it will be found that the whiskey atmosphere has brightened their colours. As soon as the things are all out of it, nail up the cask again, and keep it for next season.

Where camphor cannot be conveniently procured, furs, flannels, &c., may be kept through the summer by sewing them up in linen, and interspersing properly among them bits of fresh sassafras bark, or shavings of red cedar. But there is nothing so certain to preserve them from moths as an old whiskey cask. Never keep hair trunks. They always produce moths.

(2.) *French method of washing Silk Cravats, Scarfs, Shawls, &c.*

Make a mixture in a large flat dish, of the following articles:—A large table-spoonful of soft soap or of hard brown soap, shaved fine, (white soap will not do) a small tea-spoonful of strained honey, and a pint of spirits of wine; have ready a large brush (a clothes brush, for instance,) made perfectly clean. Lay the silk on a board or on an ironing-table, stretching it evenly and securing it in its place with weights on its edges. Then dip the brush into the mixture, and with it go all over the silk lengthwise of the texture, beginning at the part least seen when worn, and trying a little at a time, till you have ascertained the effect. If you find that the liquid changes the colour of the silk, weaken it by adding more spirits of wine.

Having gone carefully over the whole of the article, dip it up and down in a bucket of clean water; but do not squeeze or ring it. Repeat this through another clear water, and then through a third. Afterwards spread it on a line to dry, but without any squeezing or ringing. Let it dry slowly. While still damp take it down, pull it and stretch it even, then roll and fold it up and let it rest a few minutes. Have irons ready and iron the silk, taking care that the iron is not so hot as to change the colour.

The above quantity of the washing mixture is sufficient for about half a dozen silk handkerchiefs, one shawl, or two scarfs, if they are not too long. If there is fringe on the scarfs, it is best to take it off and replace it with new; or else to gather the ends of the scarfs and finish them with a lapell or ball. Brocaded silks cannot be washed in this way.

Gentlemen's silk or chaly cravats may be made to look very well washed in this manner. Ribbons, also, if they are thick and rich. Indeed, whatever is washed by this process, must be of very good quality. A foul or dyed silk dress may be washed this way, provided it is first taken apart; silk aprons also. We have seen articles washed by this process, and can assure our readers it is a good one. This is also a good method of washing blond, using a soft sponge instead of a brush. When dry, lay the blond in long folds within a large sheet of white paper, and press it for a few days in a large book, but do not iron it.

In putting away ribbons or silk, wrap or fold them in coarse brown paper, which, as it contains a portion of tar or turpentine,

will preserve the colour of the article, and prevent white silk from turning yellow—the chloride of lime used in manufacturing white paper renders it improper to keep silks in, as it frequently causes them to spot or to change colour.

(3.) *To make a soiled Coat look as good as new.*

First clean the coat of grease and dirt (see No. 4,) then take one gallon of a strong decoction of logwood made by boiling logwood chips in water. Strain this liquid, and when cool add two ounces of gum arabic in powder, which should be kept in well stopped bottles for use. Then go gently over the coat with a sponge wet in the above liquid diluted to suit the colour, and hang it in the shade to dry. After which brush the nap smooth and it will look as good as new. The liquid will suit all brown or dark colours if properly diluted, of which it is easy to judge.

(4.) *To extract Oil or Spermaceti from a Carpet or other Woollen.*

If oil has been spit on a carpet, that part of the carpet must be loosened up and the floor beneath it well scrubbed with warm soap and water and fuller's earth; otherwise the grease will continue yet to come through. You may extract some of the oil by washing that part of the carpet with cold water and a cloth. Then spread over it a thin coating of scraped Wilmington clay, which should be renewed every two or three hours. If you have no Wilmington clay, take common magnesia.

To remove spots of spermaceti, scrape off as much as you can with a knife, then lay on a thin soft white paper upon the spots and press it with a warm iron. By repeating this you may draw out the spermaceti. Afterwards rub the cloth where the spots have been, with some very soft brownish paper.

Wilmington clay, which may be had in small round balls, is excellent for removing grease spots however large. Scrape down a sufficient quantity and rub on the spot, letting it rest an hour or more, then brush it off and continue to repeat the process. The genuine Wilmington clay, pure and unmixed, is far superior to any other grease ball sold by the druggists.

(5.) *To extract Grease spots.*

Grease of the very worst kind, (whale oil for instance,) may be extracted even from silks, ribbons, and other delicate articles, by means of camphine oil. As this oil is the better for being fresh, get but a little at a time. Pour some camphine into

a cup, and dip lightly with a clean white rag. With this rub the grease spot. Then take a fresh rag dipped in the camphine, and continue rubbing till the grease is extracted, which will be very soon. The colour of the article will be uninjured. To remove the turpentine odour of the camphine rub the place with cologne water or strong spirits of wine, and expose it to the open air. Repeat this process if any odour remains after the first.

(6.) *To take Mildew out of Linen.*

Take soap and rub it well; then scrape some fine chalk and rub that also in the linen; lay it on the grass; as it dries wet it a little, and it will soon come out.

(7.) *To take Paint off of Cloths.*

Rub with spirits of turpentine or spirits of wine, either will answer if the paint is but just on. But if it is allowed to harden nothing will remove it but spirits of turpentine rubbed on with perseverance. Use a soft sponge or a soft rag.

(8.) *To clean White Kid Gloves*

Stretch them on a board, and rub the soiled spots with cream of tartar or magnesia. Let them rest an hour, then take a mixture of alum and fuller's earth in powder, and rub it all over the gloves with a clean brush, and let them rest again for an hour or two. Then sweep it all off, and go over with a flannel dipped in a mixture of bran and finely powdered whiting. Let them rest another hour; brush off the powder, and you will find them clean.

(9.) *To wash coloured Kid or Hoskin Gloves.*

Have on a table a clean towel, folded three or four times, a saucer of new milk and a piece of brown soap. Spread a glove smoothly on the folded towel, dip in the milk a piece of clean flannel, rub it on the soap until you get enough, and then commence rubbing the glove, beginning at the wrist and rubbing lengthwise to the ends of the fingers, the glove being held firmly in the left hand. When done, spread them out to dry gradually. When nearly dry, pull them out the cross way of the leather, and when quite dry, stretch them on your hands.

(10.) *To clean White Leather Gloves.*

White leather gloves may be cleaned to look very well by putting on one at a time and going over them thoroughly with a shaving brush and lather. Then wipe them off with a clean handkerchief or sponge, and dry them on the hands by the fire, or in the sun.

(11.) *To preserve Furs from Moths.*

Wrap up a few cloves or pepper jars with them when you put them away for any length of time.

(12.) *To extract Durable Ink.*

Rub the ink stain with a little sal-ammonia moistened with water.

(13.) *To remove Stains from Cotton and Linen.*

Put a small quantity of brimstone into an iron vessel, and drop in a live coal of fire; having first wet the stained spot with water, lay the cloth over the vessel, so as to let the fumes have full access to the stained spot, and it will soon disappear, or become loose, so as to wash out.

## ON THE CARE OF FURNITURE AND HOUSE-KEEPING ARTICLES

(14.) *To clean the inside of Jars*

There is frequently some trouble in cleaning the inside of jars that have had sweet-meats, pickles, mince-meat, or other articles put up in them for keeping, and that when empty are wanted for further use. This can be done in a few minutes without scraping or soaking, by filling up the jars with hot water, (it need not be scalding hot,) and then stirring in a teaspoonful or more of pearl-ash. Whatever of the former contents has remained sticking about the sides and bottom of the jar will immediately be seen to disengage itself, and float loose through the water. Then empty the jar at once, and if any of the former odour remains about it, fill it again with warm water and pearl-ash, and let it stand undisturbed a few hours, or till next day; then empty it again, and rinse it with cold water. Wash phials in the same manner. Also, the insides of kettles, or any thing which you wish to purify or clear from grease expeditiously and completely. If you cannot conveniently obtain pearl-ash, the same purpose may be answered nearly as well, by filling the vessels with strong lye, poured off clear from the wood-ashes. For kegs, buckets, crocks, or other very large vessels, lye may be always used.

(15.) *To clean Wine Decanters.*

Use a little pearl-ash or soda and some cinders and water. Rinse them well out with clean water.

(16.) *To clean China.*

Use a little fuller's earth and soda or pearl-ash with your water.

(17.) *Cements.*

Cements of various kinds should be kept for occasional use. Flour paste answers very well for slight purposes, if required stronger than usual let a little glue be boiled in it, or put some powdered rosin in it. White of egg, or a solution of glue and

strong gum water are good cements. A paste made of linseed meal dries very hard and adheres firmly. A soft cement is made of yellow wax melted with its weight of turpentine and a little venetian red to give it colour. This when cool is as hard as soap and is very useful to stop up cracks, and is better to cover the corks of bottles sent to a distance than sealing-wax or hard cement.

The best cement for broken china or glass is that sold under the name of the diamond cement which is colourless and resists moisture. This is made by soaking isinglass in water till it is soft and then dissolving it in proof spirit. Add to this a little gum-ammoniac, or galbanum, or mastic, both dissolved in as little alcohol as possible. When the cement is to be used, it must be greatly liquified by placing the phial containing it in boiling water. The phial must be well closed by a good cork, not by a glass stopper as they may become forced. It is applied to the broken edges with a camel's hair pencil.

When the objects are not to be exposed to moisture, white of an egg alone or mixed with finely sifted quick-lime will answer pretty well, shalac dissolved in water is better.

A very strong cement for earthen ware is made by boiling slices of skim-milk cheese with water into a paste, and then grinding it with quick-lime in a marble mortar or on a slab with a mallet.

(18.) *To remove dark stains from Silver.*

A certain remedy for the most inveterate stains that are sometimes to be seen on teaspoons and other silver ware, is to obtain from a druggist a small vial of sulphuric acid, and pouring a little of it into a saucer, wet with it a soft linen rag and rub it on the blackened silver till the stain disappears. Then brighten the article with whiting finely powdered and sifted and wetted with whiskey or spirits of wine. When the

whiting has dried on, and rested a quarter of an hour or more, wipe it with a silk handkerchief and polish with a soft buckskin.

(19.) *To prevent Lamps smoking.*

It is very often difficult to get a good light from a lamp and yet keep it from smoking, but if the wick is first soaked in strong vinegar and then thoroughly dried, this annoyance will be prevented. Still the wick must not be put up too high.

(20.) *To take stains out of Mahogany.*

Mix spirits of salts 6 parts, and salt of lemons 1 part, then drop a little on the stains and rub them until they disappear.

(21.) *To clean Britannia ware.*

Britannia ware should be first washed with a woollen cloth and sweet oil, then washed in water and suds, and rubbed with soft leather and whiting. Thus treated it will retain its beauty to the last.

(22.) *To clean Looking-glasses.*

Take a newspaper or part of one, according to the size of the glass. Fold it small and dip it into a basin of clean cold water, when thoroughly wet, squeeze it out in your hand as you would a sponge, and then rub it hard all over the face of the glass, taking care that it is not so wet as to run down in streams. In fact the paper must only be completely moistened or damped all through. After the glass has been well rubbed with the wet paper, let it rest a few minutes; and then go over it with a fresh dry newspaper (folded small in your hand) till it looks clear and bright—which it will almost immediately, and with no further trouble.

This method (simple as it is) is the best and most expeditious for cleaning mirrors, and it will be found so on trial—giving it a clearness and polish that can be produced by no other process. It is equally convenient, speedy, and effective. The inside of window frames may be cleaned in this manner to look beautifully clear; the windows being first washed on the outside, also the glasses of spectacles, &c. The glass globe of an astral lamp may be cleaned with a newspaper in the above manner.

(23.) *To clean Mahogany and Marble, and to restore Mahogany Varnish.*

Use no soap on them; wash them in fair water, and rub them till dry with a clean soft cloth. A little sweet oil, rubbed on occasionally, gives them a polish. Rub furniture with a cloth dipped in oil; then, with a clean cloth, till dry and polished.

Rubbing with sweet oil will restore the spots from which the varnish has been removed. White spots on varnished furniture may be removed, by rubbing them with a warm flannel dipped in spirits of turpentine. Remove ink spots by rubbing them with a woollen cloth, dipped in the oil of vitriol and water. Be careful to touch only the spots with the vitriol. Rinse them with saleratus water, and then with fair water. It is said, blotting paper will extract the ink, if rolled up, and rubbed hard on the spots. Mahogany furniture may be beautifully polished thus:—rub it with *cold drawn linseed oil*; wipe off the oil, and polish by rubbing smartly with a clean dry cloth. And marble may be cleaned thus:—pound, very fine, a little stone blue with four ounces of whiting; mix them with an ounce of soda dissolved in a little water, and four ounces of soft soap: boil all fifteen minutes over a slow fire, carefully stirring it. When quite hot lay it on the marble with a brush, and let it remain half an hour; wash it off with warm water, flannel, and a scrubbing brush, and wipe it dry. Some clean alabaster and all kinds of marble, by mixing pulverized pumice stone with verjuice, letting it remain several hours; then dipping in a perfectly clean sponge, and rubbing the marble till clean. Rinse it off with fair water, and rub it dry with a clean linen cloth.

(24.) *To clean Knives and Forks.*

Use finely powdered Bath brick to remove rust, and to polish steel utensils. Rub knives on a board with a thick leather cover over it fastened down tight, applying a cork dipped in the powder, and moistened if they are spotted. Do not wet them, only wipe them with a dry cloth. Wipe the handles with a cloth rather damp, to make them smooth; do not touch the blades, as it will tarnish them. It will yellow ivory handles to dip them in hot water. If yellow rub them with sand paper. If Bath brick does not remove rust from steel, rub the spots with sand paper or emery, or rub on sweet oil and let it remain a day, and then rub it off with quicklime. Clean thoroughly steel utensils that are not in constant use; rub them over with sweet oil, and exclude the air by a wrapper of brown paper—wrapping each knife and fork separately.

(25.) *To clean stoves and Stone Hearths.*

Put on varnished stoves several coats of varnish in the summer, to have it get hard before used. Wash them in warm water, without soap, and rub a little oil on them occasionally. It will make them look nice, and prevent the varnish wearing off. Black

stoves that have never been varnished, with black lead and British lustre. It will not answer if they have been varnished. Mix them with cold water to a paste, rub it on the stoves, and let the paste remain till quite dry; then rub the stoves with a dry, stiff, flat brush, till clean and polished. To preserve the colour of freestone hearths, wash them in water without any soap, rub on them while damp, pulverized freestone, let it remain till dry, and then rub it off. If stained, rub them hard with a piece of freestone. To have your hearths look dark, rub them with pure soft soap, or dilute it with water. Use redding for brick hearths, mixed with thin hot starch and milk.

(26.) *To remove Putty and Paint from Window-glass.*

Put salæratu into hot water, till very strong; saturate the putty or paint daub with it; let it remain till nearly dry; then rub it off hard with a woollen cloth. Whiting is good to remove it. Salæratu water is good to remove putty while green, on the glass.

(27.) *To Extract Ink from Floors.*

Remove Ink from floors, by scouring them with sand wet with water and the oil of vitriol, mixed. Then rinse them with strong salæratu water.

(28.) *To temper Earthen-ware.*

Boil earthenware that is used for baking, (before using it, as it will be less liable to crack,) covering it with cold water, and then heating it gradually. Let it remain in till the water has cooled.

(29.) *To loosen tightly-wedged Stopples of Decanters and Smelling-bottles.*

Rub a feather dipped in oil round the stopple, close to the mouth of the bottle; place the mouth of the bottle towards the fire, about two feet from it. When warm, strike the bottle lightly on both sides, with any convenient wooden instrument, and take out the stopple. You may have to repeat the process. By perseverance, you will ultimately triumph, however closely wedged in.

(30.) *To prevent the formation of a Crust in Tea Kettles.*

Keep an oyster-shell in your tea kettle. By attracting the stony particles to itself, it will prevent the formation of a crust.

(31.) *To cleanse Vials and Pie Plates.*

Cleanse bottles that have had medicine in them, by putting ashes in each, immersing them in cold water, and then heating the water gradually till it boils. After boiling

an hour, let them remain in the water till it is cold. Wash them in soap suds, and rinse them till clear in fair water. Pie plates that have been long used for baking, are apt to impart an unpleasant taste on account of the rancidity of the butter and lard, imbibed. Put them in a brass kettle, with ashes and cold water, and boil them an hour.

(32.) *To renovate Feather Beds and Mattresses.*

Make soiled and heavy feather beds clean and light thus:—dip a stiff brush in not soap suds, and rub them; when clean, lay them on a shed or in some clean place, and let it rain on them; when thoroughly soaked, let them dry a week in the hot sun, shaking them well and turning them over daily, and covering them nightly with a thick cloth. It is quite as well as to empty the feathers, and to wash them and the tick separately, and much easier. Dry the bed thoroughly before sleeping on it. Hard and dirty hair mattresses can be made almost as good as new, by ripping them, washing the ticking, picking the hair free from bunches, and keeping it some days in a dry airy place. Fill the ticking lightly, when dry, and tack it together.

(33.) *To clean Bed Ticks, however badly Soiled.*

Apply Poland starch, by rubbing it on thick, with a wet cloth. Place it in the sun. When dry, rub it in with the hands. Repeat it, if necessary. The soiled part will be as clean as new.

(34.) *To clean Bedsteads, and keep them free of Chintzes*

Apply lard.

(35.) *Creaking Hinges, Ironing Board, Shees and Holders, Mending.*

Put soft soap on the hinges. Keep expressly for ironing, an ironing apparatus; cover with old flannel, and then with fine cotton, a board twenty-four by fourteen inches, as a convenient appendage for the ironing of small articles. Mend clothes before washing, except stockings.

(36.) *To clean the inside of a Stove.*

Introduce the poker, or some convenient instrument, by removing the top of the stove or otherwise, and scrape the slag off, while red hot.

(37.) *A cheap Water Filter.*

Lay a thick bed of pounded charcoal on the bottom of a large common earthen flower-pot, and over this lay a bed of fine sand about four inches thick.

## TO MAKE CHEAP AND WHOLESOME DRINKS FOR WARM WEATHER

(38.) *Sassafras Mead.*

This is a very pleasant, wholesome, and cheap beverage in warm weather. Stir gradually with two quarts of boiling water, three pounds and a half of the best brown sugar, a pint and a half of good West India molasses, and a quarter of a pound of tartaric acid. Stir it well and when cool strain it into a large jug or pan, then mix in a quarter of an ounce of essence of sassafras. Transfer it to clean bottles (it will fill about half a dozen) cork it tightly and keep it in a cool place. Have ready a box containing about a quarter of a pound of carbonate of soda to use with it.

To prepare a glass of it for drinking, pour a little of the mead into a tumbler, stir into it a small quantity of soda, and then add sufficient ice water to half fill the glass, give it a stir and it will immediately foam up to the top.

(39.) *To make Pine apple ade.*

This is a delightfully refreshing drink in warm weather, and is much used in the West Indies. Pare some ripe Pine-apples, cut them into thin slices, then cut each slice into small bits, put them into a large pitcher, and sprinkle powdered white sugar among them: pour on boiling water in proportion of half a pint of water to each pine-apple, cover the pitcher, stop up the spout with a roll of soft paper, and let the pine-apple infuse into the water till it becomes quite cool; stirring and pressing down the pine-apple occasionally with a spoon, to get

out as much juice as possible. When the liquid has grown quite cold, set the pitcher for a while in ice. Then transfer the infusion to tumblers, add some more sugar and put into each glass a lump of ice. You may lay a thin slice of fresh pine-apple into each tumbler before you pour out the infusion.

(40.) *Brown Spruce Beer.*

Pour eight gallons of water into a barrel, and then eight gallons more boiling hot; add twelve pounds of molasses, and half a pound of essence of spruce; and when nearly cool, put in half a pint of good ale yeast. This must be well stirred and well mixed, and leave the bung out two or three days: after which the liquor may be immediately bottled, well corked and tied, and packed in sawdust or sand, when it will be ripe and fit to drink in a fortnight.

(41.) *Cottage Beer.*

Take a peck of good sweet wet bran, and put it into ten gallons of water with three handfuls of good hops; boil the whole together in an iron, brass, or copper kettle, until the bran and hops sink to the bottom. Then strain it through a hair sieve, or a thin sheet, into a cooler, and when it is about lukewarm, add two quarts of molasses. As soon as the molasses is melted pour the whole into a nine or ten gallon cask with two table-spoonsful of yeast. When the fermentation has subsided, bung up the cask, and in four days it will be fit for use.

## TO MAKE SWEETMEATS AND PRESERVES.

Sweetmeats should be kept in a cool, dry place; they should be properly boiled, and then they will not be likely to ferment; but they should be well looked to the first two months, and if not likely to keep, set the jar in the oven after the bread comes out, or on a hot hearth.

As soon as preserved fruit is entirely cold, it should be covered with either a carnel cover (for which I shall give directions), or white paper, cut the exact size of the pot or jar, that the fruit may be covered; then dip the paper in a liquid, one part pepper-sauce, two parts (fourth proof) brandy. Then an entire white paper tied down over the top pricked full of holes, and the article mentioned that the pot contains, and the year made, &c

am thus particular, as I feel that those to whom this will be most welcome, will not have a mother to teach these little et ceteras. Jellies should be covered in the same way.

A pan should be kept for preserving, of double block tin. A bow handle opposite the straight one for safety will do well; skimmers, sieves, and spoons, should be kept on purpose for sweet things. If brass is ever used, it must be kept free from verdigris.

It is necessary that nice conserves should be put into small jelly-pots or glasses, that no more should be disturbed than what is required, at the time wanted; there are many reasons, which will soon appear to all good managers.

**(42.) A Carmel Cover for Sweetmeats.**

Dissolve eight ounces of double refined sugar in three or four spoonful of water, and three or four drops of lemon juice; then put into a brass kettle. When it boils to be thick, dip the handle of a spoon in it, and put that into a pint basin of water. Squeeze the sugar from the spoon into it, and so on, till you have all the sugar. Take a bit out of the water, and if it snaps, and is brittle when cold, it is done enough. But only let it be three parts cold, then pour the water from the sugar, and having a copper form well oiled, run the sugar on it, in the manner of a maze; and when cold, you may put it on the dish it is to cover; but if on trial the sugar is not brittle, pour off the water, and return the sugar into the kettle and boil again: it should look thick, like treacle, but of a bright light good colour. It is an elegant cover.

**(43.) To Preserve Plums an Elegant Green.**

8 lbs. of double refined sugar,  
8 lbs. of fruit prepared as below.

Take the plums whilst a pin will pass through them, set them covered with water, in which a little alum has been dissolved, in a brass kettle on a hot hearth, to coddle. If necessary, change the water: they must be a beautiful grass-green; then if you prefer, peel them and coddle again; take eight pounds of this fruit to the above sugar after it has been dissolved in one quart of water and nicely skimmed. Then set the whole on the fire to boil, until clear, slowly, skimming them often, and they will be very green, put them up in glasses, as before directed, for use. Cherries, apricots, or grapes, can be done in this way; they look fine.

**(44.) To Preserve Cherries.**

4 lbs. of fruit,                      3 lbs. of sugar.

Take one quart of water, melt some sugar in, and boil, then the rest, boil and skim, then put in the cherries, boil softly but steadily, take off the scum as it rises; and take them off two or three times and shake them, and put them on again, then let them boil fast. When the fruit looks clear, take it out with a skimmer, and boil the syrup until it will not spread on a china plate; then return the fruit, and let it cool; then pot for use.

**(45.) To Keep Damsons.**

Take damsons when they are first ripe, pick them off carefully, wipe them clean, put them in snuff bottles, stop them up with nice new corks, that neither air nor water

can penetrate. Set the bottles in a kettle of cold water, put over the fire, let them heat slowly, then let them boil slowly for half an hour, set off to cool, let the bottles remain in the water until cold, then rosin the corks, and set them in a cool cellar; they will keep one year nice, if done right. But they must be used as soon as opened. It will answer as well, to place the bottles in a good brick oven after the bread is removed. All kinds of fruit can be preserved in this same way, placed with the mouth downwards, to prevent fermentation

**(46.) To Preserve Quinces.**

Take a peck of the finest golder quinces, put them into a bell-metal kettle, cover with cold water, put over the fire, and boil until done soft, then take them out with a fork into an earthen dish; when sufficiently cool to handle, take off the skin, cut open on one side and take out the core, keeping them as whole as possible. Take their weight in double refined sugar, put it with a quart of water into the kettle, let it boil, and skim until very clear, then put in your quinces; two oranges cut up thin and put with the fruit, is an improvement. Let them boil in the syrup half an hour, then with your fruit-ladle take out the fruit and boil the juice sufficiently, then pour it over the fruit.

**(47.) To Preserve Peaches.**

10 lbs. of nicely peeled fruit, 2 lemons, fresh.  
10 lbs. of loaf sugar.

The white clingstone is the nicest; peel and drop into a pan of water, cut up the lemons, break the sugar slightly, put into a well tinned kettle (brass will do if nicely cleaned), with one quart of water and the lemons, let it scald, and skim, and having the required quantity of peaches in a nice stone jar, pour the syrup over, let it stand over night, then put all into the preserving kettle and boil slowly, until the fruit looks clear; take out the peaches, and boil down the syrup to a proper consistence, and pour over the fruit.

**(48.) To Preserve Magnum Bonum Plums**

12 lbs. of plums,                      12 lbs. of loaf sugar.  
2 oranges.

Take two pounds of the sugar and make a weak syrup, pour it boiling upon the fruit, let it remain over night, closely covered: then, if preferred, skin them, and slice up the oranges nicely, dissolve the rest of the sugar by taking the large cakes and dip in water quickly, and instantly brought out. If the plums are not peeled, they must be nicely drained, from the first syrup, and the skin pricked with a needle. Do them gently, until they look clear, and the

syrup adheres to them. Put them one by one into small pots, and pour the liquor over. These plums will ferment if not oiled in two syrups.

(49.) *To Preserve Barberries.*

6 lbs. of barberries,                      6 lbs. of sugar.

Put the sugar and fruit into a jar, and place the jar in a kettle of boiling water; let it boil until the sugar is dissolved and the fruit soft; let them remain all night. Next day put them into a preserving-pan and boil them fifteen minutes; then put, as soon as cool. The next day cover as directed, tie close, and set by.

(50.) *Raspberry Jam.*

6 lbs. of nicely picked fruit, 6 lbs. of loaf sugar.

Put the fruit into a nice kettle over a quick fire, and stir constantly, until the juice is nearly wasted, then add the sugar, and simmer to a fine jam. In this way the jam is greatly superior to that which is made by putting the sugar in first.

*Another way.*

Put the fruit in a jar into a kettle of boiling water (or cold, and let it boil) or set the jar on a hot hearth till the juice will run from it; then take one gill from every pound of fruit. Boil and bruise it half an hour, then put in the weight of the fruit in sugar, and the same quantity of currant juice, boil it to a strong jelly. The raspberry juice may be boiled with its weight in sugar to a jelly, to make ice cream.

(51.) *To clarify sugar.*

Take half a pint of water to one pound of loaf sugar, set it over the fire to dissolve; to twelve pounds of sugar thus prepared, beat up an egg very well, put in when cold, and, as it boils up, check it with a little cold water. The second time boiling, set it away to cool. In a quarter of an hour, skim the top, and turn the syrup off quickly, leaving the sediment which will collect at the bottom.

(52.) *Currant Jelly.*

4 quarts of juice,                      8 lbs. of refined sugar.

The currants should be used as soon as of a light red; put them, stem and all, into a jar, place that in boiling water, cook, then squeeze the juice, and to every quart put two pounds of sugar; boil together fifteen minutes, then put into glasses.

(53.) *Bread Cheese Cakes.*

1 nutmeg,                      1-2 lb. of currants,  
1 pint of cream,              1 spoonful of rose-water,  
8 eggs,                          1 penny loaf of bread.  
1-2 lb. of butter.

Scald the cream, slice the bread thin as

possible, and pour the cream boiling on to it, let it stand two hours. Beat together the eggs, butter, and grated nutmegs, and rose-water, add the cream, beat well, and bake in patty-pans on a raised crust.

(54.) *Almond Custards.*

4 oz. of blanched almonds,      4 yolks of eggs,  
1 pint of cream,                      2 spoonful of sugar,  
2 spoonful of rose-water.

Beat the almonds fine with the rose water; beat the yolks and sugar together, then add to the other ingredients, stir them well together until it becomes thick, then pour it into cups.

(55.) *Cranberry Jelly.*

2 oz. of isinglass,                      1 lb. of double refined sugar,  
3 pints of well strained cranberry juice.

Make a strong jelly of the isinglass, then add the sugar and cranberry juice, boil up, strain it into shape. It is very fine. Or put the cranberries with calf's feet, or pork jelly.

(56.) *Apple Marmalade.*

10 lbs. of apples,                      10 lbs. of lump sugar.

Peel pippins (or any fine apple to cook) drop in water as they are done; then scald until they will pulp from the core. After being nicely done, take equal weight of sugar in large lumps, just dip them in water, and boiling it until it be well skimmed, and is a thick syrup; then add the pulp, and simmer it on a quick fire fifteen minutes. Keep it in jelly pots.

(57.) *Apple Jelly.*

20 golden pippins,                      sugar,  
1 lemon.

Peel and core the apples, put into a preserving-kettle with one pint and a half of water, stew until tender; then strain the liquor through a colander. To every pint, put a pound of fine sugar, add grated orange or lemon, then boil to a jelly.

*Another.*—Prepare the apples as above; have ready half an ounce of isinglass boiled in half a pint of water to a jelly. Put this to the apple-water, and apple as strained through a coarse sieve; add sugar, a little lemon juice and peel. Boil up all together, and put into a dish. Take out the peel.

(58.) *Biscuit of Fruit.*

To the pulps of any scalded fruit put an equal weight of refined and sifted sugar, beat it two hours, then put it into little white paper forms; dry in a cool oven, turn the next day, and, in two or three days, box them.

## THE NURSE'S MANUAL.

The head of every family should become familiar with the readiest methods of curing at least the ordinary complaints. I would by no means attempt to make "every man his own doctor," for when serious disease threatens it is the first duty of every one to call in an experienced physician; but there are a countless number of cases where a faithful prescription will save many a doctor's fee, and not unfrequently years of suffering or even a valuable life.

I present now a few receipts, all of which I have tested on myself and others, and know to be correct. Still what will cure one person will not always cure another, as people's idiosyncracies of constitution differ. In many cases, therefore, I have given more than one prescription for the same complaint. If one will not answer let another be tried. If they will do no good, I am sure they will do no harm.

It is hardly necessary to state, perhaps, that all the articles of a medicinal character here mentioned can readily be procured either at the drug or herb stores.

(1.) *A sure remedy for Summer Complaint.*

Put three-fourths of a tea spoonful of powdered rhubarb and one tea spoonful of magnesia into a tea cup and pour it full of boiling water; let it stand till it is cool, and then pour the liquid off, to which add two tea spoonfuls of good brandy, and sweeten well with loaf sugar; give a child of from one to three years old a tea spoonful five or six times a day. For food, take a double handful of flour, tie it up in a cloth, and boil it three hours; when cold, take off the outer covering of paste and grate the hard white substance in a sufficient quantity to thicken with milk, boil it a minute or two, stir it with a stick of cinnamon and sweeten it. Both the medicine and the food are quite palatable, and together rarely fail of a perfect cure.

(2.) *A simple remedy for the Summer Complaint.*

I have often seen quite severe attacks of this disease, attended with severe griping in the bowels, immediately subdued by taking six drops of the essence of spearmint on a little sugar. This is a very easily applied remedy, and in very many cases, particularly with women and children, (children should take but two drops if less than five years of age, and delicate women four drops,) will be found a perfect

cure. If nothing better, it is very useful to check the complaint when it comes on one as it often does, at a time when it is inconvenient to take other medicines; for instance, in travelling. The dose can be repeated every six hours if found necessary.

(3.) *Cure for run-rounds.*

That disease of the finger or toe which is commonly called a run-round, may be easily cured by a remedy so simple that persons who have not tried it are generally incredulous as to its efficacy. The first symptoms of the complaint are heat, pain, swelling, and redness at the top of the nail. The inflammation, if not checked very soon, goes round the whole of the nail, causing intense pain, accompanied by a gathering of yellow matter, which, as soon as it appears, should be punctured or opened by a needle, not waiting till it has extended its progress, otherwise the finger will become excessively sore, and the nail will eventually come off. All this may be prevented at once, if as soon as the swelling and inflammation begin, the finger is laid flat on the table, and the nail is scratched all over (first lengthwise and then crosswise) with the sharp point of a pin or scissors, or of a pen knife, so as to scratch off the whole surface of the nail, leaving it rough and white. This little operation will not give the slightest pain, and we have never known it fail in stopping the progress of the disease; all symptoms of which will disappear by next day. This may be relied on as a positive cure, if done before matter begins to appear, and even then it will succeed if the yellow part of the gathering is first punctured with a needle.

(4.) *A good remedy for the Tooth Ache.*

Take kreosote one part, spirit of wine ten parts. Mix and apply by means of a small piece of lint. This often affords immediate relief.

(5.) *Cure for Corns.*

Pare them down to the quick, but not so far as to make them bleed, then apply on going to bed the inner part of an onion mashed fine. A very few applications will soon cause a complete cure.

(6.) *To remove a Wart.*

Touch it with a clean pen dipped in a little aquafortis. By repeating this daily, the wart will crumble and come off without pain or trouble. It is an excellent and safe remedy for hard, horny, callous, whitish

warts, but if the wart is red, fleshy, and sore to the touch, do not apply the aquafortis.

(7.) *Ring Worms.*

There is no better remedy than mercurial ointment rubbed on at night and not washed off till morning. It causes no pain, and a few applications of it will effect a cure.

(8.) *Cure for Quinsy.*

Simmer hops in vinegar until their strength is extracted, strain the liquid, sweeten it with sugar, and give it frequently to the patient until relieved. This is an almost infallible remedy.

(9.) *To cure the Consumption.*

I do not give the following as an effectual remedy for a *deep seated* consumption, but that it will cure many most obstinate cases I well know. I have witnessed its good effects in numberless instances. Live temperately—avoid spirituous liquors—wear flannel next the skin—and take every morning half a pint of new milk mixed with a wineglass full of expressed juice of green hoarhound; and if you are not too far gone a cure is certain.

(10.) *To make Lozenges that will cure the Heart-burn.*

Take prepared chalk four ounces, crab's eyes prepared two ounces, bole ammoniac one ounce—make into a paste with dissolved gum arabic. When held in the mouth till they dissolve they will afford sensible relief.

(11.) *Spitting of Blood.*

Take two spoonfuls of the juice of nettles at night, or take three spoonfuls of sage juice in a little honey. This presently stops either spitting or vomiting blood; or twenty grains of alum in water every two hours.

(12.) *Cure for a Cough.*

This is a complaint which admits of a variety of remedies. Here follows a number of receipts, all of which I know to be good. If one does not cure try another. What will cure one person will not always cure another. 1. Roast a large lemon very carefully without burning; when it is thoroughly hot, cut and squeeze it into a cup upon three ounces of sugar candy finely powdered: take a spoonful whenever your cough troubles you. It is easy to be obtained, pleasant to take, and in very many instances will prove a perfect cure. 2. Take two ounces of syrup of poppies, as much conserve of red roses; mix, and take one spoonful for three nights when going to

bed. 3. Make a strong tea of alchoof, sweeten it with sugar candy, pour this upon a white toast well rubbed with nutmeg, and drink it first and last. 4. *For a cough with hoarseness.*—Syrup of jujubes and othea, of each two ounces, liock savans one ounce, saffron and water flag powdered, of each a scruple; liek it off a liquorice stick when you cough. 5. *For a Consumptive Cough.*—Take half a pound of double refined sugar, finely beat and sifted, wet this with an orange, water and boil it to a candy, then stir in an ounce of cassia earth powdered, and use it as othea candy.

(13) *To cure a Cold with a Cough.*

The editor of the Baltimore Farmer and Gardener says the best remedy he ever tried in his family for a cough or cold, is a decoction of the leaves of the pine tree, sweetened with loaf sugar, to be freely drank warm when going to bed at night, and cold through the day. It is a certain cure in a short time.

(14) *A certain cure for Colds.*

Take a large tea spoonful of flax seed with half an ounce of extract of liquorice, and a quarter of a pound of sun dried raisins. Put it into two quarts of soft water, and let it simmer over a slow fire till it is reduced to one; then add to it a quarter of a pound of brown sugar candy, pounded, a table spoonful of white wine vinegar, or lemon juice. N. B. The vinegar is best to be added only to that quantity you are going immediately to take; for if it be put into the whole it is liable in a little time to grow flat. Drink a half pint on going to bed, and take a little when the cough is troublesome.

This receipt generally cures the worst of colds in two or three days, and if taken in time may be said to be almost an infallible remedy. It is a sovereign balsamic cordial for the lungs without the opening qualities which engender fresh colds on going out. I have known it to cure colds that have almost settled into consumptions, in three weeks.

(15.) *To prevent the nails growing down into the toes.*

This is a very troublesome and sometimes dangerous thing, for I know an instance of a toe's having to be amputated in consequence. But the cure is very simple. Take a sharp pointed knife and cut a little furrow all along the top of the nail lengthwise. As it fills up scrape it out again. This will cause the nail to contract at the top and so

loosen its hold from the flesh. Persevere until the difficulty is entirely overcome.

(16.) *A sure cure for the Barber's Itch.*

Having in numberless instances seen the good effects of the following prescription, I can certify to its being a perfect remedy. Dilute corrosive sublimate with the oil of almonds, apply it to the face occasionally, and in a few days a cure will be effected.

(17.) *For Burns and Scalds.*

Mix in a bottle three ounces of olive oil, and four ounces of lime water. Apply the mixture to the part burned, five or six times a day with a feather. Linseed oil is equally as good as olive oil.

*Another.*—Spread clarified honey upon a linen rag, and apply it to the burn immediately, and it will relieve the pain instantly, and heal the sore in a very short time.

(18.) *To stop Diarrhœa.*

Take half a pint of brandy and stir it with an iron rod hot, previously adding loaf sugar sufficient to make it agreeably sweet. A spoonful or two, or even more, to be taken as required. I have known this repeated to cure this disease in its very worst stages.

(19.) *To apply an Eye Stone.*

Eye-stones are frequently used to extract matter, rail road sparks, and other extraneous substances from the eye. They are to be procured from the apothecaries. They cost but two or three cents apiece, and it is well to get several, that if one does not succeed you may try another. To give an eye-stone activity, lay it for about five minutes in a saucer of vinegar and water, and if it is a good one, it will soon begin to move or swim round in the liquid. Then wipe it dry, and let it be inserted under the eye lid, binding the eye closely with a handkerchief. The eye-stone will make the circuit of the eye, and take out the mote, which, when the eye-stone finally drops out, it will bring with it.

The first thing to be done, when a mote or spark gets into your eye, is to pull down the lower part of the eye lid, and with a handkerchief in your hand blow your nose violently at the same moment. This will frequently expel the mote without further trouble. A mote will in many cases come of itself, by immediately holding your eye wide open in a cup or glass filled to the brim with clear cold water. Or take a small pin, and wrapping the head in the corner of a soft cambric handkerchief, sweep carefully round the eye with it, under the lid, above and below. This should be done

with a firm and steady hand. Another way is to take a bristle from a brush, and first tying the ends together with a bit of thread, so as to form a loop, sweep round the eye with it, so that the loop may catch the mote and bring it out. A particle of iron or steel has, we know, been extracted from the eye by holding near it a powerful magnet.

(20.) *Ointment for Sore Eye-Lids.*

Sedigated red precipitate one part, spermaceti ointment twenty-five parts. Mix and apply with the tip of the finger on going to bed; or,

*Another.*—Apply balsam of sugar; or apply butter of wax which speedily heals them.

(21.) *Cure for the Tetter.*

Obtain at a druggist's an ounce of sulphuret of potash. Be careful to ask for this article precisely. Put the sulphuret into a large glass jar, and pour on it a quart of cold soft water. Stop it tightly, and leave it to dissolve. It may be more convenient afterwards to transfer it to smaller bottles. Care must be taken to keep it closely corked. To use it, pour a little into a cup, and dipping in it a soft sponge, bathe the eruption with it five or six times a day. Persist, and in most cases, it will soon effect a cure. There is indeed no better remedy. Should the tetter re-appear in cold weather, immediately apply this solution, and it will again be found more efficacious. A bath of sulphuret of potash, made as above, and frequently repeated, has cured the tetter in a child after it had spread all over the body.

(22.) *A cure for the Rheumatism.*

I have known the following prescription to cure the rheumatism in its worst stages, and in a very short time. Take one pint of the very best brandy and add to it one ounce of the gum of guaiacum powdered fine, take as much of it at a time as you can bear, and take clear. Repeat the dose till a cure is effected.

(23.) *Relief for a sprained ankle.*

Wash the ankle frequently with *cold salt and water*, which is far better than warm vinegar or decoctions of herbs. Keep your foot as cold as possible to prevent inflammation, and sit with it elevated on a cushion. Live on very low diet, and take every day some cooling medicine. By obeying these directions only, a sprained ankle has been cured in a few days.

(24.) *Bathing the Feet.*

In bathing the feet of a sick person, use at the beginning, tepid or luke-warm water.

Have ready in a tea-kettle or a covered pitcher, some hot water, of which pour in a little at intervals, so as gradually to increase the temperature of the foot-bath, till it becomes as warm as it can be borne with comfort; after which the feet should be taken out before the water cools. This is a much better way than to put them at first into very warm water; letting it grow cool before they are taken out. Clean stockings well warmed, should be ready to put on the feet as soon as they are out of the water, and have been rubbed dry with a flannel.

(25.) *A mild puke.*

For a grown person dissolve 20 grains of ipe. acuanha in six spoonful of warm water; give a spoonful every ten minutes until it operates.

(26.) *To prevent swelling from a Bruise.*

Apply at once a cloth five or six fold in thickness dipped in cold water, and when it grows warm renew the wetting.

(27) *To cure the Cramp.*

This involuntary contraction of the muscles, attended with a convulsive effort of the neck, arms, and legs, as well as a violent, though transitory pain, is often the portion of the sedentary, the aged and infirm. A variety of remedies have been tried with occasional success. Sometimes a garter, applied tightly round the part affected, removes the complaint; but when it is more obstinate, a heated brick, wrapped in a flannel bag, may be placed at the foot of the bed, against which the person afflicted may place his feet, and as the brick will remain warm the whole night, a return will thus be prevented. No remedy, however, is equal to that of diligent and persevering friction; which, while it restores the free circulation of the blood in the contracted part, is more simple, expeditious, and safe in its effects. If cramp attacks the interior organs, as the stomach or bowels, it is always attended with danger, as frequent returns of it may occasion death. Medicine may *relieve* but cannot cure; we therefore advise all who are liable to be afflicted in this way, to adopt a strictly temperate, and regular mode of living—to abstain rigorously from all spirituous and fermented liquors—to shun inundating their stomachs twice or thrice a day with hot tea—and to avoid smoked, salted and pickled provisions, as well as fat, rancid and flatulent dishes, which require a vigorous digestion; in short, thus avoiding both the *pre-disposing* and *exciting* causes—the latter of which is generally found in an irritable temper, indulgence in fits of anger, and

other depressing passions—which generally relaxing the animal fibre, it again becomes contracted, and a paroxysm of the cramp is the inevitable consequence. Remedies for convulsions and spasm are generally good for the cramp.

(29.) *To purify the atmosphere of a sick room.*

Keep always on the shelf of the washing-stand, or on the mantel-piece or table, or in a corner of the floor, a saucer or small bread-pan, or a shallow mug filled with a solution of chloride of lime in cold water, stirring it up frequently. The proportion may be about a tablespoonful of the powder to half a pint of water. Renew it every two or three days. If the room is large, place in it more than one vessel of the chloride of lime. In stirring it, any unpleasant odour will be immediately dispelled.

On going to sea it is well to take with you one or more quart bottles of this solution, to sprinkle occasionally about your state-room.

(30.) *For constipation of the bowels.*

This is one of the most troublesome of all complaints, and if allowed to become confirmed, often leads to most serious consequences. It can never be cured by pills or other medicines taken into the stomach. On the contrary, the tendency of these things is inevitably to make it worse. The only permanent cure is a proper system of diet and regimen of which I shall speak hereafter. But if not cured all dangerous consequences may be avoided and immediate relief may be obtained by using injections. The best instrument for this purpose is the common syringe, which costs but a few shillings. There is a machine sold by the druggists, which is complicated, soon gets out of order and is troublesome to keep it clean, and besides is quite expensive. For injections pure water in many cases will answer. Throw up as much as to make the stomach feel a little uncomfortable, and if one injection does not answer try another, and even a third. But there are many cases in which there is something required to stimulate and relax the system, and for this purpose nothing is superior to the prescription below. I should not recommend its constant use if it can be avoided. Still no bad effects need be apprehended from it, for upon the whole it has a very soothing and strengthening tendency; it is a very excellent remedy to be used in case of sudden attacks of sickness. The bowels are in this way thoroughly emptied in a few minutes. It will tend as

first to weaken the system slightly, but this soon passes off; however, to avoid this altogether, the quantity of lobelia and Cayenne may be reduced, as to make it more powerful, they should be increased.

*Receipt.*—Take one ounce fine bayberry, one and a half ounce Cayenne pepper, one third of an ounce of pulverized lobelia, and one quarter of an ounce of gum myrrh pulverized; mix them well together. For a common dose take about two teaspoonsful or more, as it is needed, in half a pint or so of warm water.

(30.) *To prevent Night Mare*

Avoid heavy suppers, and on going to bed take the following mixture. Sal-volatile twenty drops, tincture of ginger two drachms.

(31.) *Cure for Excoriated Nostrils.*

If after a severe cold in the head, the inside of the nostrils continue very sore and inflamed, (as is frequently the case,) rub them lightly with a little kresote ointment,

applied to the interior of the nose with your finger. Do this at night, and several times during the day. It will very soon effect a cure, often in twenty-four hours

(32.) *To cure the Flux.*

Take a quantity of water-cresses, and boil them in clear water for 15 minutes; strain them off, and drink half a pint of the decoction now and then about milk warm

(33.) *To cure the Hic-Cough.*

A single drop of chemical oil of cinnamon dropped on a piece of lump sugar, let it dissolve in the mouth leisurely.

(34.) *To cure the Whitlow.*

Steep in distilled vinegar as hot as you can bear it four or five times a day for two days successively; then moisten a leaf of tobacco in the vinegar, bind it round the part grieved, and a cure follows.

(35.) *To cure bleeding at the Nose.*

Rub your nostrils with the juice of nettles, or round nettles bruised.

## MEDICINAL PREPARATIONS.

There are many useful preparations and simple remedies easily made when one knows how, that every one should keep in the house. To say nothing of the convenience and safety in case of emergency of so doing, the economy is very great. For in case of an accident you are obliged to run to the apothecary and pay more for enough for a single application, than for what with a little trouble would have lasted a whole family for a twelvemonth. The few receipts I now present are exceedingly valuable. I heartily commend them to the attention of every housekeeper.

(1.) *Camphor Spirits.*

There is both convenience and economy in preparing liquid camphor yourself; and no house should be without it. Buy two ounces of gum camphor, and a pint and a half of spirits of wine (alcohol.) Break up the camphor, pick it clean, and put it into a large glass bottle or jar—one with a glass stopper will be best—pour on the alcohol, and cork it closely, tying a piece of kid leather over the top. Next day you will find the camphor entirely dissolved. For present convenience, transfer a portion of it to small bottles or phials. In buying phials, it is best always to get the short wide ones that will stand steadily by them-

selves. To take camphor as a remedy for faintness, pour a few drops into half a wineglass of water; stir it a little, and drink it. Camphor is excellent to sprinkle about a sick room. It is well to keep in a second large bottle a somewhat different preparation to be used in bathing the forehead for nervous headache, or as an embrocation of rheumatic pains. For these purposes, instead of dissolving the camphor in alcohol only, pour on it spirits of wine and whiskey mixed in equal proportions. Thus diluted it will cause less irritation to the skin. This will be found to be quite as good as the camphor spirits obtained at the drug stores and infinitely cheaper. One should always keep a bottle of it in the house. When taken to remove faintness, nervous pains, &c., pour a few drops of the liquid camphor into a half wine glass of water and swallow it.

(2.) *Fine Hoarhound Candy.*

Take a large bunch of the herb hoarhound, as green and fresh as you can get it. Cut it up (leaves and stalks) with scissors. Scald twice a china teapot or covered pitcher, and then put into it the hoarhound, pressing it down hard with your hands. The pot should be about two-thirds full of the herb. Then fill it up

with boiling water. Cover it closely, and put a small roll of soft paper into the mouth of the spout, to prevent any of the strength escaping with the steam. Set the pot close to the fire to infuse, and keep it there till it comes to a hard boil. Then immediately take it away, and strain it into another vessel. Mix with the liquid sufficient powdered loaf sugar to make it very thick soft paste. Then put over the fire and give it a boil, stirring and skimming it well. Take a shallow square tin pan, grease it slightly with sweet oil, and put into it the candy as soon as it is well boiled, smoothing it over the surface with a wet knife blade. Then sift on some powdered sugar. Set it away to cool. When nearly congealed score it into squares. It is good for colds, and coughs, and hoarseness.

If you find it too thin, you may stir in, when it is nearly done boiling, a spoonful of flour, or arrow-root, or pulverized starch.

Another way of making this candy, is to boil the hoarhound in as much water as will cover it, and till all the juice is extracted. Then strain it, and give it another boil, stirring in gradually sugar enough to make it very thick and stiff. Afterwards, sift sugar over a shallow tin pan, and fill it with the paste and leave it to congeal.

Any herb candy may be made as above.

### (3.) *Blackberry Syrup.*

Take a sufficient quantity of ripe blackberries. Put them into a sieve placed over a large broad pan, and with a clean potato-masher, or something of the sort, press out all the juice. Or having bruised them first, put the blackberries into a linen bag, and squeeze out all the juice into a vessel placed beneath. Measure it, and to every quart of the strained juice, allow half a pound of powdered loaf sugar, a heaped teaspoonful of powdered cinnamon, the same of powdered cloves, and a powdered nutmeg. Mix the spices with the juice and sugar, and boil all together in a porcelain kettle, skimming it well. When cold, stir into the above quantity half a pint of fourth proof brandy. Then bottle it for use. This is a good family medicine, and is beneficial in complaints incident to warm weather.

It should be administered at proper times, (at proper intervals,) from a teaspoonful to a wineglassful, according to the age of the patient.

### (4.) *French Raspberry Vinegar.*

Take a sufficiency of the ripe raspberries. Put them into a deep earthen pan, and mash them with a wooden beetle. Then pour them, with all their juice, into

a large linen bag, and squeeze and press the liquid into a vessel beneath. Measure it, and to each quart of the raspberry juice, allow a pound of powdered white sugar and a pint of the best cider vinegar. First mix together the juice and the vinegar, and give them a boil in a preserving kettle. When it has boiled well, add gradually the sugar, and boil and skim it till the skum ceases to rise. When done, put it into clean bottles, and cork them tightly. It is a very pleasant and cooling beverage in warm weather, and for invalids who are feverish. To use it, pour out half a tumbler of the raspberry vinegar, and fill it up with ice water.

### (5.) *Fine Lavender Compound.*

For this purpose use lavender buds gathered just before they are ready to blow. As soon as the blossom expands into a flower, a portion of its strength and fragrance immediately evaporates. This is also the case with roses, which, for rose-water, should always be gathered, not after they are blown, but when just about to open. Having stripped the lavender buds from the stalks, measure a pint of the buds, and mix with them an ounce of powdered cochineal; half an ounce of whole cloves; and two nutmegs broken up but not grated. Put the whole into a glass jar, and pour in a quart of the best French brandy, cover the jar close; making it completely air-tight by the addition of strong paper pasted down over the cover. Set away and leave the ingredients to infuse undisturbed for a month. Then strain it into a pitcher, and bottle it for use. It is a well known remedy for flatulence, and pains and sickness of the stomach. To use it, put some loaf sugar in the bottom of a wineglass, pour on sufficient lavender to soften the sugar, and then eat it with a teaspoon.

### (6.) *Mustard Plasters.*

Mustard plasters are frequently very efficacious in rheumatic or other pains. It is best to make them entirely of mustard and vinegar, without any mixture of flour. They should be spread between two pieces of thin muslin and bound on the part affected. It is not well to allow them to stay on more than twenty minutes at the utmost, it not being advisable that they should blister the skin. When a mustard plaster is taken off wash the part tenderly with a soft sponge and warm water. If the irritation continues troublesome, apply poultices of grated bread crumbs well wetted with lead water, renewing them frequently. A mustard plaster behind the ear will often remove a tooth ache, ear ache, or

rheumatic pain in the head. Applied to the wrists they are very beneficial in checking an ague fit, if put on as soon as the first symptoms of the chill evince themselves.

(7.) *Medicated Prunes, a palatable medicine.*

Take a quarter of an ounce of senna and manna (as obtained from the druggists) and pour on it a pint of boiling water. Cover it, set it by the fire, and let it infuse for one hour. If the vessel in which you prepare it has a spout, stop up the spout with a roll of wad on soft paper. This should also be done in making herb teas or other decoctions, as a portion of the strength evaporates at the spout. When the senna and manna have thus been an

hour by the fire, strain it into a skillet or saucer, (one lined with porcelain will be best,) and stir in a large wine glass a small tea cup of West India molasses. Add about half a pound or more of the best prunes, putting in sufficient to absorb the liquid while stewing. Then cover the vessel tightly, and let the whole stand for an hour, or till all the stones of the prunes are loose. If stewed too long the prunes will taste weak and insipid. When done put it into a dish to cool, and pick out all the stones. This will be found an excellent and agreeable cathartic medicine, as there will be no perceptible taste of the senna or manna. It may be given to children at their supper.

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## YOUNG LADY'S MANUAL.

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### UPON DRESS AND THE TOILETTE—A CHAPTER FOR YOUNG LADIES

I have little respect for that philosophy which inculcates a contempt for what some judicious writer terms "the minor morals of society," or the arts and accomplishments which tend to exalt and refine the manners and disposition. Foppery is one thing and a proper regard to dress and the toilette is quite another. Nothing is more ridiculous than the first—nothing tends more to enhance one's self-respect, force of character, and even strength of moral principle, than the other. While I would not therefore (especially in a new country like this) encourage an undue attention to the fripperies and frivolities of

mere fashion, I would strenuously urge upon all a due regard to neatness of dress, propriety of deportment, and such a reasonable attention to the person generally as shall tend to render oneself as agreeable as possible to one's associates and acquaintances. I must be permitted to add that he who doubts the propriety of such advice, has yet much to learn of the nature of man and of the influence of appearances.

I shall now present a few observations and prescriptions arranged under appropriate heads, which will I trust meet the approbation and approval of all sensible and intelligent ladies.

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## DRESS.

Every lady should study and determine what dress is most becoming and suitable to her style of person. In Paris, the style of beauty, and the peculiarities of every individual, are considered before her style of costume is determined upon. In an English or American ball-room, on the contrary, one dress is too often the facsimile of all the others; the tall and the short, the lean and the stout, are all robed alike—and all, as they imagine, dressed according to the latest *Parisian* fashion. This is an error which every woman of real taste will endeavour to correct.

A few general rules concerning dress may be given, which can enable our readers to determine what mode of dress will most effectually display and heighten their charms.

Tight sleeves, without any trimming, are becoming to full forms the medium height or below it. Upon a tall slender woman, with long arms, they are very ungraceful, unless trimmed with folds, or a small ruffled cap, which is made to reach the elbow. Upon a very short stout person, moderately wide sleeves are more becoming than tight ones, as they conceal the outlines of the form.

Flounces are graceful upon tall persons, whether slender or otherwise, but never upon diminutive ones. Tucks are equally graceful upon both, and never look out of fashion. A couple of wide tucks, which give the appearance of two skirts, are very beautiful for an evening dress, made of delicate materials. Any species of trimming down the front or sides of the skirt, increases the apparent height.

Capes are, in general, only becoming to persons with falling shoulders.

High neck dresses are convenient, and almost always look well. Upon a very high-shouldered person, a low-necked dress is more appropriate, and if the shoulders are only moderately high, the neck may still be covered, and the dress finished off about the throat with a narrow piece of lace, turned downwards, instead of a collar. Dresses with loose backs are only becoming upon very fine, and at the same time slender figures. Evening dresses of transparent materials look well when made high in the neck; but upon very young girls it is more usual to cut the dress low, leaving a part of the shoulder bare. A dress should always be made loose over the chest and tight over the shoulder blades.

Every species of drapery is graceful, and may always be worn to advantage.

Long sashes, knotted in front, are more becoming than belts, unless there is much trimming upon the dress.

No dress with long sleeves is complete without a pair of cuffs. They look very pretty when simply made of linen cambric, with a double row of herring-bone. Cuffs

with small ruffles make the hands look small.

To make narrow shoulders look wider, an *inside cape*, (or cape fastened to the dress,) falling at the shoulders, should be worn.

The effect of a well made tournure (or bustle) is to make the waist look round and delicate. An extremely small and waspish looking waist can never be considered a beauty. It is exceedingly hurtful to those who attain it by tight lacing, and doubly ungraceful, since it prevents all graceful movements. Tying the sash in a point in front, gives a roundness to the waist, and lessens its dimensions. To prevent the fullness of the skirt from rising above the sash, which is very ungraceful, the belt should be lined with buckram.

Short cloaks are very unbecoming to short and clumsily built persons—upon others they are generally graceful.

A close cottage bonnet is never out of fashion, and there are very few faces which it does not improve.

The morning costume of a lady should consist of a *loose wrapper*, fastened with a cord and tassel at the waist, and worn with very plain cuffs and collar.

Shoes should always be worn a little longer than the foot, so that their length makes the foot look narrow, which is a great beauty. A broad short foot can never be considered handsome. Tight shoes impair the gait, and a large foot is at any time preferable to an awkward mode of walking.

## THE HAIR.

Hair should be abundant, soft, flexible, growing in long locks in colour suitable to the skin, thick in the mass, delicate and distinct in the particular. The mode of wearing it should differ. Those who have it growing low in the nape of the neck should prefer wearing it in locks hanging down, rather than turned up with a comb; the wearing it, however, in that manner, is delicate and feminine, and suits many. In general, this mode of wearing the hair is to be regulated by the shape of the head. Ringlets hanging about the forehead suit almost every one. On the other hand, the fashion of putting the hair smoothly and drawing it back on either side, is becoming to few; it has a look of vanity instead of simplicity; the face must do every thing

for it, which is asking too much; especially as hair in its pure state is the ornament intended for it by nature. Hair is to the human aspect what foliage is to the landscape.

### *Dressing the Hair.*

After a few experiments a lady may very easily decide what mode of dressing her hair, and what head-dress, renders her face most attractive.

Light hair is generally most becoming when curled. For a round face the curls should be made in short half ringlets reaching a little below the ears. For an oval face long and thick ringlets are suitable, but if the face is thin and sharp, the ringlets should be light and not too long, nor too many in number.

When dark hair is curled, the ringlets should never fall in heavy masses upon the shoulders. Open braids are very beautiful when made of dark hair—they are also becoming to light-haired persons. A simple and graceful mode of arranging the hair is to fold the front locks behind the ears, permitting the ends to fall in a couple of ringlets on either side behind.

Another beautiful mode of dressing the hair, and one very appropriate in damp weather, when it will not keep in curl, is to loop up the ringlets with small hair pins on either side of the face and behind the ears, and pass a light band of braided hair over them.

Great care should be taken to part the hair directly in the centre of the forehead in a line from the nose. When the hair is parted at the side, the line of parting should be made directly over the centre of the right or left eyebrow. There are very few persons who do not look better with hair parted in the middle of the forehead than at the side.

Persons with very long narrow heads may wear the hair knotted very low at the back of the neck. If the head is long but not very narrow, the back hair may be drawn to one side, braided in a thick braid, and wound around the head. When the head is round, the hair should be formed in a braid in the middle of the back of the head. If the braid is made to resemble a basket, and a few curls permitted to fall from within it, the shape of the head is much improved.

Caps are becoming to most ladies, but they should be trimmed with as few bows and as little lace as possible. Upon a long head they look well with a narrow border of lace lying close to the face and forehead.

Turbans are very generally becoming, if well arranged. Upon a young person they should only consist of a silk, gauze, or cashmere scarf, laid over the head, fastened at one side, and the long ends twisted into a roll and wound round the head. The scarf should have a fringe.

#### *The German method of treating the hair.*

The women of Germany have remarkably fine and luxuriant hair; the following is their method of managing it. About once in two or three weeks boil for half an hour or more, a large handful of bran in a quart of soft water; strain it into a basin, and let it cool till nearly tepid; rub into it a little white soap, and then dip in the corner of a soft linen cloth or towel, and wash your head with it thoroughly, dividing the hair all over so as to reach the roots.

Next take the yolk of an egg, slightly beaten in a saucer, and with your fingers rub it well into the roots of the hair, let it rest a few minutes and then wash it off entirely with a cloth dipped in pure water, rinse the head well till the yolk of the egg has disappeared from it, then wipe and rub it dry with a towel, and comb the hair up from your head parting it with your fingers. In winter it is best to do all this near the fire.

Have ready some soft pomatum made of fresh beef marrow boiled with a little almond oil or sweet olive oil, stirring it all the time till it is well amalgamated, and as thick as an ointment. When you take it from the fire (and not before) stir in a little mild perfume; such as oil of roses, or rose-water; oil of carnations; essence of violets, or orange flower water. Put it into gallicups with lids, and keep it well covered for use. Take a very small quantity of this pomatum and rub it among your hair on the skin of your head, after it has been washed as above.

#### *To make the Hair curl.*

At any time you may make your hair curl the more easily by rubbing it with beaten yolk of an egg, washed off afterwards with clear water, and then putting on a little pomatum before you put up your curls; it is well always to go through this process when you change to curls, after having worn your hair plain.

#### *To make the Hair grow rapidly.*

Take half a pound of southernwood, and let it be slightly pounded, boil it in a pound and a half of old olive oil, and half a pint of port wine; when these ingredients are thoroughly impregnated, take them off the fire, and strain out the liquid well, through a linen cloth. Repeat the operation three times with fresh southernwood; and this being done, add to the filtered liquor two ounces of bear's grease, or hog's lard.

It should be added that excess in the use of this as well as any other oleaginous substance must be avoided, as it would produce a contrary effect, and cause the hair to fall off. The receipt we have here given is one of the best prescriptions for making the hair grow, ever given.

#### *To prevent the Hair falling out.*

One of the most efficacious methods of preventing the hair falling out is to moisten it occasionally with a little fresh strong beer. It also keeps the hair in curl. When first used it is apt to render the hair dry, but a small quantity of bear's oil will remove this objection.

*To stain the Hair black.*

Take of bruised gall nuts one pound, boil them in olive oil till they become soft; then dry them, and reduce them to a fine powder, which is to be incorporated with equal parts of charcoal of the willow, and common salt prepared and pulverized. Add a small quantity of lemon and orange peel, dried and reduced to powder. Boil the whole in twelve pounds of water till the sediment at the bottom of the vessel assumes the consistency of a black salve.

*Obs.*—The hair is to be anointed with this preparation; covering it with a cap till dry, and then combing it. All preparations of this kind should be used once a week, because as fast as the hair grows, it appears in its original colour at the part nearest the skin.

*Another Method.*

Boil for half an hour on a slow fire, equal parts of vinegar, lemon juice, and powdered litharge. With this decoction wet the hair, and in a short time it will turn black.

*To remove superfluous Hair.*

Hair is said to be superfluous when it grows on the back of the hands, or fingers, the cheek bones, the upper lip or chins of females, or other parts of the exposed surface of the skin.

The depilatories in general use are various, possessing different degrees of strength. The mildest are parsley water, acacia juice, and the gum of ivy. It is asserted that nut oil, with which many people rub the heads of children, prevents the hair from growing. The juice of the milk-thistle mixed with oil is recommended by Dr. Turner to remove the hair which grows too low upon the forehead. It is also said that the gum of the cherry tree prevents the hair from growing.

The following method, if carefully adopted, may be employed with success: Apply gently, by means of a hair pencil, a few drops of muriatic acid a little reduced at first; and if this does not succeed, let the concentrated form be used by delicately touching the tops of the hair to be removed, avoiding, as much as possible, the skin, or what is a better way to apply this acid, rub the skin and hair over at the same time, and immediately afterwards rub the part with a linen cloth.

*To remove Hair from the Nostrils.*

Take some very fine and clean wood ashes, dilute them with a little water, and with the finger apply some of the mixture within the nostrils. The hair will be removed without the least pain.

*Oil for the Hair.*

A very excellent ready made oil for the hair which answers all common purposes is made by mixing one part brandy with three parts of sweet oil. Add any scent you prefer, a selection can be got at the druggist's. But the best oil upon the whole, for the hair, to be used regularly, is perhaps the Macassar oil: this is now very difficult to obtain in its genuine form, that which is commonly sold in this country is a vile counterfeit, and in most cases is an absolute injury to the hair, causing it to crisp and dry up. Appended is a receipt which will enable every one to make the genuine article, and at one fourth the price at which it can be procured.

Take half an ounce of the chippings of alkanet root, which may be bought for a few cents at a druggist's. Divide this quantity into four portions, and tie up each portion in a separate bit of new bobbinet or clean thin muslin. The strings must be *white*; for instance, coarse white thread or fine cotton cord. Take care to omit any powder or dust that may be found about the alkanet, as if put in, it will render the oil cloudy and muddy. Put these little bags into a large tumbler or a strait-sided white-ware jar, and pour on half a pint of the best fresh olive oil. Cover the vessel, and leave it untouched for three or four days or a week, being careful not to shake or stir it; do not press or squeeze the bags. Have ready some small clear glass phials, or one large one, that will hold half a pint. Take out carefully the bags of alkanet and lay them in a saucer. You will find that they have coloured the oil of a beautiful crimson. Put into the bottom of each phial a small portion of any perfume you fancy; for instance, oil of orange flowers; oil of jessamine; oil of roses; oil of pinks; extract of violets. The pungent oils (cloves, cinnamon, bergamot, lavender, orange-peel, lemon, &c.) are not good for the hair, and must not be used in scenting Macassar oil. Having put a little perfume into the phials, pour into each through a small funnel sufficient of the coloured olive oil to fill them to the neck.—Then cork them tightly, and tie a circular bit of white kid leather over the corks.

To use Macassar oil, (observing *never to shake the bottle*) pour a little into a saucer and with the finger rub it into the roots of the hair.

The bags of alkanet may be used a second time.

*To prevent one's bonnet being injured by the hair.*

Great advantage will be found in having

a piece of white or yellow oiled silk basted inside of that part of your bonnet where the crown unites with the brim, carrying it up some distance into the crown, and some distance down into the hair between the outside and the lining. This will prevent the bonnet being injured by any oiliness about your hair. Or you may have an oiled silk bonnet cap.

All hair should be combed every morning with a fine comb, to remove the dust which insensibly goes into it during the day, and to keep the skin of the head always clean.

#### *To Clean Hair Brushes.*

Clean your head brushes by washing them thoroughly with a bit of soft sponge tied on the end of a stick, and dipped into a warm solution of pearlsh, prepared by dissolving a table-spoonful of pearlsh in a pint of boiling

water. When the bristles have thus been made quite clean, rinse the brushes in clear hot water, leaving them in it till the water gets cold. Afterwards drain and wipe the brushes with a clean cloth, and set them upright before the fire to dry.

#### *To Clean a fine-tooth Comb.*

The most convenient way of cleaning combs, is with a strong silk thread, made fast to the handle of a bureau-drawer—in front of which seat yourself, with a towel spread over your lap to catch the impurities that fall from the comb. Pass the thread hard between each of its teeth, holding the comb in one hand and the end of the thread in the other. Afterwards wipe the comb well, and then wash it in warm soap suds and dry it on a clean cloth.

## THE EYE-LASHES.

The Circassian method of treating the eye-lashes is as follows:—The careful mother removes, with a pair of scissors, the forked and gossamir-like points (not more) of the eye-lashes; and every time this is done, their growth is renewed, and they become long, close, finely curved, and of a silky gloss.

The growth of the eye-lashes has been promoted, where they have been lost from disease, by the following ointment:—Take ointment of nitric oxide of mercury, two drachms, hog's lard, one drachm. Incorporate

the ointment well with the lard, and anoint the edges of the eye-lids night and morning, washing after each time with milk and water, warm.

#### *To blacken the eye-lashes.*

The simplest preparations for this purpose, are the juice of elder berries, burnt cork, and cloves burnt at the candle. Another means is, to take the black of frankincense, resin, and mastic. This black will not come off with perspiration.

## THE MOUTH.

The mouth requires particular care, as nothing is more offensive than a want of cleanliness in this organ. It should be rinsed every morning, after dinner, and the last thing at night, with cold water. This frequent washing of the mouth is necessary because small particles of food settle about the interstices of the teeth, and if not removed will affect the breath, and gradually affect the teeth. The tongue ought no less to be cleansed every morning, either with a small piece of whale bone or with a leaf of sage, which last is also useful for polishing the teeth. To clean the throat it should be gurgled with cold water, and more or less of the same swallowed every morning fasting.

#### *Purity of the Breath.*

Purity of breath is an advantage that cannot be too highly prized, as the want of it is the most unfortunate circumstance that can befall beauty, and is alone sufficient to annihilate in an instant the most perfect and otherwise inviting charms.

A fetid breath may be the consequence of various causes. When it proceeds from a diseased state of the lungs,—riding on horse back, fresh air, and the use of gargles of myrrh, or of the infusion of oak bark, with proper attention to the state of the bowels, may palliate the affection, and ultimately remove it, if not too deeply seated.

If it arise from causes which derange the digestive organs, the causes may be re-

moved by proper medicines before the effect can cease; but cleanliness, and attention to the state of the mouth and teeth, morning and night, will assist to remove the inconvenience. Tonic gargles, charcoal, and Peruvian bark, or myrrh, for a tooth powder; chewing occasionally a little mastic will be useful.

Bad breath is frequently the consequence of repeated watching, or excessive fatigue, immoderate pleasures, or amusements.—When it proceeds from an incurable evil, the person so affected is reduced to the sad necessity of removing the smell by others of a different kind. For this purpose cashoo is recommended, to which, as it combines with many other odoriferous substances, any scent may be given that is preferred.

There are many forms prescribed for using it; we select the following:—

Take gum tragacanth and cashoo, enough of each to make a ball about the size of a filbert; scent it with Cologne water, oil bergamot, ambergris, or any other agreeable perfume.

Keep one of these in your mouth, on occasion, or you may chew occasionally a bit of the root of Florentine iris, or gum mastic; or wash the mouth frequently, as already observed, with the tincture of myrrh: or, at night going to bed, chew a piece of the myrrh, about the size of a small nut; or every night and morning, a clove; or a piece of burnt alva, about the size of a small bean; but attention to the state of the bowels, is an indispensable requisite where the breath is tainted from whatever cause, and all other remedies without this will be useless.

#### *The teeth and gums.*

Cleanliness of the teeth is to the eye what purity of the breath is to the sense of smelling. Nothing, indeed, is more pleasing than clean white teeth, and gums of the colour of the rose; nothing more disagreeable than dirty black teeth, thickly encrusted with tartar, a sight alone sufficient to excite disgust: the most beautiful face and vermilion lips being repulsive, if the latter, when open, exhibit the horrible spectacle of neglected teeth.

The teeth are liable to lose their whiteness by the influence of various causes—for instance, they become encrusted with tartarous matter, and are tarnished either by the actions of certain elements, or by the exhalations of the stomach. When the loss of whiteness is occasioned by the production of tartar, a coral stick may be used to clean the teeth, and to remove the tartarous salt. The blackness of the teeth

may be corrected by the following process: pulverize equal parts of tartar and salt, and having washed your teeth fasting, rub them with this powder.

The preservation of the teeth depends not only on the particular pains necessary to be taken with them, but also on the regimen best adapted to health. The teeth do not long continue sound with bad digestion, with unwholesome food, with a stomach which but imperfectly discharges its functions, and with vitiated digestive juices. All these causes may contribute to the decay of the teeth, and the bad state of the gums.

The gums cannot be healthy unless they are firm and red, and adhere to the roots of the teeth. These qualities depend in a great measure on the state of the health.

The gums are liable to a variety of accidents which impair both their health and beauty, and which often transform them into objects most disgusting to the eye. Sometimes they grow soft, swell, and appear full of livid and corrupted blood—at others they project, and cover great part of the teeth: they also become inflamed and painful, and covered with offensive and malignant ulcers.

When disease of the gums proceeds from internal causes, these must be first attacked with adequate remedies: in this case recourse must be had to medical advice; we shall only here, therefore, consider such cases for which local applications are sufficient.

#### *Tincture for the Teeth and Gums.*

Take Peruvian bark coarsely powdered one ounce, and infuse it for a fortnight in half a pint of brandy.

Gargle the mouth morning and night with a teaspoonful of this tincture, diluted with an equal quantity of rose water.

#### *Mixture for Caries, or Rotten Teeth.*

Make a balsam with a sufficient quantity of honey, two scruples of myrrh in fine powder, a scruple of gum juniper, and ten grains of rock alum. A portion to be applied frequently to the decayed teeth.

#### *A Coral Stick for the Teeth*

Make a stiff paste with tooth powder and a sufficient quantity of mucilage of gum tragacanth: form with this paste cylindrical rollers, the thickness of a large goose-quill, and about three inches in length.

The way to use this stick is to rub it against the teeth, which becomes cleaner in proportion as it washes.

*Dog-wood for the Teeth.*

A small twig of dog-wood is of great service in cleansing the teeth. It may be used instead of a tooth-brush, and is particularly serviceable in cleansing between the teeth without injuring the enamel. A silk thread, well waxed, will also effectually remove the tartar from between the teeth.

*To Clean the Teeth and Gums.*

Take an ounce of myrrh in fine powder: two spoonfuls of the best white honey, and a little green sage in a very fine powder. Mix them well together, and wet the teeth and gums with a little every night and morning.

*Another Prescription.*

Take pumice stone, and cuttle-fish bone, of each half an ounce; vitriolated tartar, and mastic, of each a drachm; oil of rhodium, four drops. Mix all into a fine powder.

*Obs*

Charcoal alone stands pre-eminent in the rank of dentifrices. From the property it possesses of destroying the colouring particles, it has been turned to a good purpose as a tooth powder for whitening the teeth: as it attacks only the colouring matter of the teeth, it does no injury to the enamel. It possesses besides the property of opposing putrefaction, of checking its progress, and even causing it to retrograde; hence it is calculated to destroy the vices of the gums, to clean them and to correct the fœtor which may accumulate in the mouth and among the teeth; in these two respects, powdered charcoal is *the* tooth-powder, *par excellence*, and is accordingly recommended by many eminent physicians and chemists. It may occasionally be used either with myrrh, Peruvian bark, cream of tartar, or chalk.

## THE LIPS.

The lips are liable to excoriation and chaps,—which often extend to considerable depth. These chaps are generally occasioned by mere cold; the following salves will be found efficacious in correcting these evils.

*(1.) Lip Salve.*

Take oil of almonds three ounces; spermaceti one ounce; virgin rice half an ounce. Melt these together over a slow fire, mixing with them a little powder of alkanet root to colour it. Keep stirring

till cold, and then add a few drops of the oil of rhodium; or,

(2.) Take oil of almonds, spermaceti, white wax, and white sugar candy, equal parts. These form a good white lip salve; or,

(3.) Take oil of almonds two ounces, white wax and spermaceti, of each one drachm; melt, and while warm add rose water two ounces, and orange flower water half an ounce. These make Hudson's cold cream, a very excellent article.

## THE HANDS AND ARMS.

A fine hand is always pleasing, and next to the charms of a beautiful face, a woman has an undoubted right to be proud of a fine, delicately tapered hand, and a symmetrical and elegantly rounded arm. A handsome head may be appended to a very ordinary body, or an ugly head may detract from the elegance of a well-shapen body; but a fine hand and arm scarcely ever accompany any than an otherwise perfect person, and are an unerring symbol of gentility or nobleness of birth and character

*To improve the Skin of the Hands and Arms.*

Take two ounces of Venice soap, and dissolve it in two ounces of lemon juice. Add one ounce of the oil of bitter almonds, and a like quantity of the oil of tartar. Mix the whole and stir it well till it has acquired the consistence of soap; and use it as such for the hands.

The paste of sweet almonds, which contains an oil fit for keeping the skin soft and elastic, and removing indurations, may be beneficially applied to the hands and arms. The most common accidents to which

the hands are liable, are chaps, chilblains, and warts. The perspiration of the hands is also at times very troublesome, especially to such as are employed in works which require great cleanliness.

### *Chaps*

Are usually the result of cold, and though not so serious as chilblains, of which we shall treat hereafter, are very detrimental to delicate hands. They leave the true skin, which is acutely sensible, bare, raw, and sore; and thus cause irritation and inflammation. This may alike occur from summer's heat as the cold of winter: and equally attack the lips, face, hands, or any other part exposed to heat or cold.

For the cure of chapped hands take three drachms of bole ammoniac, three drachms of myrrh, and a drachm of white lead. Incorporate these with a sufficient quantity of goose-grease; and with this anoint the parts affected; and wear worsted gloves; or,

(2.) Take myrrh one ounce; litharge one drachm; honey four ounces; wax, yellow, two ounces; oil of roses six ounces. Mix the whole in one well-blended mass for use.

When the hands are chapped avoid putting them in water. To whiten the hands and preserve them from being chapped, rub them with a tallow candle before retiring, and wear a pair of gloves through the night.

### *To remove Stains from the Hands.*

Ink-stains, dye-stains, fruit-stains, &c., can be immediately removed, by dipping the fingers in water (warm water is best) and then rubbing on the stain a small portion of oxalic acid powder and cream of tartar, mixed together in equal quantities, and kept in a box. When the stain disappears, wash the hands with fine soap or almond cream. A small box of this stain-powder should be kept always in the wash-stand drawer; unless there are small children in the family, in which case it should be put out of their reach, as it is poison if swallowed.

### *The Nails.*

To give a fine colour to the nails, the hands and fingers must be well lathered and washed in scented soap; then the nails should be rubbed with equal parts of cinnamon and emery, and afterwards with oil of bitter almonds. When the bad colour of the nails is occasioned by some internal evil, the cause must be first attacked. In jaundice, for instance, the nails become of

a yellow colour, which it would be in vain to attempt to correct by external application.

There are sometimes white specks upon the nails, called *gifts*. These may be removed by the following preparation:

Melt equal parts of pitch and turpentine in a small vessel: add to it vinegar and powder sulphur. Apply this mixture to the nails, and the spots will soon disappear. Pitch and myrrh melted together may be used with equal success.

### *Chilblains*

Generally attack the hands and feet; but are cured by the same means, on whatever part they may appear.

When the tingling and itching are first felt (a sure sign of chilblains,) the parts, hands or feet, ought to be bathed in cold water, or rubbed with snow, till the sensation subsides, then well dried; or the following preventive embrocation may be used, though the first method is unquestionably the best. Take spirits of turpentine one ounce, balsam of copaivi one ounce. Mix them together, and rub the afflicted parts two or three times a day with a portion of it.

### *Mr. Wardrop's Chilblain Embrocation.*

Take tincture of cantharides two drachms; soap liniment one and a half ounces. Mix, and rub the affected parts therewith.

Warm spirits of rosemary, or spirits of camphor, are useful at the first appearance of chilblains. Those who are most liable to chilblains, should on the approach of winter cover the parts most subject to be affected with woollen gloves or stockings, and not expose the hands or feet too precipitately to wet or cold; or as before observed, to a considerable degree of heat.

### *Hints to Ladies.*

Stair carpets should always have a slip of paper put under them, at and over the edge of every stair, which is the part where they first wear out, in order to lessen the friction of the carpets against the boards beneath. The strips should be within an inch or two as long as the carpet is wide, and about four or five inches in breadth, so as to lie a distance from each stair. This simple plan, so easy of execution, will, we know, preserve a stait carpet half as long again as it would last without the strips of paper.

## THE INVALID'S MANUAL.

## HOW TO CURE DYSPEPSIA, OR THE ART OF ATTAINING AND PRESERVING HIGH HEALTH.

It is an acknowledged fact that there are fewer individuals in the constant enjoyment of robust health in this country, according to its population, than among any other people. The want of a proper physical education and an intense application to business, are among the most obvious causes for this phenomenon.

Having been for a considerable part of my life an invalid, I have made the art of regaining and preserving health a subject of the most careful and elaborate study, and I am firmly of the opinion that almost every individual not absolutely broken down has it completely within his power to compass this attainment.

As I have now established in my own mind a complete system or code of principles relative to the preservation of health, I propose in this, and the succeeding numbers of the "Manual," to give such an exposition of the subject as I am entirely confident contains the true secret of reaching this object, and of curing all those maladies now so prevalent, that are usually spoken of as dyspepsia, liver complaint, nervousness, hypochondria, &c.

Of late years there has been a multitude of theories and systems put forth for the cure of this class of complaints; one (Halstead) says kneed the stomach; another (Graham) prescribes the use of bran bread as indispensable; a third (Banning) has a sort of lace which he says performs wonders, and so on. Now I do not wish to say that these systems are all perfectly false, on the contrary, I believe all of them contain more or less truth, but their propagators being men of narrow minds, and moreover, being actuated by selfish motives, push their views to the most absurd limits. The poor invalid who has, mayhap, tried medicines of all sorts, when he takes up one of them as a last resource, and does not find the relief he has been promised, very naturally arrives at the conclusion, that in his case, systems of diet or regimen have as little efficacy as prescriptions of medicine. But in this he is in error, for there can be no question in the mind of any one who has given much reflection to this subject, that no permanent cure can be made for this class of diseases except in and by a proper course of diet and regimen. A cure in such cases depends upon a few plain principles strictly follow-

ed; these I shall now proceed to lay down in the order of their importance, with the cautionary remark, that I hope no one who takes up some one of them for a few weeks and does not get well, will thereby conclude that it is of no avail. No; the invalid, if he would regain his health, must put in practice all the means requisite for that purpose, and pursue them rigorously and systematically.

I now proceed to give what I shall term THE FIRST FUNDAMENTAL PRINCIPLE IN THE ART OF PRESERVING AND ATTAINING HIGH HEALTH, which is

*To give the Skin a thorough cleaning, at least as often as once in every twenty-four hours.*

*How to do it.*—It is of little use, I have found, to tell a person to do a thing to which he is not accustomed, without you at the same time, give him some ready and easy method by which he may do it; I shall, therefore, here give a means by which every one may indulge in that greatest of all luxuries, as well as an essential means of preserving health—a cold bath—as often as he chooses. First then, get four yards of cotton cloth of about one yard in width, cut it in two in the middle and sew the pieces together lengthwise, sew also round the edges a piece of rope of at least half an inch in diameter, then take it to a painter, and get him to put upon it two or three coats of paint to make it thoroughly water proof. You will then have a bathing mat, elevated at the edges and two yards square, which is large enough to enable the most careless to make use of in the nicest bed room, without leaving any slops upon the pet. When you are travelling it can and should be taken with you, so that whenever you can get a pitcher of water, you will have the means of taking a bath. N.B. A mat made of India rubber will answer the same purpose, but is not quite so cheap.

Now, for the bath. Spread your mat nicely on the carpet, before and under your washstand, the last thing you do before going to bed, so that it will collect every drop of water. Have in your room, or what is better, have brought to you, from six to twelve quarts of the purest and coolest water you can get, pour it into the wash-bowl, then commence by dipping the face

into it, then wet the neck, back part of the head, arms and hands, then with the palms of the hands, or with a sponge, if you like it better, throw it all over your person as quickly as possible. Be careful to have a good quantity run down in front and upon the spine; in fact, give every part of your person a rapid but thorough wetting; then wipe rapidly with a coarse towel, and afterwards apply the flesh-brush (one with a long handle is the best) until you produce a healthful glow throughout the system. Well, your bath is completed, and you feel at least a hundred per cent. better than you would have done if you had not have taken it. The only thing now that remains to do, is to take up your mat by the four corners, and empty it into a slop-pail, and your room is in as perfect order as if you had not attempted this formidable operation.

I wish I could impress upon my readers, not what I think of the value of this process, for that would be impossible—but what I know they will think of it after they have preatized it for a few weeks. To the weakly and sedentary it will add ten fold to the charms of existence, and will at once give them a better appetite, an easier digestion, and a bolder energy, and it will be a greater beautifier of the complexion than all the cosmetics sold in Broadway.

There are many people, so irrational are the habits of society, that will be frightened at the idea of making use of cold water in this way. Oh dear! I should take my death of cold, says some pretty miss,

whose skin probably has never had a perfect abluion for years, and as a necessary consequence, is thoroughly clogged with impurities, and thus deprived of its most essential attributes as a secreting organ. Now we must try and convince such that a cold bath taken daily is not only perfectly safe, but is a positive luxury. Let all such as labour under this form of hydrophobia commence gradually by wetting at first only the arms, neck, &c., the next morning make a still further application, and so on, till they shall have obtained sufficient courage to take a full bath, but be careful to use the flesh brush, or coarse towel, or what is better than either, perhaps, hair gloves to produce a healthy glow in the system; or, if they like it better, they can commence with water made slightly tepid, and every succeeding morning use water more and more cold, till they shall be able to make use of the coldest iced water.

A few cautionary remarks respecting this method of using cold water will not be out of place. The good or bad effects of a bath are always immediately apparent; you feel them at once, if at all. If one is in feeble health, he must be cautious and not overdo the matter. Then a very little water slowly applied is the best; if in firm vigorous health, a common shower bath is far better than the one we have prescribed, as it will give a greater shock to the system and will cause a more powerful reaction.

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## ON DIET.

Few persons of delicate health are aware how much their sufferings might be alleviated by adopting a light diet. This applies more especially to such as are at all troubled with indigestion or any of its concomitants; to such, a light nutritious food that will sit easy upon the stomach is indispensable if they would enjoy any comfort.

We give below receipts for a few articles of diet which we would strongly urge upon the attention of those who are at all troubled with indigestion. They will find from their adoption the most surprising relief. Literary men that are compelled to exercise their minds much and their bodies little; females who are much confined within doors; and indeed all who lead a

sedentary life, will find the prescriptions below of the greatest service.

Invalids when they find it necessary to commence a dietic reform usually begin by making a selection from their ordinary articles of food, but I believe the dishes prescribed below will be found far more beneficial than any thing in ordinary use. Many people will wish probably, for a greater variety, but if they eat for gaining strength and not for the mere pleasure of gustatory enjoyment, they will find these few articles with a little Graham bread (no butter) will be far more beneficial than the most varied diet. I have lived upon them for months with great satisfaction, and soon lost all relish for other kinds of food: however, what will suit one person will

not always suit another, and I, therefore, leave every one to judge for himself. I shall hereafter take up the subject of diet in the series of articles "How to Cure Dyspepsia," &c., and give it a thorough discussion.

The first receipt which follows for making what the Irish term flimmery, or pudding made out of oat meal starch, is perfectly light, very nutritious, and at the same time laxative. Until one gets accustomed to it, it is not so palatable as some other dishes, but with syrup or molasses or good milk it soon becomes agreeable. In Great Britain, where oat meal is more common than in this country, it is universally prescribed for invalids, particularly those of consumptive habits, and not for invalids alone, but many persons comparatively hearty will find great advantage in adopting it as an article of daily diet. Their minds will be clearer, their bodies more active, and spirits freer. It is made in this wise:

(1.) *To make oat meal starch pudding.*

Take, say, two quarts of oat meal and pour into it sufficient pure cold water to well cover it, let it stand about two days, then strain it through a sieve or cloth into a clean vessel. To make sure that you get all the substance out of the meal, after the first water is drained off, pour on it more water and rub it well. Let the water stand till well settled, then pour off the top, and at the bottom will be found the starch. To make this perfectly pure and white, after you have turned off the first water, pour in on top of the starch a little more pure water, and after it has swelled, pour it off as before; this operation may be repeated till the starch becomes perfectly fine and white. It is then fit for cooking. This is done simply by putting a few spoonful into a saucepan with fresh water and a little salt. It will be done with about four minutes boiling.

(2.) *To make potatoe starch pudding.*

Take two or three spoonful of potatoe starch, mix it in half a pint of milk, beat into it two eggs, then pour all into a saucepan containing half a pint of boiling milk a little salted, let it boil two or three minutes, (stirring it well all the time,) as otherwise the eggs will get overdone and become hard and indigestible. Eat with sugar or molasses.

Mr. Fowler, the well known phrenologist, says in one of his publications, this is the best article of diet he has ever found, and he has been a dyspeptic for twenty years. I think every one who gives it a

fair trial will agree with him, nothing can be more easily digested, while with the eggs it is very nutritious, and is at the same time very palatable; it may be added, also, that it is very cheap, for the whole expense of a good meal from it need not exceed six or eight cents.

N. B. As many weak stomachs will find two eggs at a meal, more than they can master, I would recommend that if they eat of this dish three times a day, as many invalids should, that at breakfast it be made with but one egg, at dinner with two, and for supper with but the yolk of one, or without any.

The only objection that can possibly be urged against this article is that it has a tendency to constipate the bowels. In that case I would recommend the injector prescribed on page 14, or what will be preferred by some, the remedies for constipation prescribed by the Homeopathic practitioners. I do not endorse all the theories of this sect, but I have found their remedies for constipation very beneficial.

Potatoe starch is to be obtained at the groceries, being sold by them as Boston arrow root. As many people, however, prefer to make it themselves, I add a method of doing it.

(3.) *To make potatoe starch.*

Take a quantity of good mealy potatoes and after having them nicely peeled and washed, grate them on a fine grater, (if the grater is too coarse, much of the virtue of the potatoe will be wasted,) pour into the pulpy mass enough pure cold water to cover it a few inches, after it has well settled, strain the whole through a sieve or cloth into a convenient vessel, pour into the sieve fresh washings of water and squeeze the potatoes well, so to be sure you get all the nutriment out of them, let the water stand for a short time and then pour off: there will be found at the bottom a quantity of starch. To render it quite pure and nice more fresh water should be poured into it, and after having settled, again poured off. This may be repeated a second and even a third time to the improvement of the starch.

(4.) *To make buckwheat pudding.*

This is also a very light, agreeable pudding, and at the same time decidedly laxative. Take half a pint of buckwheat flour, mix it with cold milk and eggs, if the stomach will bear them, add a little salt, and boil in cold water two or three minutes. This pudding made of Indian meal is, by many, preferred to the buckwheat, but is not so laxative as when made of buckwheat. If

made of wheat flour it is decidedly constipating.

(5.) *To make flour caudle.*

Into five spoonfuls of the purest water, rub smooth one dessert spoonful of fine flour. Set over the fire five table spoonfuls of new milk, and put two bits of sugar into it: the moment it boils pour into it the flour and water, and stir it over a slow fire

twenty minutes. It is a nourishing and gentle astringent food, particularly for babies who have weak bowels.

(6.) *To make milk porridge.*

Make a fine gruel of cracked corn, grits, or oat meal, long boiled; strain off, either add cold or warm milk, as may be approved. Serve with toast.

## HINTS ON THE USE AND CHOICE OF SPECTACLES.

Most persons begin to feel the necessity for some assistance to their eyes in reading and working after the age of thirty-five; though even the commencement and progress of the deterioration of the eyes vary according to the degree of health the individual has enjoyed, their original formation, the use that has been made of them, &c.; so that some persons have as much occasion for spectacles at twenty-five as others have at fifty; and others, on the contrary, have as good sight at fifty as they had at twenty-five. Still, the average time at which glasses are needed for reading, may be said to be from thirty-five to forty-five. After this latter period of life, the power of adjustment possessed by the eye in youth fails; and those who continue to perceive distant objects, clearly, are unable to see plainly those which are near; and the man who can read the smallest print unfatigued without glasses, cannot distinguish anything distinctly at the distance of ten yards.

Among the many vulgar errors that are daily injuring those who cherish them, few have done more injury to eyes than the notion that all persons of the same age require glasses of the same focus. Nothing can be more absurd; as well might the same remedies be applied indiscriminately to all diseases, provided the ages of the sufferers but tally!\*

The most general, and probably the best direction which can be given to those who feel that glasses are necessary to enable them to use their eyes with comfort to

\* "The proper selection of glasses for imperfect vision is a point of much deeper importance than is generally believed. An oculist who is acquainted only with the diseases of the human eye, without possessing any knowledge of it as an optical instrument, is often led professionally to recommend glasses when they ought not to be used, and to fit on focal lengths entirely unfit for the purpose to which they are applied; and the mere vendor of lenses and spectacles is still more frequently in the habit of proffering his deleterious counsel."—BREWSTER on Spectacles.

themselves, and advantage to their occupation, whatever that may be, is to make choice of such as represent objects nearest to their natural state; for, to be exactly suitable to the eye, spectacles ought neither to magnify nor minify, but should enable us to read or work without creating any straining or unnatural exercise of the pupil.

The great design of spectacles is to give the eyes of the wearer ease; and although this is also attended by increased power of application, yet no glasses can be said to be properly accommodated to the sight of the individual, which do not, with additional capability, also procure rest and comfort to the eyes. If they weary them, we may conclude, either that we have no occasion for any, or that those we have are improper for us, or defectively made.

Glasses are of two kinds—*convex* and *concave*. Convex glasses are for the use of those who have what is commonly called an old or long sight, and are unable to read or see small objects near them; concave glasses are for the use of those who are short-sighted, to enable them to see distinctly objects at the same distance at which they were able to perceive them before they became short-sighted.\*

\* If the humours of the eye, through age or weakness, have shrunk or decayed, the

\* "When the eye (says Dr. Young) is possessed of too great refractive power for the distinct perception of distant objects, the pupil is generally large, so that the confusion of the image is somewhat lessened by partially closing the eyelids; and from this habit an eye so formed is called myopic. In such cases, by the help of a concave lens, the divergence of the rays of light may be increased, and a virtual image may be formed, at a distance, so much smaller than that of the object as to afford perfect vision. For a long-sighted or presbyopic eye, on the contrary, a convex lens is required, in order to obtain a virtual image at a greater distance than the object; and it often happens that the rays must be made not only to diverge less than before, but even to converge towards a focus behind such an eye, in order to make its vision distinct. Presbyopic persons have in general a small pupil, and therefore seldom acquire the habit of covering any part of it with their eyelids."

cornea will then be too flat, and the rays not being sufficiently bent or retracted, arrive at the retina before they are united in a focus, and would meet, if not intercepted, in some place behind it. They, therefore, (unless influenced by artificial means,) do not make an impression sufficiently correct and forcible, but form an indistinct picture on the bottom of the eye, and exhibit the object in a confused and imperfect manner. This defect of the eye is therefore remedied by a double-convex lens, such as the common spectacle-glasses, which, by causing the rays to converge sooner than they otherwise would, afford that aid to this defect of nature which the circumstances of the case may require, the convexity of the glass being always proportioned to the deficiency in vision.

If, on the contrary, the cornea is too convex, the rays will unite in a focus before their arrival at the retina, and the image will also be indistinct. This defect is remedied by concave glasses, which cause the rays to diverge; and consequently, by being properly adapted to the case, will enable the eye to form the image in its proper place.

By the aid of convex glasses of thirty-six or thirty inches' focus, persons, whose sight is beginning to be unequal to read small print, or to work without fatiguing or paining their eyes, will be enabled to do either; and, if properly chosen, by the ease and comfort they afford, will tend materially to preserve the sight: hence their name of *preservers*, which, however, is a term as applicable to all the various gradations of glasses. The length of time that will elapse before it may be necessary to change these first spectacles must depend upon the same circumstances which I have mentioned as creating the necessity for using them at all. However, it may be said that they will commonly serve for reading in the daytime about six or seven years.

As soon as the eye begins to do little better with the glasses used than without them, it is time to change them for more powerful magnifiers, and the second sight, or thirty inches' focus, are necessary; though these should not be too hastily adopted by those who wish to preserve their sight unimpaired to old age; but they should be content to use them as sparingly as possible—only when unavoidable. Many have worn out their sight prematurely by using spectacles of too great a magnifying power, or of improper materials and faulty workmanship, to which their eyes have soon become accustomed; but they speedily exhausted the resources of art, and, before death, have become totally blind.

Those who are about to commence wearing glasses, as they cannot know what will suit their eyes, will do well to borrow a set of glasses, consisting of spectacles of regular gradations of power, and try at home, for a few days, which suit them best: they should make the experiment by day-light and candle-light, in that posture of the body in which they will be most used.

Almost all persons, on first wearing spectacles, if they keep them on a few hours, complain of fatigue and uneasy sensations in their eyes; and this, even though they have been judiciously chosen, and when they were needful. Such weariness will be most felt by candle-light, and is caused, no doubt, by the eyes, for some time before resorting to glasses, having been tasked beyond their ability; and not, as is commonly supposed, by the artificial light, though that, probably, contributes to it.

Those whose avocations or amusements render the assistance of magnifiers necessary, ought to bear in mind, that the lower the degree of magnifying power possessed by their glasses, the less the eye will be fatigued by them, the less constrained the position of the body in using them, and the larger, as well as more uniformly distinct, the field of view embraced by them. Where only a moderate magnifying power is required, I would recommend, instead of a single magnifier, the use of spectacles of nine inches' focus, which will enable the eye to be directed to minute objects without weariness for a longer time than if an eye-glass only be used, as well as being of material benefit in preserving one of the eyes from becoming injured, by being constantly unemployed.

The use of spectacles is every way preferable for short-sighted persons to single eye-glasses; a strong confirmation of the truth of which may be found in the fact that Mr. George Adams, a late highly celebrated English optician, asserted that he did not recollect an instance of a short-sighted person who had occasion to increase the depth of his glasses, if he began with spectacles; but, on the other hand, he knew many cases where only one eye had been used, in which the individuals had been obliged repeatedly to change their glasses for concaves of higher power. Indeed, the advantage of a pair of spectacles over an eye-glass is very evident, from the circumstance that all objects are much brighter when seen with both eyes than when looked at with one only.

## THE YOUNG MAN'S MANUAL.

My little book in my humble opinion contains a great deal of valuable information, but the three prescriptions which follow are worth infinitely more than all the rest. I strongly commend them to the attention of every young man into whose hands this book may fall.

(1.) *Upon getting a wife.*

Young man! if you have arrived at the right point in life for it, let every other consideration give way to that of getting married. Don't think of doing any thing else. Keep poking about among the rubbish of the world till you have stirred up a gem worth having in the shape of a wife. Never think of delaying the matter; for you know that delays are dangerous. A good wife is the most constant and faithful companion you can possibly have by your side, while performing the journey of life—a dog isn't a touch to her. She is of more service, too, than you may at first imagine. She can "smooth your linen and your cares" for you—mend your trousers, and perchance your manners—sweeten your sour moments as well as your tea and coffee for you—ruffle, perhaps, your shirt bosom, but not your temper; and, instead of sowing the seeds of sorrow in your path, she will sew buttons on your shirts, and plant happiness instead of harrow teeth in your bosom. Yes—and if you are too confidently lazy or too proud to do such work yourself, she will chop wood, and dig potatoes for dinner: for her love for her husband is such that she will do anything to please him—except receive company in her every day clothes.

When a woman loves, she loves with a double-distilled devotedness; and when she hates, she hates on the high pressure principle. Her love is as deep as the ocean, as a hempen halter, and as immutable as the rock of ages. She won't change it, except it is in a very strong fit of jealousy, and even then it lingers, as if loath to part, like evening twilights at the windows of the west. Get married by all means. All the excuses you can fish up against 'doing the deed' ain't worth a spoonful of pigeon's milk. Mark this—if blest with health and employment, you are not able to support a wife, depend upon it you are not capable of supporting yourself.—Therefore, so much more the need of annexation; for, in union, as well as an onion, there is strength. Get married, I repeat, young man! Concentrate your affections upon one object, and

not distribute them crumb by crumb, among a host of Susans, Sarahs, Marys, Loranus, Olives, Elizas, Augustas, Betsies, Peggies, and Dorothies—allowing each scarcely enough to nibble at. Get married, and have somebody to cheer you as you journey through this "lowly vale of tears"—somebody to scour up your whole life, and whatever linen you possess, in some sort of Sunday-go-to-meeting order.

Young woman, I need not tell you to look out for your husband, for I know that you are fixing contrivances to catch one, and are as naturally on the watch as a cat is for a mouse. But one word in your ear, if you please. Don't bait your hook with an artificial fly of beauty; if you do, the chances are ten to one that you will catch a gudgeon—some silly fool of a fish that isn't worth his weight in saw-dust.—Array the inner lady with the beautiful garments of virtue, modesty, truth, morality, and unsophisticated love; and you will dispose of yourself quicker, and to much better advantage than you would if you displayed all the gew-gaws, flippejigs, fol-de-rols, and fiddle-de-dees in the universe. Remember that it is an awful thing to live and die a self-manufactured old maid.

My hearers—get married while you are young: and then when the frosts of age shall fall and wither the flowers of affection, the leaves of connubial love will still be green, and, perchance, a joyous offspring will surround and grace the parent tree, like ivy twining and adorning the time-seathed oak.

(2.) *Upon Choosing a Wife.*

Young men, a word in your ear, when you choose a wife. Don't be fascinated with a dashing creature, fond of society, vain, artistical, and showy in dress. You do not want a doll or a coquet for a partner. Choose rather one of those retiring, modest, sensible girls, who have learnt to deny themselves and possess some decided character. But above all seek for a good disposition. No trait of character is more valuable in a female than the possession of a sweet temper. Home can never be made happy without it. It is like the flowers that spring up in the pathway, reviving and cheering us. Let a man go home at night, wearied and worn by the toils of the day, how soothing is a word dictated by a good disposition! It is sunshine falling on his heart. He is happy and the cares of life are forgotten

(3.) *How to Treat a Wife.*

First get a wife—secondly be patient. You may have great trials and perplexities in your business with the world; but do not therefore carry to your home a clouded or contracted brow. Your wife may have had trials, which though of less magnitude, may have been as hard to bear. A kind, consoling, and tender look, will do wonders in chasing from her brow all clouds of gloom. You encounter your difficulties in the open air, fanned by heaven's cool breezes, but your wife is often shut up from these healthful influences, and her health fails, and her spirits lose their elasticity. But oh! bear with her; she has trials and sorrows to which you are a stranger, but which your tenderness can deprive of all their anguish. Notice kindly her little attentions and efforts to promote your comfort. *Do not take them all as a matter of course, and pass*

them by; at the same time being very sure to notice any *omission* of what you may consider her duty to you. Do not treat her with indifference, if you would not sear and palsy her heart, which, watered by kindness, would to the latest day of your existence throb with sincere and constant affection.

*Sometimes* yield your wishes to hers. She has preferences as strong as you, and perhaps just as trying to her to yield her choice as to you. Do you find it hard to yield *sometimes*? Think you it is not hard for her to give up *always*? If you never yield to her wishes, there is danger that she will think you are selfish, and care only for yourself, and with such failings she cannot love you as she ought. Again, show yourself manly, so that your wife can look up to you, and feel that you will act nobly, and that she can confide in your judgment.

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 HINTS ON ETIQUETTE.

(1.) In all your associations keep constantly in view the adage, "too much freedom breeds contempt."

(2.) Never be guilty of practical jokes: if you accustom yourself to them, it is probable you will become so habituated as to commit them upon persons who will not allow of such liberties: I have known a duel to arise from a slap on the back.

(3.) If there be another chair in the room, do not offer a lady that from which you have just risen.

(4.) Always suspect the advances of any person who may wish for your acquaintance, and who has had no introduction: circumstances may qualify this remark, but, as a general principle, acquaintances made in a public room or place of amusement are not desirable.

(5.) Never converse while a person is singing; it is an insult not only to the singer, but to the company.

(6.) The essential part of good breeding is the practical desire to afford pleasure, and to avoid giving pain. Any man possessing this desire requires only opportunity and observation to make him a gentleman.

(7.) Always take off your hat when handing a lady to her carriage, or the box of a theatre, or a public room.

(8.) If in a public promenade you pass and re-pass persons of your acquaintance,

it is only necessary to salute them on the first occasion.

(9.) Do not affect singularity of dress by wearing anything that is so conspicuous as to demand attention; and particularly avoid what I believe I must call the ruffian style.

(10.) Never lose your temper at cards, and particularly avoid the exhibition of anxiety or of vexation at want of success. If you are playing whist, not only keep your temper, but hold your tongue; any intimation to your partner is decidedly ungentlemanly.

(11.) Let presents to a lady be characterised by taste—not remarkable for intrinsic value.

(12.) Except under very decided circumstances, it is both ungentlemanly and dangerous to *cut* a person: if you wish to rid yourself of any one's society, a cold bow in the street, and particular ceremony in the circles of your mutual acquaintance, is the best mode of conduct to adopt.

(13.) Never introduce your own affairs for the amusement of a company; it shows a sad want of mental cultivation, or excessive weakness of intellect: recollect also that such a discussion cannot be interesting to others, and that the probability is that the most patient listener is a complete gossip, laying the foundation for some tale to make you appear ridiculous.

















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