

using with satisfaction the recently invented wood carpeting.

The room having been well swept, and a sufficient time allowed for the dust to "settle," we will arm ourselves with two clean dusting cloths, a small feather duster, and proceed to wage war against the minute particles, which escaping from the assaults of the broom, have flown up and ensconced themselves about the room. It is scarcely necessary to say that the results of the sweeping should be gently brushed into a dustpan and carried carefully out of the house; and yet it is common to see a sort of winning operation in which the dirt is swept from the room thorough the hall and out of the front door, thus sending a cloud of dust through the house. The coverings thrown over the larger pieces of furniture should be taken off carefully and shaken out of doors. Next with a cloth wipe off all the dust that can be reached. Let the feather-duster alone, except for such delicately carved articles and such small interstices as defy the entrance of a cloth. I should like to enter here a savage onslaught against the tribe of feather-dusters. They might be the invention of the patron saint of dust. They institute a pleasant game of battledore and shuttlecock with it, sending it from one side of the room to the other. A cloth may be used to no better purpose, but if the furniture is gently wiped, the dust will adhere to the cloth and can be finally disposed of. The articles taken from the room can now be replaced, and there remains only to take a final circuit with a damp cloth to remove finger-marks and other spots from the doors, window-sills, marbles, etc., wipe and polish the hearth, and the room may invite the inspection of the most fastidious housekeeper.—*Christian Weekly.*

THE INFANT'S FOOD.

BY ABRAHAM LIVEZEY, M. D.

QUALITY.—The path pointed out by nature should be closely followed in preparing food for the new-born babe; and closely studied should be those instructive signs, by which the helpless being calls our attention, until it acquires age and knowledge sufficient to make known its desires through the medium of speech.

Connected with the management of early infancy, there is no one particular productive of more injury than an ignorance of these signs, or inattention to them, in administering food suitable to its wants. Almost the first cries of the infant are too apt to be regarded by the kind-hearted and officious attendants upon the occasion, and by the mother perhaps, subsequently, as an indication of hunger or want of food.

Consequently, the washing and dressing are scarcely completed before the nurse, if present, or some newly-made "auntie," surcharged with benevolent solicitude, bustles about to prepare the repast. And this generally consists of molasses and water—that mixture of abominations, as the late Dr. Meigs called it—so intimately associated with flatulent colic, or a griping, and necessarily a cross baby at once! Here the impulses of nature should be obeyed, and her pointings and promptings should be followed, by placing the infant to its maternal bosom only, and as soon as the mother is able to receive it. Instead of so doing, the nurse, not unfrequently, in addition to molasses and water, resorts to *pap*, or to a portion of that which has been prepared for the mother, which usually contains some one of the spices, and sometimes wine or spirits. By forcing upon the infant thus early such articles, and continuing their use during infancy, we deprave the appetite, and injure its tender organization at the same time, and incorporate with its very existence a desire for these unnatural agents, which desire is apt to strengthen as age advances, until the baby-boy, thus trained, if he live to manhood, is swallowed up in the vortex of intemperance or dissipation.

The substances of which this food is generally composed are crackers, rusk or flour in some form, made into a *pap*, and sugared, and no sooner is it received into the stomach than commences the process of fermentation. The gas which is evolved during this process, being confined within the stomach and bowels, produces flatulent or wind colic, acid eructations, swelling of the abdomen, and sometimes "inward fits," or open convulsions.

Infants fed upon these unnatural and improper articles, are affected, more or less, with green, watery stools, griping pains, and vomiting their milk strongly curdled, etc., to correct which a little lime-water, with spiced syrup of rhubarb, and compound tincture of cardamons, or even ginger-tea with a little supercarbonate of soda, will answer a better purpose than stronger preparations.

But if, from exhaustion or other cause, the mother is not able to nurse her infant at once, it is much better to suffer it to rest quietly for six or twelve hours than to feed it with such indigestible articles as above-mentioned. The mother, however, can generally be prevented from falling into this state of exhaustion, if properly sustained by some nicely-prepared cream-toast, toasted bread and crackers.

If not, or from any other cause, the infant cannot receive suitable nourishment from its mother, we should use fresh milk from a healthy young cow, and water equal parts, or one part of thin cream and