

## TREATMENT OF INFANTS.

The milk of the parent ought, in every instance, to constitute the food of the infant, unless urgent reasons prevent the mother from suckling, or renders her milk improper for the child. There is always a relation between the condition and constitution of the mother, and the age and constitution of the infant which renders this proper, and which cannot exist between the child and any other nurse, but which exercises an important influence on its nutrition. It is well known, for example, that during the first few weeks, the milk is thinner and more watery than it afterwards becomes. If, consequently, a newly-born infant be provided with a nurse in the third or fourth month, the natural relation between its stomach and the quality of the milk is destroyed, and the infant suffers from the oppression of food being too heavy for its powers. If, again, an infant of five or six months old be transferred to a nurse recently delivered, the aliment which it receives is too watery for its support, and its health in consequence gives way.

In like manner, if the parent be of mature age, her own milk, or that of a healthy nurse of a nearly similar age, will be more suitable to the infant than the milk of a younger woman; because the constitution of the offspring always bears a relation to that of the mother, and is adapted to the quality of the fluid nature has provided for it. I speak, of course, only of the healthy state; for in cases of disease, the mother may be, and often is, the most unfit nurse that can be found for her own child.

The leading error in the rearing of the young, I must again repeat, is *over-feeding*—an error serious in itself, but which may easily be avoided by the parent yielding only to the indications of appetite, and administering food slowly and in small quantities at a time. By no other means can the colics and bowel complaints, and irritability of the nervous system, so common in infancy, be effectually prevented, and the strength and healthy nutrition be secured. Nature never intended the infant stomach to be converted into a receptacle for laxatives, carminatives, antacids, spicy stimulants, and astringents; and when these become necessary, we may rest assured that there is something faulty in our management, however perfect it may seem to ourselves. The only exception is where the child is defectively constituted, and then, of course, it may fail to thrive under the best measures which may be devised for its relief.

Another cause of infantile indigestion, and which is too much overlooked through ignorance of its importance, is *variation of the quality of the milk*, caused by imprudence, neglect, or anxiety on the part of the mother. The extent to which this cause operates in inducing irritation and suffering in the child is not generally understood, and accordingly it is not unusual for mothers to display as much indifference to health, regimen, and tranquility of mind during nursing, as if the milky secretion, and all other bodily functions, were independent of every external and corporeal influence. Healthy, nourishing, and digestible milk can proceed only from a healthy and well constituted parent; and it is against nature to expect that if the mother impairs her health and digestion by improper diet, neglect of exercise, impure air, or unruly passions, she can nevertheless provide a wholesome and uncontaminated fluid as if she were exemplary in her observance of all the laws of health.

It is no new or uncertain doctrine that the quality of the mother's milk is affected by her own health and conduct, and that in its turn, it directly affects the health of the nursing. Even medicines given to the parent act upon the child through the medium of the milk; and a sudden fit of anger, or other violent mental emotion, has not unfrequently been observed to change the quality of the fluid, so much as to produce purging and gripes in the child. Care and anxiety, in like manner, exert a most pernicious influence, and not only diminish the quantity but vitiate the quality of the milk.

As soon, then, may we expect to see a bad tree bringing forth good fruit, as bad management good results; and low must that parent be ranked in the scale of moral beings, who, knowing the relation we have pointed out, can still deliberately sacrifice the welfare of her offspring by the improper indulgence of her appetites and passions, and by culpably neglecting the duties and restrictions demanded by her own health.—*Combe on digestion.*

**BLACK SEA WHEAT, &c.**—*Messrs. Editors.*—For three or more seasons, this variety of wheat has been cultivated in this vicinity, and with universal success. I have seen the grain selected from the most rank and lodged portions of the field, threshed separate, and the yield was about one bushel to the shok; in fact, it, has invariably given a good return, from 20 to 40 bushels to the acre. The grain is not as light coloured as other varieties, but the berry is always plump; the quality of flour is more harsh and not as white. The great encouragement to grow this kind of grain with us, is that it never failed of yielding a good return, and in most cases a large crop, not subject to the rust, as other varieties have been here.

**GRAFTING.**—Melt a little beeswax and tallow together, and if it is at hand, stir in a little powdered chalk, and while hot dip in some strips of calico or cotton cloth. Tear them into strips of such width as may be most convenient to wrap around the stock and scion. Let the stock and scion be covered, so as to prevent the escape of the sap or the introduction of water, and the work is done. This will, I think, be as good as the surgeon's adhesive plaster, or any more complicated or expensive grafting wax.

**RECIPE FOR MAKING GOOD BREAD.**—James Roche, one celebrated in Baltimore, as a baker of excellent bread, having retired from business, has furnished the Baltimore American with the following recipe for making good bread, with a request that it should be published for the information of the public:—

"Take an earthen vessel, larger at the top than the bottom, and in it put one pint of milk-warm water, one and a half pounds of flour, and a half a pint of malt yeast; mix them well together, and set it away, (in winter it should be in a warm place) until it rises and falls again, which will be from three to five hours—(it may be set at night if wanted in the morning,) then put two large spoons full of salt into two quarts of water, and mix it well with the above rising; then put in about nine pounds of flour and work your dough well, and set it by until it becomes light. Then make it out in loaves. The above will make four loaves.

As some flour is dry and other runny, the above quantity, however, will be a guide. The person making bread will observe that runny and new flour will require one-fourth more salt than old and dry flour.—The water also should be tempered according to the weather, in spring and in fall it should only be milk-warm; in hot weather cold, and in winter warm."

**TO STEAM POTATOES.**—Put them clean washed, with their skins on, into a saucepan, and let the water under them be about half boiling, let them continue to boil rather quickly until they are done; if the water once relaxes from its heat, the goodness of the potatoe is sure to be affected, and to become soddened, let the quality be ever so good. A too precipitate boiling is equally disadvantageous; as the higher parts of the surface of the root begin to crack and open, while the centre continues unheated and undecomposed.

**GRAFTING.**—"We will give a few directions for those who have not attempted or attended to the cultivation of their orchards, and beseech them to make a beginning this present season, when they will find that a few experiments will render it a pleasant amusement, rather than labour, which will be attended with handsome remuneration. The more common kinds of trees to be grafted are, the apple, pear, quince, cherry and plum. Cions of these should be cut before the buds are too far expended, and kept in a cool and damp place, where they will neither be dried, or their buds so swelled as to be injured. Having the cions of such varieties of fruit as it is desirable to propagate some wax should be prepared by melting together beeswax, rosin and tallow and when melted, dip into this wax pieces of thin, old cotton cloth, with which cover the wounds when the grafts are set. It is not very material as to being exact in the proportions, of the ingredients in making wax, as some prefer one proportion, while others use that which is proportioned differently, with equal success. Equal parts of bees-wax, and rosin, with half the quantity of tallow, is given by some as suitable; others, use one part tallow, two parts rosin, and three parts bees-wax, but either, we consider will answer; and we have found the most convenient way of using to be, to tear the rags to be used into strips about an inch wide, and roll them up like webbing, and dip them into the melted wax, which will so fill them that when a piece is wound round a graft and stock, it will make the covering air and water-tight, two things essential to the success of the cion. Grafting may be done from this time until the month of June; but the last of April may be considered the proper season. Cions taken from the tree before the buds are burst, and set immediately, are found to do very well; and when they are near the place where they are to be set, saves the trouble of taking care of them between the time of cutting and setting. New beginners will find the most simple mode of grafting to be that denominated *whip or tongue grafting*, the stock and cion both being cut slanting, and a small lip raised by a cross cut, both parts being pressed together and covered by winding the strips of cloth as above mentioned.—When the cions and stocks are in good order, there is not as much difficulty in making the cions live, as there is in moving trees and having them succeed."—*True Genesee Farmer,*

**"DIG ABOUT, AND DUNG IT."**—This direction was given many centuries ago, and has often been repeated, and perhaps I may say, as often forgotten or neglected. Last summer, I took particular care to apply the above to some young pear trees standing.—The ground was loosened for some distance about the tree, perhaps a dozen times during the season. From a single stem, of three feet, the new growth measures 30 feet! The effect on all, was very obvious.

G. BUTLER.

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