

have by many been greatly overrated—more than the truth will warrant—and that nutritious food, well cooked, animal food, is not the cause of many of the evils that flesh is heir to, but, on the contrary, the want of it is; and there is danger in our climate of enfeebling children, and preventing the full development of their bodies—of causing scrofulous and consumptive diseases—by a very spare, innutritious, or exclusively vegetable diet.

*Dress.* This should vary with the season. The practice of partially clothing infants, leaving the arms naked in cold weather, etc., is cruel and dangerous. Probably no one cause sweeps off so many infants as cold. From observations made in Europe, it appears that the mortality among infants is greater in cold than in warm climates—that the mortality is much greater in the cold season of the year than in the warm, and that a much greater proportion of children live, that are born in the spring or summer, than of those born in the winter. Great caution should be used, not only in dressing children warm, but in exposing them to cold. They may, to be sure, be clothed too warmly, and be kept too much in a confined atmosphere; but these errors should be avoided, without committing the more common one of exposure to cold without sufficient clothing.

But this extreme carefulness, as regards exposure to cold is necessary only for the first winter or two; after this, children should gradually be accustomed to the cold, though they should be warmly clad. Young females are too regardless of the importance of dressing warm in winter. They should wear flannel constantly in the cold season, and thick warm

stockings and shoes, and not change them for thin ones to attend evening parties. The notion of hardening youth by exposure to cold in their clothing, is absurd and dangerous. The only sure way to protect ourselves from the evils of a cold climate, is to dress warm, sleep warm, together with exercise, and an abundance of invigorating food.

Above all, parents should be careful to have the dresses of children loose. I seldom see a young child, especially a girl, that is not dressed too tightly about the chest. No doubt many, very many, would escape consumption, and early death, were it not by the shocking practice of compressing the body by dress. Consumption is rare, very rare indeed, in persons with large, full chests.—How fearful, therefore, should parents be, lest their own children are prevented from having such, by improper, though at present fashionable, dressing. The tight lacing of young ladies and adult females, is unquestionably dangerous, and causes no doubt much disease, but not as much, I apprehend, as dressing children tightly about the chest. In early life, the ribs are easily compressed, and the chest made smaller. But not only should all such compression be avoided in childhood, but the dress should be quite loose, to permit the enlargement of the thorax, in laughing, running, and other exercises, and thus enable it to grow larger.

Many of the small, narrow chests we see in young ladies, are made so by this compression, which prevents the full expansion of the lungs, and an enlargement of the thorax. Some children, however, have small chests from birth, which predispose them to consumption, but I believe many of