

and the main point in nursing, and the strength of the body and mind, and doubtless every enjoyment of life. Wherefore, the nurses ought to use, and exert all their ability, to have all under their care to exercise, all that is possibly consistent with their circumstances; the more the better. And they never should be suffered to sit, or lie long, in the same situation; but should be assisted to move often. I have known some who have been suffered to sit, or lie long with their legs crooked, till they became stiff, and thereby lost the use of walking for years; which might have been prevented with very little care. Want of care many times does us more damage than want of knowledge. Wherefore, the nurses ought to be the carefulest people in the world; and not suffer any under their care, to be so long neglected. The fearful and the lazy, should be thrust out of bed. If they are too weak to walk, they should be led, and have their limbs rubbed with a coarse cloth, or flesh brush, The room for a sick person, ought not to be warmer, than would be comfortable for a well person; with a constant supply of fresh air admitted into the room, by raising a window a little opposite the wind; or a door left open into another room. When patients are recovering from long sickness, and their appetite is very keen, they ought to eat but very little at a time, even not more than a teaspoonful; and that may be any thing the appetite may crave. If they want more in the space of an hour, it is an evidence that what they had eaten did not hurt them, and they may take a little more; and as the strength gains, the food may be increased gradually, with safety. No more food ought to be carried into their sight than is proper for them to eat at a time; and they never ought to have the care of their medicine, for, being anxious to get well soon, they will frequently take too much of that. Bleeding to cure disorder, in any case, male or female, appears to me, both unnatural, and injurious; and as contrary to nature, as it would be to cut away part of the flesh. Who ever heard of an Indian's bleeding to cure disorder; yet there are many of them expert in curing disorder. Nature never furnished a man with more blood than is necessary, for the maintenance of health, any more than it did, with too much brains, or too many bones. But the case is different with a female. When the males and females are children together, they are alike healthy. But from fifteen to fifty years of age, the females have a redundancy of blood, which is designed by nature, for useful purposes. But there is a natural evacuation for that redundancy. In a state of pregnancy, it serves to support the growth of the child, after delivery, it turns to milk, to nourish the child. To bleed

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