

consumption, and many with imperfect health, will marry—and cannot the development of this disease, in the offspring of such, be prevented? I confidently answer, Yes. Very much may be done to prevent it, by a proper course of physical education—by attention to the diet, dress, exercise, and amusements of children and youth. Those children hereditarily predisposed to consumption, require very different treatment from what they generally receive.—Instead of being nurtured like tender plants within doors, or confined at school, they should pass much of the time, during mild weather, in the open air, engaged in play and pleasant exercise. The first object of parents or guardians, as relates to the early education of such children, should be, to give them healthy bodies—to endow them with good physical powers. They should not seek to develop at an early age the intellect of these delicate beings, and strive to place a Corinthian capital on a column of sand; but should endeavor, in the first place, to make the foundation good, and then whatever is added will be serviceable and enduring.

*First, of Diet.* All children, more especially the children of enfeebled or consumptive parents, require from their earliest infancy a large supply of nutriment. If the mother is feeble, or exhibits a strong predisposition to disease, a healthy nurse should be procured for the infant.—By adopting this course, I have seen the delicate infants of feeble mothers apparently rescued from the grave, and become healthy and robust.—After the usual term of nursing has passed, plain nourishing food—all that the child craves—and considerable animal food too, should be al-

lowed. This last is quite essential to children predisposed to scrofulous diseases, and also to prevent, in children who are not, the formation of a tendency to this disease. I fear some have opinions on this subject, which, if generally reduced to practice in this country, would prove very detrimental, and tend to produce a degenerate race of men and women, feeble in body and mind. Some persons appear to believe that disease and death lurk in most kinds of rich, nourishing food; that not only pies and cakes are injurious to health, but that fine bread and animal food are also, and that children should be sparingly fed, and chiefly supported on vegetable diet. Those who hold, and promulgate such opinions—true disciples of Sancho Panza's doctor, who represented all ordinary food injurious to health—appear to be increasing in this country, and may for a while do mischief. In a hot climate, vegetable food may be sufficient, but in ours, I am confident a more nutritious and stimulating diet is essential to the growth and perfection of the system, and to the full development of all the powers of body and mind.

The history of diseases in all ages of the world abundantly prove, that insufficiency of food, especially in early life, is by far the most productive cause of disease. This is the cause of most of the scrofula, of rickets, and other diseases that rage among the poor. It is this that causes the early decrepitude and look of premature old age which is exhibited even by the youth in many parts of Europe. Children brought up on coarse food, but little nutritious, or that are supported chiefly on vegetable food, are very apt to be scrofulous. Even in domestic animals