

fresh to the business, I may be able to do something for him; at least, I can rest your arms a little, if no more."

So Mr. Baby was transferred to me, and I immediately commenced a critical examination.

"You must have had a great deal of experience with babies," remarked my companion. "Do see if you can tell what ails this one."

There was nothing amiss with the child. It was as healthy as a specimen of an American infant as I ever looked at—well proportioned, strong and active as a young colt, with flesh unusually firm, and a pair of lungs that utterly defy my vocabulary. I couldn't say to that mother in plain terms: "There is nothing the matter with your baby; all this fuss and worry is directly traceable to mismanagement." The temptation to blurt out this truth was great; but I have found, after many mistakes, that if one desires to accomplish any real good in this world we must go to work in all cases very gently. This infant was beautifully dressed in nanosock and valenciennes, richly embroidered flannels, and all that sort of thing; and was as faultlessly tidy and sweet as loving hands could make it. Notwithstanding all these advantages of dress and social position, this ungrateful baby would cry. I lifted the little one's elaborately trimmed skirts, and what should meet my eyes but a "pinning blanket," (an article of infant's wardrobe I had supposed entirely obsolete) so fastened and doubly fastened that the poor child could not get a leg out to save its life.

"What are you doing?" my companion enquired, in wonder. "Unpinning this thing," I answered. "Just look here! you have pinned this blanket so short that your baby hasn't room to stretch its limbs."

For a moment or more baby stopped crying, and kicked right and left with an evident relish for this description of leg liberty, and then commenced again.

"It isn't that," said my companion with a sigh.

A cambric skirt covered the above-mentioned relic of barbarism, and both these affairs were made with waists, or bands, and fastened with three pins. It seems as insignificant to me now as it did the day I made the discovery, that an ordinarily intelligent woman (even should not know that an infant's apparel should always be loosely put on; and here was the child of an unusually well informed and intellectual woman, actually gasping for breath on account of compression caused by tight bands. As I removed the pins the child gradually ceased screaming, and as I removed the last one such a grunt of relief as came from this baby's lips I never heard before or since. I rubbed his little back and sides, all creased with the wretched compressors, and the darling actually cooed with delight.

"There," said his mother; "that's just the way he acts when I give him his bath. I was telling his father this morning that I didn't believe he would ever cry if I could always keep him in the tub, or undressed. Some way he seems to hate to be dressed, and he always screams to the top of his voice just as soon as I begin to put on his clothes."

Now it took me some time to make that mother understand that she did not give her child as much credit for instinct even as her husband gave his Newfoundland pup about the same age; that the baby knew that this liberty of the bath was all he was likely to get, and resisted naturally the idea of such terrible physical bondage. I kept on with the soothing manipulations, and was very soon rewarded by seeing the blue eyes close, and after an exceedingly short space of time my charge was asleep.

"If you don't move just so you'll waken him," said the mother, in a whisper.

"Hum, hum, sh, sh, there, there," she commenced coming close to my side.

I took no notice of her "hums" and "shs" and "theres," but laid him gently on the bed, and not a sound was heard from that quarter for three long hours.

"Now," said my friend, making sure that the baby was not likely to waken, "I must have my bowl of tea. Shall I order a cup for you?"

"Tea!" I repeated after her, wonderingly; "what for?"

"Oh!" she answered; "I couldn't nurse my baby without it. Tea braces me up and keeps me going. I shouldn't be good for anything

without my bowl of tea three or four times a day."

"If you want to undermine your own health beyond all power of restoration," I couldn't help saying: "If you want to see your child grow up a brainless, fidgety nobody, keep on swilling tea and you will surely accomplish your purpose."

"Why, for mercy's sake!" was all the astonished woman could gasp, and then continued timidly: "If I didn't drink something I shouldn't have food enough for my baby, and tea seems to give me strength. The nurse who was with me for the first six weeks after baby was born used to make me drink it."

On this point again I found my friend entirely uninformed, with no more conception of the effect of tea upon the nervous system than her baby. I have had occasion a great many times to find fault with the work of certain monthly nurses; but I never felt so much like anathematizing the whole army of professionals as at this particular time. I found upon inquiry that this one had not only dosed her patient with tea, but had really laid the foundation for all the misery she was experiencing.

The proper person, possessing a proper knowledge of her business, arrived at by thorough education, could have so instructed this teachable and intelligent woman in the details of babydom that a mistake would have been next to impossible. This nurse had also insisted upon constantly holding the child, scarcely letting it out of her arms, asleep or awake; cuddling it close at night, and passing it over to the mother every time it cried, taking it for granted that hunger was always the cause of its unrest. She it was—this ignorant woman, who never had a child of her own—who taught this young mother how to dress her baby, or rather the best method of stopping the circulation of blood; in other words, the speediest manner of putting an end to the little one's life. The only weapon that child had was its voice, and this it made use of indefatigably. So the lungs were used, and made to resist the deadly strain upon them. This infant was an uncommonly strong one. In nine cases out of ten the child would have long before this got through trying to resist, and given it up as a hopeless job; but this baby was born well, inheriting a strong constitution from both sides of the house; so it was quite a difficult matter to kill it.

Well, the upshot of the business was, that after that baby awoke from its long and refreshing sleep, I carefully dressed it, substituting a flannel shirt for the obnoxious pinning blanket, making sure to give it plenty of room to stretch and turn round in. I drew a pair of worsted socks on the chubby pink feet, and the little fellow cooed and laughed during the whole performance. About six o'clock a suspicious looking vial made its appearance.

"What's that?" I asked. "Baby's drops," was the answer. "Pitch them out of the window," said I.

"But," she sighed, "there won't be a particle of peace for any of us without them."

Then issued another bottle, and it took some time to convince her that this Spartan baby did not need paragon, and anise and morphine, and whatever other stuff goes to make up these disgusting compounds; but I won, and am happy to say that not a drop of anything of the kind has since been presented to the little one's lips.

Now, women who are nursing babies should never drink tea. If I had time I could tell you in plain terms the reasons for this assertion. I do not believe in tea for any one outside the countries where it is raised, and I have no doubt that there it is a national blessing. Americans need no such astringents, no such nerve quickeners. That tea drinking is one great cause of nervousness among our women I believe every thinking man and woman will agree; and I often wish that our first row with our mother country had been one something worth fighting about, instead of an old tea chest.

Oatmeal, Indian meal, gruel and cocoa, or chocolate are the beverages to be partaken of by women who nurse their babies. These insure quality as well as quantity, and made of good rich milk can be freely partaken of. There is no need of an ordinarily healthy woman growing thin because she is nursing. Then again, infants should be held as little as possible, and trotted and rocked never. Use your baby at

once to the bed, or crib, and insist, whatever your nurse may say to the contrary, upon its sleeping alone. Then feed your baby regularly, and disabuse your mind of the impression that it is hungry every time it makes a noise. No woman should nurse her infant oftener than twice in the night, and at six months this should be stopped entirely, in order to guard the mother against the exhaustion which follows inevitably upon the keeping up of this unnatural night drag. Once in two or three hours during the day is also quite often enough. Bear in mind also that your baby wants, and must have, cold water to drink daily. Begin first, and immediately, with a teaspoonful, allowing the child to be its own judge as to the quantity.

Give your babies room enough, enough to eat of the right kind, good air to breathe and plenty of sunshine, and my word on it you will have no trouble; and mothers can only do this by taking proper care of themselves. The present system of bringing up children is an abomination; but what more can be expected with so little preparation for life and its duties on the part of our women?—*Herald of Health.*

#### ESTRAY NOTICE.

I HAVE in my possession one bay horse colt, three years old, star in forehead, one white hind foot. One bay mare colt, three years old past, two white feet. If not claimed and taken away will be sold at public sale on Thursday, March 13, 1873, at the district pound at Wanship. HENRY REYNOLDS, District Pound-keeper.

#### NOTICE.

TO WHOM IT MAY CONCERN. The cash entries for the following Townsites situated in Morgan County, Utah Territory, made January 24, 1873, embracing the following described lands, to wit: For the Townsite of Croydon, N E 1/4 N W 1/4 of S E 1/4 and S E 1/4 of N W 1/4 and N 1/2 of S W 1/4 Section 20 Township 4 North of Range 4 East, containing 330 acres. Also for the Townsite of Peterson the E 1/2 of S W 1/4 and Lot 8 and W 1/2 of S E 1/4 Section 8 Township 4 North of Range 2 East containing 200 1/2-100 acres. Also for the Townsite of Enterprise the S 1/2 S E 1/4 Section 5 N E 1/4 of N E 1/4 Section 8 and W 1/2 of N W 1/4 Section 9 Township 4 North of Range 2 E, containing 200 acres. Also for the Townsite of Richville the S E 1/4 Section 11 Township 3 North of Range 2 East, containing 160 acres. Also for the Townsite of Porterville the S W 1/4 of S E 1/4 and S E 1/4 of S W 1/4 Section 14 and N E 1/4 Section 23 and N E 1/4 of N W 1/4 Section 23 and N W 1/4 Section 24 Township 3 North of Range 2 East, containing 440 acres. Also for the Townsite of Milton the N E 1/4 of N W 1/4 Section 23 and S E 1/4 of S W 1/4 Section 21 Township 4 North of Range 2 East, containing 80 acres. Have been made in trust for the inhabitants thereof. All persons claiming to be owners or possessors of any portion of said entries will take due notice and make the application as provided in the statutes of Utah. JESSE HAVEN, Probate Judge, Morgan County, U.T. January 24, 1873. w2 3m

#### NOTICE.

TO ALL WHOM IT MAY CONCERN. That I will appear on Tuesday the 8th day of April next at 10 o'clock a. m., at U. S. Land Office in Salt Lake City, Utah Territory, to make cash entry for the Townsite of Scipio, embracing the following described lands, to wit: South West Quarter of Section Seven, Township Eighteen South of Range two West, containing one hundred and sixty acres. To make the proof required by law and show that I am entitled to have the entry made under "an Act of Congress for the relief of the inhabitants of Cities and Towns upon the public lands," approved March 2, 1867, and "An Act amendatory thereto," approved June 8, 1868, for the use and benefit of the inhabitants thereof, at which time and place any person or persons can appear and show cause if any there be why such entry should not be made. EDWARD PARTRIDGE, Probate Judge of Millard County. Fillmore City, March 3, 1873. w5 1m

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