

RANDOM HOUSE  BOOKS



The Pocket Enquire Within

Edited by George Armstrong

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About the Book

What is the correct way to carve a partridge?

How should leeches be applied?

What exactly does Dr Babington's mixture for indigestion consist of?

How can egg whites be used to repair broken china?

First published in 1856, *Enquire Within* rapidly proved itself to be the indispensable guide to Victorian domestic life. Packed with words of wisdom and pithy advice, it looked at everything from entertaining and etiquette to household management, and on the way took in considered discussion of such arcane matters as how singing might prevent consumption, how hats could be improved by being beaten with a cane, and, of course, why chess should on no account ever be played at a ball.

This new, charmingly illustrated pocket-sized edition contains a selection of hints and tips that not only provide a fascinating insight into the day-to-day life of Victorian Britain, but also, in places, reveal timeless wisdom that we would do well to heed today.

The Pocket Enquire Within

A guide to the niceties and necessities of
Victorian domestic life

**Edited by
George Armstrong**

Enquirers are referred to the index

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BOOKS

Introduction

‘WHEN I FIRST **began** tinkering with a software programme that eventually gave rise to the idea of the World Wide Web, I named it ENQUIRE, short for ENQUIRE WITHIN UPON EVERYTHING, a musty old book of Victorian advice I noticed as a child in my parents’ house ... With its title suggestive of magic, the book served as a portal to a world of information, everything from how to remove stains to tips on investing money. Not a perfect analogy for the Web, but a primitive starting point.’

This was Tim Berners-Lee, talking about his innovative concept of something we now almost take for granted – the Internet.

ENQUIRE WITHIN UPON EVERYTHING was first published in 1856 by Houlston and Sons of Paternoster Square. It reprinted continuously and sold millions of copies, ‘a sale which the Publishers believe to be absolutely without precedent among similar works of reference’, as the anonymous editor wrote in the Preface of the seventy-fifth edition in 1890.

‘Its prominent characteristics – varied usefulness and cheapness –’ he went on to say, ‘have won for it universal esteem. There is scarcely a spot reached by English civilization to which this book has not found its way, receiving everywhere the most cordial welcome and winning the warmest praise.’

This new Pocket Edition includes tips on how to trap snails as well as hints for husbands. There are recipes for plain pea soup and calf’s head pie, but seekers of advice on

the ramifications of letting lodgings to an immodest woman will be disappointed.

I have retained the instructions on how to make a leech barometer, but, for reasons of health and safety, Victorian First Aid has been ruthlessly expunged. On the other hand, there is much to learn about etiquette, pronunciation, exercise and how to detect copper in pickles or green tea. *The Pocket Enquire Within* is a glorious hotchpotch of information that reminds us very precisely that the past is another country. A visit there is both instructive and a source of some merriment.

George Armstrong, London, 2010

Original Preface

IF THERE BE any among my readers, who, having turned over the pages of "ENQUIRE WITHIN", have hastily pronounced them to be confused and ill-arranged, let them at once refer to THE INDEX, or for ever hold their peace.

The INDEX is, to the vast congregation of useful hints and receipts that fill the boundary of this volume, like the DIRECTORY to the great aggregation of houses and people in London.

No one, being a stranger to London, would run about asking for "MR. SMITH." But, remembering the Christian name, and the profession of the individual wanted, would turn to the DIRECTORY, and trace him out.

Like a house, every paragraph in "ENQUIRE WITHIN", has its number, - and the INDEX is the DIRECTORY which will explain what Facts, Hints, and Instructions *inhabit* that number.

For, if it be not a misnomer, we are prompted to say, that "ENQUIRE WITHIN" is *peopled* with thousands of ladies and gentlemen, who have approved of the plan of the work, and contributed something to its store of useful information. There they are, waiting to be questioned, and ready to reply. Only a short time ago, the facts and information, now assuming the conventional forms of printing types, were active thoughts in the minds of many people. Their fingers traced those thoughts upon the page, for the benefit of whomsoever might need information. We must not separate the thought from the mind which gave it birth; we must not look upon these writings as we should upon the traces left by the snail upon the green leaf, having neither form nor

meaning. Behind each page some one lives to answer for the correctness of the information imparted, just as certainly as where, in the window of a dwelling, you see a paper directing you to "ENQUIRE WITHIN", some one is there to answer you.

Old Dr. KITCHENER lives at No. 41; Mrs. HITCHING lives at 161; Mrs. CHILD lives at 203; Dr. BREWER lives at 291; Dr. STENHOUSE at 320; Dr. BURGESS at 324; Dr. ERASMUS WILSON at 399; Dr. SOUTHWOOD SMITH at 401; Dr. BLAIR at 446; M. SOYER at 765; Dr. BABINGTON at 1287; Dr. CLARKE at 1291; Dr. SCOTT, at 1296; the gentleman who lives at 343, has requested us (because of the delicacy of the communication), not to publish his name; a DOCTOR lives at 906; a GARDENER at 1021; a SCHOOLMASTER at 1323; a DANCING MASTER at 1678; an ARTIST at 1851; a NATURALIST at 1925; a MODELLER at 1931; a COOK at 1972; a PHILANTHROPIST at 2006; a LAWYER at 2047; A SURGEON at 2186; a CHESS PLAYER at 2354; a CHEMIST at 2387; a BREWER at 2559; and so on.

Well! there they live - always at home - knock at their doors - ENQUIRE WITHIN, NO FEES TO PAY!!

We have taken so much care in selecting our information, and have been aided by so many kind friends in the production of our volume, that we cannot turn to any page without at once being reminded of the GENEROUS FRIEND WHO ABIDES THERE.

To some extent, though in a far less degree, we have been indebted to the authors of the following useful books. In the first place we must express our chief obligations to "Dr. KITCHENER'S COOK'S ORACLE," to "THE COOK" in "*Houlston and Stoneman's Industrial Library*;" to "THE SHOPKEEPER'S GUIDE," to "Mrs. RUNDELL'S COOKERY," to "HOME TRUTHS, FOR HOME PEACE," and also to "THE FAMILY FRIEND," "TREASURES IN NEEDLEWORK," "THE PRACTICAL HOUSEWIFE," and to "THE FAMILY TREASURY." We now invite the thousands who may "ENQUIRE WITHIN" to our future monthly INTERVIEW,

wherein we will endeavour to supply whatever ENQUIRERS may not find by ENQUIRING WITHIN. Our INTERVIEWS will be varied, genial, and original in their arrangement. *“The pleasure of your company is earnestly solicited.”*

Family Life



LOVE'S TELEGRAPH - IF a gentleman wants a wife, he wears a ring on the *first* finger of the left hand; if he is engaged, he wears it on the *second* finger; if married on the *third*; and on the fourth if he never intends to be married. When a lady is not engaged, she wears a hoop or diamond on her *first* finger; if engaged, on the *second*; if married, on the *third*; and on the fourth if she intends to die a maid. When a gentleman presents a fan, flower, or trinket, to a lady with the *left* hand, this, on his part, is an overture of regard; should she receive it with the *left* hand, it is considered as an acceptance of his esteem; but if with the *right* hand, it is a refusal of the offer. Thus, by a few simple tokens, explained by rule, the passion of love is expressed: and, through the medium of the telegraph, the most timid and diffident man may, without difficulty, communicate his sentiments of regard to a lady, and, in case his offer should be refused, avoid experiencing the mortification of an explicit refusal.



WEDDING RINGS - The custom of wearing wedding rings, appears to have taken its rise among the Romans. Before the celebration of their nuptials, there was a meeting of friends at the house of the lady's father, to settle articles of the marriage contract, when it was agreed that the dowry should be paid down on the wedding-day or soon after. On this occasion there was commonly a feast, at the conclusion of which the man gave to the woman, as a pledge, a ring, which she put on the fourth finger of her left hand, *because it was believed that a nerve reached thence to the heart*, and a day was then named for the marriage.

ARRANGEMENTS OF THE WEDDING DAY - Wealthy people occasionally marry with *Special Licences*. Special licences are dispensations from the ordinary rule, under which marriages can only take place canonically in the parish church, or other places duly licensed for that purpose. They can only be obtained from the metropolitan or archbishop of the province, and often with no small difficulty, not being readily granted; and when obtained the fees are about £50.

COMMON LICENCES enable persons of full age, or minors with consent of parents or guardians, to be married in the church of the parish in which one of them has

resided for three weeks. They are procured from Doctors' Commons, or from any surrogate, at the cost of about £2. 10s.

BANNS must be published *three times* in the parish church, in *each place* where the persons concerned reside. The clerk is applied to on such occasions; his fee is 1s. 6d. When the marriage ceremony is over, the parties repair to the vestry, and enter their names in the parish registry. The registry is signed by the clergyman, and the witnesses present, and a certificate of the registry is given to the bridegroom. There is no charge for the certificate; and the clergyman's fee varies according to circumstances. The clerk will at all times give information thereupon; and it is best for a friend of the bridegroom to attend to the pecuniary settlements.

MARRIAGE BY REGISTRATION - An Act was passed in the reign of William the Fourth, by which it was rendered legal for persons wishing to be married by a civil ceremony, to give notice of their intention to the Registrar of Marriages in their district or districts. Three weeks' notice is necessary, to give which the parties call, separately or together, at the office of the registrar, who enters their names in a book. When the time of notice has expired, it is only necessary to give the registrar an intimation on the previous day, of your intention to attend at his office on the next day, and complete the registration. The ceremony consists of merely answering a few questions, and making the declaration that you take each other to live as husband and wife. The fee amounts only to a few shillings, and in this form no wedding ring is required, though it is usually placed on in the presence of the persons assembled. The married couple receive a certificate of marriage, which is in every respect lawful.

WEDDING DRESS - It is impossible to lay down specific rules for dress, as fashions change, and tastes differ. The great art consists in selecting the style of dress most becoming to the person. A stout person should adopt a different style from a thin person; a tall one from a short one. Peculiarities of complexion, and form of face and figure, should be duly regarded; and in these matters there is no better course than to call in the aid of any respectable milliner and dressmaker, who will be found ready to give the best advice. The bridegroom should simply appear in full dress, and should avoid everything eccentric and broad in style. The bridesmaids should always be made aware of the bride's dress before they choose their own, which should be determined by a proper harmony with the former.

THE ORDER OF GOING TO CHURCH is as follows: - *the bride*, accompanied by her *father*, not unfrequently her *mother*, and uniformly by a *bridesmaid*, occupies the *first carriage*. The father hands out the bride, and leads her to the altar, the mother and bridesmaid following. After them come the other bridesmaids, attended by the groomsmen, if there are more than one.

THE BRIDEGROOM occupies the *last carriage* with the principal groomsmen, an intimate friend, or brother. He follows, and stands facing the altar, with *the bride at his left hand*. The father places himself behind, with the mother, if she attends.

THE CHIEF BRIDESMAID occupies a place on the *left* of the *bride*, to hold her gloves, and handkerchief, and flowers; her *companions* range themselves *on the left*. If any difficulties occur from forgetfulness, the vestry-woman can set everything right.

REMEMBER TO *take the licence and the ring with you.* The fee to a clergyman is according to the rank and fortune of the bridegroom; the clerk expects *five shillings*, and a trifle should be given to the vestry-woman or sexton.

WHEN THE CEREMONY IS CONCLUDED, *the bride, taking the bridegroom's arm, goes into the vestry, the others following;* signatures are then affixed, and a registration made, after which the married pair enter their carriage, and proceed to the breakfast, every one else following.

THE ORDER OF RETURN FROM CHURCH differs from the above only in the fact that the bride and bridegroom now ride together, the bride being on his left, and a bridesmaid, and a groomsman, or the father of the bride, occupying the front seats of the carriage.

THE WEDDING BREAKFAST having been already prepared, the wedding party return thereto. If a large party, the bride and bridegroom occupy seats in the centre of the long table, and the two extremities should be presided over by elderly relatives, if possible one from each family. Everybody should endeavour to make the occasion as happy as possible. One of the senior members of either the bride or bridegroom's family, should, some time before the breakfast has terminated, rise, and in a brief but graceful manner, propose the "Health and happiness of the wedded pair." It is much better to drink their healths together than separately; and, after a brief interval, the bridegroom should return thanks, which he may do without hesitation, since no one looks for a speech upon such an occasion. A few words, feelingly expressed, are all that is required. The breakfast generally concludes with the departure of the happy pair upon their wedding tour.

CARDS - With regard to sending out cards, as wedding tours are more extended than in olden times, they are generally forwarded about a week or two previous to the return of the travellers. Plain silver-edged cards are now most fashionable, but questions relative to them ought to be referred to the engraver, as fashions change continually.

RECEPTION - When the married pair have returned, and the day of reception arrives, wedding-cake and wine are handed round, of which every one partakes, and each expresses some kindly wish for the newly married couple. The bride ought not to receive visitors without a mother or sister, or some friend being present, not even if her husband is at home. Gentlemen who are in professions, or have government appointments, cannot always await the arrival of visitors; when such is the case, some old friend of the family should represent him, and proffer an apology for his absence.

THE WEDDING TOUR must depend upon the tastes and circumstances of the married couple. Home-loving Englishmen and women may find much to admire and enjoy without ranging abroad. Those whose time is somewhat restricted, we recommend to sojourn at Tunbridge Wells - Mount Ephraim is especially to be selected - and from thence the most delightful excursions may be made to different parts of the country; those who like sketching, botanising, and collecting sea-weeds, will find ample opportunities for each; those who like old ruins and time-hallowed places may reach them without difficulty. Dover, Canterbury, Folkestone, and Tatwood Castle are all within reach, and what places are more deeply interesting, not only in respect of scenery, but historic associations.

NORTH WALES OFFERS A DELIGHTFUL EXCURSION; the lakes of Westmoreland and Cumberland also; with the

magnificent scenery of the Scottish lakes and the Cave of Fingal.

TO THOSE WHO WISH FOR A WIDER RANGE, France, Germany, Switzerland, and the Rhine offer charms which cannot be surpassed.



WEDDING CAKES - Four pounds of fine flour, well dried, four pounds of fresh butter, two pounds of loaf sugar, a quarter of a pound of mace pounded and sifted fine, the same of nutmegs. To every pound of flour add eight eggs; wash four pounds of currants, let them be well picked and dried before the fire; blanch a pound of sweet almonds, and cut them lengthwise very thin; a pound of citron, one pound of candied orange, the same of candied lemon; half a pint of brandy. When these are made ready work the butter with your hand to a cream, then beat in your sugar a quarter of an hour, beat the whites of your eggs to a very strong froth, mix them with your sugar and butter; beat your yolks half an hour at least, and mix them with your cake; then put in your flour, mace, and nutmeg, keep beating it well till your oven is ready - pour in the brandy, and beat the currants and almonds lightly in. Tie three sheets of white paper round the bottom of your hoop to keep it from running out, rub it well with butter, put in your cake, lay the sweetmeats in layers, with cake between each layer, and after it is risen and coloured cover it with paper before your oven is stopped up; it will require three hours to bake properly.



ALMOND ICEING FOR WEDDING CAKE - Beat the whites of three eggs to a strong froth, beat a pound of Jordan almonds very fine with rose water, mix them, with the eggs, lightly together; put in by degrees a pound of common loaf-sugar in powder. When the cake is baked enough, take it out, and lay on the iceing; then put it in to brown.

SUGAR ICEING FOR WEDDING CAKE - Beat two pounds of double-refined sugar with two ounces of fine starch, sift the whole through a gauze sieve, then beat the whites of five eggs with a knife upon a pewter dish for half an hour; beat in your sugar a little at a time, or it will make the eggs fall, and injure the colour; when all the sugar is put in, beat it half an hour longer, and then lay on your almond iceing, spreading it even with a knife. If put on as soon as the cake comes out of the oven it will harden by the time the cake is cold.

ETIQUETTE OF THE NEWLY MARRIED - A newly married couple send out cards immediately after the ceremony to their friends and acquaintance, who, on their part, return either notes or cards of congratulation on the event. As soon as the lady is settled in her new home, she may expect the calls of her acquaintance; for which it is not absolutely necessary to remain at home, although politeness requires that they should be returned as soon as

possible. But, having performed this, any further intercourse may be avoided (where it is deemed necessary) by a polite refusal of invitations. Where cards are to be left, the number must be determined according to the various members of which the family called upon is composed. For instance, where there are the mother, aunt, and daughters (the latter having been introduced to society), three cards should be left.

HOW TO TREAT A WIFE - First, get a wife; secondly, be patient. You may have great trials and perplexities in your business with the world, but do not carry to your home a clouded or contracted brow. Your wife may have many trials, which, though of less magnitude, may have been as hard to bear. A kind, conciliating word, a tender look, will do wonders in chasing from her brow all clouds of gloom. You encounter your difficulties in the open air, fanned by heaven's cool breezes; but your wife is often shut in from these healthful influences, and her health fails, and her spirits lose their elasticity. But oh! bear with her; she has trials and sorrows to which you are a stranger, but which your tenderness can deprive of all their anguish. Notice kindly her little attentions and efforts to promote your comfort. Do not treat her with indifference, if you would not sear and palsy her heart, which, watered by kindness, would, to the latest day of your existence, throb with sincere and constant affection. Sometimes yield your wishes to hers. She has preferences as strong as you, and it may be just as trying to yield her choice as to you. Do you find it hard to yield sometimes? Think you it is not difficult for her to give up always? If you never yield to her wishes, there is danger that she will think you are selfish, and care only for yourself, and with such feelings she cannot love as she might. Again, show yourself manly, so that your wife can look up at you and feel that you will act nobly, and that she can confide in your judgment.

HUSBAND AND WIFE - Being hints to each other for the good of both, as actually delivered at our own table:-



HINTS FOR WIVES - If your husband occasionally looks a little troubled when he comes home, do not say to him, with an alarmed countenance, "What ails you, my dear?" Don't bother him; he will tell you of his own accord, if need be. Don't rattle a hailstorm of fun about his ears either; be observant and quiet. Don't suppose whenever he is silent and thoughtful that you are of course the cause. Let him alone until he is inclined to talk; take up your book or your needlework (pleasantly, cheerfully; no pouting - no sullenness), and wait until he is inclined to be sociable. Don't let him ever find a shirt-button missing. A shirt-button being off a collar or wrist-band has frequently produced the first hurricane in married life. Men's shirt-collars never fit exactly - see that your husband's are made as well as possible, and then, if he does fret a little about them, never mind it; men have a prescriptive right to fret about shirt-collars.

HINTS FOR HUSBANDS - If your wife complains that young ladies "now-a-day" are very forward, don't accuse her of jealousy. A little concern on her part only proves her love for you, and you may enjoy your triumph without

saying a word. Don't evince your weakness either, by complaining of every trifling neglect. What though her chair is not set so close to yours as it used to be, or though her knitting and crochet seem to absorb too large a share of her attention, depend upon it that, as her eyes watch the intertwinings of the threads, and the manoeuvres of the needles as they dance in compliance to her delicate fingers, she is thinking of courting days, love-letters, smiles, tears, suspicions, and reconciliations, by which your two hearts became entwined together in the network of love, whose meshes you can neither of you unravel or escape.

HINTS FOR WIVES - Never complain that your husband pores too much over the newspaper, to the exclusion of that pleasing converse which you formerly enjoyed with him. Don't hide the paper; don't give it to the children to tear; don't be sulky when the boy leaves it at the door; but take it in pleasantly, and lay it down before your spouse. Think what man would be without a newspaper; treat it as a great agent in the work of civilisation, which it assuredly is; and think how much good newspapers have done by exposing bad husbands and bad wives, by giving their errors to the eye of the public. But manage you in this way: when your husband is absent, instead of gossiping with neighbours, or looking into shop windows, sit down quietly, and look over that paper; run your eye over its home and foreign news; glance rapidly at the accidents and casualties; carefully scan the leading articles; and at tea-time, when your husband again takes up the paper, say, "My dear, what an awful state of things there seems to be in India;" or "what a terrible calamity at the Glasgow theatre;" or "trade appears to be flourishing in the north!" and depend upon it down will go the paper. If he has not read the information, he will hear it all from your lips, and when you have done, he will ask, "Did you, my dear, read Simpson's letter upon the discovery of chloroform?" And whether you did or not,

you will gradually get into as cosy a chat as you ever enjoyed; and you will soon discover that, rightly used, the newspaper is the wife's real friend, for it keeps the husband at home, and supplies capital topics for every-day table-talk.

HINTS FOR HUSBANDS - You can hardly imagine how refreshing it is to occasionally call up the recollection of your courting days. How tediously the hours rolled away prior to the appointed time of meeting; how swift they seemed to fly, when met; how fond was the first greeting; how tender the last embrace; how fervent were your vows; how vivid your dreams of future happiness, when, returning to your home, you felt yourself secure in the confessed love of the object of your warm affections. Is your dream realised? - are you so happy as you expected? Why not? Consider whether as a husband you are as fervent and constant as you were when a lover. Remember that the wife's claims to your unremitting regard - great before marriage, are now exalted to a much higher degree. She has left the world for you - the home of her childhood, the fireside of her parents, their watchful care and sweet intercourse have all been yielded up for you. Look then most jealously upon all that may tend to attract you from home, and to weaken that union upon which your temporal happiness mainly depends; and believe that in the solemn relationship of husband is to be found one of the best guarantees for man's honour and happiness.

HINTS FOR WIVES - Perchance you think that your husband's disposition is much changed; that he is no longer the sweet-tempered, ardent lover he used to be. This may be a mistake. Consider his struggles with the world - his everlasting race with the busy competition of trade. What is it makes him so eager in the pursuit of gain - so energetic by day, so sleepless by night - but his love of home, wife,

and children, and a dread that their respectability, according to the light in which he has conceived it, may be encroached upon by the strife of existence. This is the true secret of that silent care which preys upon the hearts of many men; and true it is, that when love is least apparent, it is nevertheless the active principle which animates the heart, though fears and disappointments make up a cloud which obscures the warmer element. As above the clouds there is glorious sunshine, while below are showers and gloom, so with the conduct of man - behind the gloom of anxiety is a bright fountain of high and noble feeling. Think of this in those moments when clouds seem to lower upon your domestic peace, and, by tempering your conduct accordingly, the gloom will soon pass away, and warmth and brightness take its place.



HINTS FOR HUSBANDS - Summer is the season of love! Happy birds mate, and sing among the trees; fishes dart athwart the running streams, and leap from their element in resistless ecstasy; cattle group in peaceful nooks, by cooling streams; even the flowers seem to love as they twine their tender arms around each other, and throw their wild tresses about in beautiful profusion; the happy swain sits with his loved and loving mistress beneath the sheltering oak, whose arms spread out, as if to shield and sanctify their pure attachment. What shall the husband do

now, when earth and heaven seem to meet in happy union? Must he still pore over the calculations of the counting-house, or ceaselessly pursue the toils of the work-room - sparing no moment to taste the joys which Heaven measures out so liberally? No! "Come, dear wife, let us once more breathe the fresh air of heaven, and look upon the beauties of earth. The summers are few we may dwell together; we will not give them all to Mammon. Again let our hearts glow with emotions of renewed love - our feet shall again tread the green sward, and the music of the rustling trees shall mingle in our whisperings of love!"

HINTS FOR WIVES - "It was!" "It was not!" "It *was!*" "It was *not!*" "Ah!" "Ha!" - Now who's the wiser or the better for this contention for the last word? Does obstinacy establish superiority, or elicit truth? Decidedly not! Woman has always been described as clamouring for the last word: actors, authors, preachers, and philosophers, have agreed in attributing this trait to her, and in censuring her for it. Yet why they should condemn her, unless they wish the matter reversed, and thus committed themselves to the error imputed to her, it were difficult to discover. However, so it is; - and it remains for some one of the sex, by an exhibition of noble example, to aid in sweeping away the unpleasant imputation. The wife who will establish the rule of allowing her husband to have the last word, will achieve for herself and her sex a great moral victory! Is he *right?* - it were a great error to oppose him. Is he *wrong?* - he will soon discover it, and applaud the self-command which bore unvexed his pertinacity. And gradually there will spring up such a happy fusion of feelings and ideas, that there will be no "last word" to contend about - but a steady and unruffled flow of generous sentiment.

A WIFE'S POWER - The power of a wife for good or evil, is irresistible. Home must be the seat of happiness, or it

must be for ever unknown. A good wife is to a man, wisdom, and courage, and strength, and endurance. A bad one is confusion, weakness, discomfiture, and despair. No condition is hopeless where the wife possesses firmness, decision, and economy. There is no outward prosperity which can counteract indolence, extravagance, and folly at home. No spirit can long endure bad domestic influence. Man is strong, but his heart is not adamant. He delights in enterprise and action; but to sustain him he needs a tranquil mind, and a whole heart. He needs his moral force in the conflicts of the world. To recover his equanimity and composure, home must be to him a place of repose, of peace, of cheerfulness, of comfort; and his soul renews its strength again, and goes forth with fresh vigour to encounter the labour and troubles of life. But if at home he finds no rest, and is there met with bad temper, sullenness, or gloom, or is assailed by discontent or complaint, hope vanishes, and he sinks into despair.

COUNSELS FOR THE YOUNG - Never be cast down by trifles. If a spider break his thread twenty times, twenty times will he mend it again. Make up your minds to do a thing and you will do it. Fear not if a trouble comes upon you; keep up your spirits, though the day be a dark one. If the sun is going down, look up to the stars. If the earth is dark, keep your eye on Heaven! With God's promises, a man or a child may be cheerful. Mind what you run after! Never be content with a bubble that will burst, firewood that will end in smoke and darkness. Get that which you can keep, and which is worth keeping. Fight hard against a hasty temper. Anger will come, but resist it strongly. A fit of passion may give you cause to mourn all the days of your life. Never revenge an injury. If you have an enemy, act kindly to him and make him your friend. You may not win him over at once, but try again. Let one kindness be followed by another, till you have compassed your end. By

little and little, great things are completed; and repeated kindness will soften the heart of stone. Whatever you do, do it willingly. A boy that is whipped to school never learns his lessons well. A man who is compelled to work cares not how badly it is performed. He that pulls off his coat cheerfully, strips up his sleeves in earnest, and sings while he works, is the man of action.

CHILDREN - Happy indeed is the child who, during the first period of its existence, is fed upon no other aliment than the milk of its mother, or that of a healthy nurse. If other food becomes necessary before the child has acquired teeth, it ought to be of a liquid form: for instance, biscuits or stale bread boiled in an equal mixture of milk and water, to the consistence of a thick soup; but by no means even this in the first week of its life.



FLOUR OR MEAL ought never to be used for soup, as it produces viscid humours, instead of a wholesome nutritious chyle.

AFTER THE FIRST SIX MONTHS, weak veal or chicken broth may be given, and also, progressively, vegetables that are not very flatulent; for instance, carrots, endive,

spinach, parsnips, with broth and boiled fruit, such as apples, pears, plums, and cherries.

WHEN THE INFANT IS WEANED, and has acquired its proper teeth, it is advisable to let it have small portions of meat, and other vegetables, as well as dishes prepared of flour, &c., so that it may gradually become accustomed to every kind of strong and wholesome food.

WE OUGHT, however, to be cautious, and not upon any account to allow a child pastry, confectionery, cheese, heavy dishes made of boiled or baked flours, onions, horse-radish, mustard, smoked and salted meat, especially pork, and all compound dishes; for the most simple food is the most salubrious.

THE TIME OF TAKING FOOD is not a matter of indifference: very young infants make an exception; for, as their consumption of vital power is more rapid, they may be more frequently indulged with aliment.

IT IS, HOWEVER, advisable to accustom even them to a certain regularity, so as to allow them their victuals at stated periods of the day; for it has been observed, that those children which were fed indiscriminately through the whole day, were subject to debility and disease. The stomach should be allowed to recover its tone, and to collect the juices necessary for digestion, before it is supplied with a new portion of food.

THE FOLLOWING ORDER OF GIVING FOOD to children has been found proper, and conducive to their health: - After rising in the morning, suppose about six o'clock, a moderate portion of lukewarm milk, with well baked bread, which should by no means be new; at nine o'clock, bread with some fruit, or, if fruit be scarce, a small

quantity of fresh butter; about twelve o'clock, the dinner of a sufficient quantity; between four and five o'clock, some bread with fruit, or, in winter, the jam of plums, as a substitute for fruit.

ON THIS OCCASION, children should be allowed to eat till they are satisfied, without surfeiting themselves, that they may not crave for a heavy supper, which disturbs their rest, and is productive of bad humours: lastly, about seven o'clock, they may be permitted a light supper, consisting either of milk, soup, fruit, or boiled vegetables and the like, but neither meat nor mealy dishes, nor any article of food which produces flatulency; in short, they ought to eat but little, and remain awake at least for one hour after it.

IT HAS OFTEN BEEN CONTENDED that bread is hurtful to children; but this applies only to new bread, or such as is not sufficiently baked; for instance our rolls, muffins, and crumpets, than which nothing can be more hurtful and oppressive. Good wheaten bread is extremely proper during the first years of infancy; but that made of rye, or a mixture of wheat and rye, would be more conducive to health after the age of childhood.

WITH RESPECT TO DRINK, physicians are decidedly against giving it to children in large quantities, and at irregular periods, whether it consists of the mother's milk, or any other equally mild liquor.

IT IS IMPROPER AND PERNICIOUS to keep infants continually at the breast; and it would be less hurtful, nay even judicious, to let them cry for a few nights, rather than to fill them incessantly with milk, which readily turns sour on the stomach, weakens the digestive organs, and ultimately generates scrofulous affections.



IN THE LATTER PART OF THE FIRST YEAR, pure water may be occasionally given; and if this cannot be procured, a light and well-fermented table-beer might be substituted. Those parents who accustom their children to drink water only, bestow on them a fortune, the value and importance of which will be sensibly felt through life.

MANY CHILDREN, HOWEVER, acquire a habit of drinking during their meals; it would be more conducive to digestion, if they were accustomed to drink only after having made a meal. This useful rule is too often neglected, though it be certain that inundations of the stomach, during the mastication and maceration of the food, not only vitiate digestion, but they may be attended with other bad consequences; as cold drink, when brought in contact with the teeth previously heated, may easily occasion cracks or chinks in these useful bones, and pave the way for their carious dissolution.

IF WE INQUIRE INTO THE CAUSE, which produce the crying of infants, we shall find that it seldom originates from pain, or uncomfortable sensations; for those who are apt to imagine that such causes must *always* operate on the body of an infant, are egregiously mistaken; inasmuch as they conceive that the physical condition, together with the method of expressing sensations, is the same in infants and adults.