

There is another abuse which lazy nurses are frequently guilty of : instead of employing effectual methods for pleasing the infant, they rock it furiously in the cradle ; this procures a momentary cessation of its cries, by confusing its brain, and if long continued stuns the child into a sleep. But this sort of sleep is merely a palliative, and so far is the agitation by which it was obtained from removing the cause of complaint, that it may disorder the head and stomach, and be the foundation of future disorders of very fatal consequence.

Before children are put into the cradle, we ought to be certain they want nothing, and they should never be rocked with such violence as to confound or stun them. If their sleep is not sound, a slow and equal motion of the cradle is sufficient to render it so ; nor ought they to be rocked often, for if accustomed to this motion they will not sleep without it. Though children in good health should sleep long and spontaneously, yet the temperament of the body may be injured by too much. In this case they should be roused by gentle motion ; their ears ought to be amused with some soft and agreeable sounds, and their eyes with
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