

Suggestions for the care of the Baby . .

THUMB SUCKING and "pacifiers" are injurious. They are apt to upset the digestion and disfigure the child's mouth.

HANDLING THE BABY, especially after meals, is inadvisable. The baby should not be picked up any more than is necessary. Too much playing with baby upsets his delicate digestion.

TOYS for the very young baby should always be washable, never have points or edges or be painted. Baby puts everything in his mouth, therefore his toys must be safe ones.

PROTRUDING EARS are very often the result of carelessness. Baby's ears should be flat against his head when he is laid down and not allowed to double over.

RUBBER DIAPERS should be used with care. Improperly used they irritate the skin and are a common cause of chafing, which may lead to serious skin disorders.

CLOTHING should be put on baby while he is lying flat. Clothes should be drawn on over feet and not over head.

HABITS: When baby is old enough, put him on his chair at regular intervals. He will then form the good habit of regular bowel movements.

NETTING should always be put over baby to keep off flies and mosquitoes when he is put outdoors to sleep in summer. Mosquito bites are annoying and may cause malaria, and the house-fly is a common carrier of the germs of disease.

OVERHEATING: Dry air in overheated homes dries out the mucous membrane lining of the nose and throat, making baby more susceptible to infections and colds.

PRICKLY HEAT is due to too much or too rough clothing. Dress baby in cool clothing and put a tablespoonful of cooking soda in baby's bath. Use talcum powder freely.

PRECAUTIONS: At any sign of illness in the baby see a doctor as soon as possible.

Yeast is not recommended for children under 5 years, except under the doctor's supervision.