

mint in warm, unsweetened water, or a hot bath, may cut short the attack.

Warmth is the best aid against the enemy. The feet should be wrapped in flannel and put on a hot water bag. When the pain comes on at a certain hour every day, the baby should be wrapped in a blanket with a hot water bag before the attack is due.

With young children, colic is usually attributed to overfeeding or indigestion, yet sometimes the utmost attention to the diet will not avert it.

INCREASE IN WEIGHT

An average baby is said to weigh about seven pounds at birth if a boy, and six and a half if a girl. A child may, however, weigh as little as four, or as much as fourteen pounds. During the first three days there is a loss in weight. After that there should be a steady gain of rather more than a quarter of a pound a week until the infant is five months old, when the gain is slightly less rapid.

In weighing the baby it should be remembered to weigh the clothes in which it is dressed afterwards, and deduct their weight from the amount registered.

The length of the average child is nineteen and a half inches if a boy, and half an inch less if a girl. It is said to grow faster in length during the first