

2 HOW TO TAKE CARE OF THE BABY

of a free passage of air upward into the room between the upper and lower sashes.

In addition to this, the nursery should always be aired for at least an hour, morning and evening, after the bath, and just before going to bed; while this is being done, the baby must be taken into another room.

No cooking, washing or drying of clothes should ever be permitted in the nursery at any time.

Heating.—The system of hot water heating is undoubtedly the best, and open fires when the weather is not very cold, but it is not always possible to obtain these. When steam or hot air is used, a pan of water should always be kept in the room to prevent excessive dryness of the atmosphere. Iron, gas, or oil stoves are the worst methods of heating, and ought never to be used.

The Temperature.—The temperature of the room should be kept at about 70°F. by day, and at night never above 64°F. even for a young baby; and as the child grows older, this can be gradually reduced until he becomes accustomed to sleeping in a cold room. The window should be partly opened top and bottom at night, more or less, according to the weather, beginning from the time the child is two or three months old, if the temperature outside is not freezing. After the age of six months it should be opened in any weather, unless the child is delicate or ill.

Care must be taken that the cold air does not blow directly on the baby, and that he has sufficient covering. With the exception of the mother or nurse, no one else should be allowed to sleep in the room.

Danger of Too Much Heat.—Although it is essential to keep a child thoroughly warm, a great deal of harm can be done by keeping the nursery too hot. A child kept in hot rooms loses his appetite, becomes pale, perspires easily, loses weight, and is subject to colds and indigestion.