

arm or hand. It is better to put the child in a bath-tub or wash-tub. If the water is neither too cold nor too warm, the child will always enjoy its bath. The reason why children sometimes do not like a bath is because they have been put into it when the water is too hot or too cold. Children's skins are very sensitive. In warm weather a bath may be given in the evening as well as in the morning.

RULES FOR SICK CHILDREN.

If a child becomes sick in hot weather, take off all its clothes, except the diaper, and put on a night-dress. If its skin is hot, wipe it all over with cool water several times, and give it all the cool water it will drink.

If it vomits, and this it usually does, do not give it any food; give it water. Do not give it any medicine, but put some lime-water in a glass, and give it a teaspoonful every hour until the physician comes. If it should have a convulsion, put it in a warm bath and pour cool water on its head; but do not do this, if it should have a convulsion directly after a meal. Nothing but harm can be done by giving the child cordials or teas, or anything to stop it from vomiting or to stop its diarrhœa. A child vomits and has diarrhœa because something, either some sour or dirty milk, or some food that it cannot digest, has been taken into its stomach, and it vomits and has diarrhœa because it is trying to get rid of the food that is making it sick.