

CHAPTER XXV.

HINTS FOR HOT WEATHER.

Bathe infants daily in tepid water, and even twice a day in hot weather.

If delicate they should be sponged instead of immersing them in water; but cleanliness is absolutely necessary for the health of infants.

Put no bands in their clothing, but make all garments to hang loosely from the shoulders, and have all their clothing *scrupulously clean*, even the diaper should not be re-used without rinsing.

The child should in all cases sleep by itself on a cot or in a crib, and retire at a regular hour. A child *always* early taught to go to sleep without rocking or nursing is the healthier and happier for it. Begin *at birth* and this will be easily accomplished.

Never give cordials, soothing syrups, sleeping drops, etc., without the advice of a physician. A child that frets and does not sleep is either hungry or ill. *If ill it needs a physician*. Never give candy or cake to quiet a small child, they are sure to produce disorders of the stomach, diarrhea, or some other trouble.

Children should have plenty of fresh air, winter as well as summer. Avoid the severe hot sun and the heated kitchen for infants in summer. Heat is