

THE BABY.

A specialist on infants' diseases and care said recently: "Beauty doctors would have little to do and physicians less if babies were properly cared for from birth. The baby is almost certain to have fine skin, which may be preserved all through life by proper means, and hair and eyes, if not beautiful to begin with, are susceptible of greater improvement in childhood than after.

"It is a mistake to give a tub bath to an infant every day. Every second day is often enough, and then should not last more than five minutes. A sponge should never be used, as it is impossible to keep it in a perfectly pure condition. The best thing for the purpose is sterilized absorbent cotton, to be thrown away after each using.

"Every day the baby should be washed all over with warm water, and then lightly rubbed with greatly diluted alcohol. The whole process should be as brief as possible. The face should never be touched with soap, no matter how fine and pure. The water should always be boiled before using, and it is much better to use boiled milk, if possible, slightly diluted. A little wad of absorbent cotton should be dipped in this liquid and the face rubbed softly, then dried with a dry roll.

"To insure good hair, an infant's head should be kept well vaselined for the first six months, and protected in sleeping by a loosely fitted cap of the thinnest, finest texture. This serves also to keep the ears close to the head. The ugly outstanding ear would never be seen if infants wore caps at night, as they used to.

"If baby's eyes are red and weak, they should be washed several times a day with boric acid in the proportion of about a teaspoonful to a pint of boiled water. Absorbent cotton should be employed for the bathing and should never be used more than once. If the trouble does not

yield to the treatment in a week or two, a physician should be consulted without further delay.

"One of the most important aids to future beauty of complexion is a proper care of the stomach. Sips of coffee, tea and wine, ice water, candy, fried foods and many other improper articles are given to children almost before they have their first teeth, and, of course, ruin their digestion and, consequently, their skin. A taste of this, that and the other dainty is a sure means of encouraging a perverted appetite. Children under five should be ignorant of the flavor of anything but the simplest cereals, with milk and a few vegetables. Ice water should never be given a child until the extreme chill has disappeared, and candy is objectionable at all times and in all places.

"In the matter of clothing, it is a mistake to keep an infant wrapped in summer just as in winter. Wool, no matter how fine, should never touch the skin, as it is certain to irritate it. If worn, a cotton garment should be put next to the skin."

STIFF NECK.

Stiff neck occurring in a child and resulting from cold and wet, or from a tendency to ease pain from an acutely inflamed lymphatic gland by bending the head and relieving muscular pressure, or persisting after convalescence from mumps, or due to some reflex irritation, is always best treated early by massage and gymnastic exercises. In chronic cases, however, operation is nearly always indicated.—Internat. Jour. Surgery.

REMEMBER the Governors' Meeting on Thursday, June 26th. A full attendance is especially requested.

"RADNOR"

Dr. J. R. Kippax, Professor of Medical Jurisprudence in the Chicago Homoeopathic Medical College, writes: "Radnor Water is an agreeable and exceedingly pure table water, and surpasses the leading German Waters in therapeutic value."