

SUMMER CARE OF INFANTS.

THE warm weather of summer, with its relaxing effects upon the human body, and the rapid development of all sorts of disease germs, from the decomposition of organic matter, to which the warmth gives rise, is found to be especially fatal to infantile life; and this especially in cities where there is usually much the larger proportion of organic excremental matter undergoing decomposition. There are many points to consider in endeavours to prevent disease in the young, and outranking everything else, are the air which the child must breathe and the food which it must consume.

As Marion Harland, a well known writer on the care of infants very sensibly writes, "At this season, if ever, the mother must resist the disposition to fatalism. Recognizing, like a brave, sensible woman, that summer is fraught with peculiar perils, let her acquaint herself with the nature of them and station her guards. Do not change the child's food so long as his present dietary agrees with and nourishes him. One of Mr. Lincoln's homely saws, advising against a horse trade while crossing a creek, is sharply pertinent here. Green fruit has slain its thousands, but the Herodian murderer of babes from two years old and under is the mother's vicarious hankering after variety in the nursery bill of fare. When you wean your child seek out one really excellent kind of food, and, having established the fact that it suits him better than any other, cleave unto it while he relishes and thrives upon it, remaining proof against temptations to depart from it until the ugly creek of the second summer has been forded. The milk that enters into the composition

of porridge, or whatever may make up his modest menu, must be sweet and fresh; the cereal with which it is combined the best of its kind and the mixture never be oversweetened. Eschew experiments as you would labeled poison. Do not let him drink iced milk or ice water and avoid the other extreme. Cold checks digestion and really hot drinks have a tendency to weaken the bowels. Keep wholesome respect for the "intestinal changes" before your eyes and do not interfere with them. Finally should baby languish in spite of wise regimen, give him immediate change of air."

It is not so much the "change of air," so often spoken of, as it is a "purer air." If in the city take the child to the country. If this is impossible, take it out even to the suburbs—out as much as possible, to the parks and open spaces, away as far as you can from the densely peopled part of the town. Take it out daily; all day, if possible; even camp out with it at night.

Look well to the clothing. "Make changes—notably in flannels—cautiously. A woollen garment, covering the chest and abdomen, should be worn next the skin all summer long, at least until the child has completed his second year. It need not be heavy or thick. Exchange that worn in winter for one of moderate weight, and, at the heat increases, this for one still thinner."

Keep the skin clear and active by a daily bath with cool, but not too cold water, with gentle friction after it. And do not allow the young child to get over heated.

Frequent sips of cold, not iced, pure water most infants like in warm