350

INDEX 🔧

Beef juice, 44, 78 " forced feeding, 248, 249 tea a stimulant only, 77, 78 " in diarrhœa, to avoid, 77 steak, cooking, 54 Belladonna, 27 Beverages, 58 at meals, 63-67 Bith marks, 232, 233 Bites, 295 mosquito, 211 Blankets, babe, 90, 91 Bleeding, 289, 290 from lungs in whoopingcough, 267 Blindness, color, 162, 163 Bli-ters, burns, 297 Flood and nerves, 62 vessels, cut, 289 Blue baby, 241, 242 Boarding school, boys', 338-341 school, girls', 329-335 Boils, 218, 219 Bone and muscles, 52, 62, 73, 74 Bones, broken, 296. Bonnets, babe, 98 girls', 112, 113 Borax wash, 18 Bottles, nursing, 38, 39 Bowel, prolapse of, 237 rubbing the, 195 Bow legs, 226, 227, 281 Boys, care of, 338-348 Brain, meat increases activity of, 52 Bran baths, 140 Brandy, 20 Bread, 45, 46, 53 and inolasses, 57 Breasts, babe, inflammation of, 220 mother's, 18

Breasts, mother's, bandages, 22, 26 " absorbent cotton, use of, 22 " care of the, 20, 23 " filling, when not, 26 hard, and lumpy, 21, 22 " " heavy, 22 " nipple, 18-21 " nipple, protecting the, 22 " pump, 27 weaning, in, 27 " menstruation, in, 321 Breathing, 310, 311 through mouth, 170 Bronchial tubes, 202, 274-276 Bronchitis, 274-276 Bruises, 203 Brushing, hair, 171, 174, 175 Bunions, 190 Burns, 297, 298 Burned, eyes, 162 CABBAGE, 66 Canker sores, 205, 206 Carbolic acid, poison by, 303 Carriage, baby, 128-130 Caseine, 28 Castor oil, 198 dose of, 200, 224 Catarrh, 222, 223 of throat, 204 Cathartic medicines, 198 Catheter, rubber, 249 Cereals, 45, 53, 62, 63, 69, 74, 79 Chafed heel, 190 Chafing, 219 Chapped hands, 219, 220 Cheese, 28, 73 to avoid, when, 69 Chest, cold in, 201, 275 exercise to develop, 277