#### CONTENTS

-Hot Milk-Lemonade-Orangeade-Food in Nausea-Milk-Peptonized Milk-Digestible Milk-Rennet Curd-Beef Tea-Beef Juice-Chicken Broth-Oatmeal Gruel-Oyster Broth-Gum Arabio Water-Albumenized Water-Koumiss - Effect of Diet-Longings

### CHAPTER VI

# BATHS

re of the Body—Caution in Bathing—Friction —Plunge Bath—Sponge Bath—Cold Bath— Warm Bath—Sitz Bath—Foot Bath—Cold Foot Bath—Foot Bath in Bed—Sponge Bath in Bed—Baby's First Bath—Local Baths— Eye Baths

4

## CHAPTER VII

#### EXERCISE

e Muscles - Walking	-St	airs—	Brea	thing		
Driving-Sitting-S	tandi	ng—F	hysic	al Exe	er-	
cise-Gardening-Precautions-Massage-						
Exercise in Bed .				•	•	108

### CHAPTER VIII

#### REST

essity of Rest—Rest During the Day—Relaxation—Waste of Power—Out-door Rest —Change of Occupation—Sleep—Means of Inducing Sleep—Friction—Bed Covering— Morning Sleep—Night Light—Bed Time95

7

64