

## 4 HOW TO TAKE CARE OF THE BABY

and pads which have become wet or soiled should never be used a second time before washing, and care must be taken that they are thoroughly dry before making up the bed.

**Location of Crib.**—The crib should be placed in such a manner that the light will not fall directly on the baby's eyes, and never between two windows or doors, or where a draft can blow directly over him. A screen placed around the bed is very useful in preventing this.

### CLOTHING

**General Directions.**—The clothing for infants should be extremely simple, and moderately snug-fitting, so that there shall be no wrinkles to hurt the baby, and at the same time they should be loose enough to admit of free circulation and unhampered movements.

**Underwear.**—In winter, wool is the best material for undergarments for babies, but with an admixture of silk or cotton, and not of the heaviest grade, as too thick garments will make a child delicate and very sensitive to changes, and are quite unnecessary even in winter if the nursery is kept at the proper temperature. When the baby is taken out for an airing, changes in temperature must be met by sufficient outer wraps.

In summer the underwear should be of the lightest grade of silk and wool, or cotton and wool.

For the first two months, an infant should wear a plain flannel band rolled smoothly about the abdomen and sewn, not fastened with safety pins. This is later replaced by the knitted band with straps over the shoulders. Over this, in winter, is worn the woolen under-vest with long sleeves and high neck. The diaper is then pinned to the bottom of the vest to prevent the shirt from working up about the body, and also to keep the diaper from slipping down. Diapers should be of