

put on the ice or in a cool place, and keep tightly covered except when the milk is poured out for use. The glass jar must be kept perfectly clean and washed and scalded carefully before use. A teaspoonful of lime water to a bottle of milk will aid in digestion. Discard the bottle as soon as possible and use a cup which you know is clean, whereas a bottle must be kept in water constantly when not in use, or the sour milk will make the child sick. Use no tube, for it is exceedingly hard to keep it clean, and if pure milk cannot be had, condensed milk is admirable and does not need to be sterilized as the above.

*Children should have exercise* in the house as well as outdoors, but should not be jolted and jumped and jarred in rough play, not rudely rocked in the cradle, nor carelessly trundled over bumps in their carriages. They should not be held too much in the arms, but allowed to crawl and kick upon the floor and develop their limbs and muscles. A child should not be lifted by its arms, nor dragged along by one hand after it learns to take a few feeble steps; but when they do learn to walk steadily it is the best of all exercises, especially in the open air.

Let the children as they grow older romp and play in the open air all they wish, girls as well as boys.

*Infant Teething.*—There are instances where babies have been born with teeth, and on the other hand, there are cases of persons who never had any teeth at all; and others that had double teeth all around in both upper and lower jaws; but these are rare instances, and may be termed a sort of freaks of nature.