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They are strong and wear like iron.
Solid leather sole and heel,
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first six months 98° F., after which it
can be reduced to 95° F.

The eyes of the child should be cleansed
with a solution of boracic acid (one tea-
spoonful boracic acid to one pint warm
water). Do not re-dip in the solution any
bit of absorbent cotton that has been
used, and do not use the same piece for
both eyes. This is very important, espe-
cially should there be any inflammation
of the eyes, and this careful treatment of
the eyes should continue for many weeks,
till plain clean water may be used.

The navel also should receive very
careful attention. Keep for its dressing
pieces of very soft old linen. Cut a hole
in the middle of the piece to be used;
just large enough to draw the cord thru,
smear a little vaseline or oil on the under
side which is to lie next the skin of the
abdomen, draw stump of cord thru and
lay flat on linen, dusting over it powdered
boracic acid or a good talcum powder.
A band of soft flannel about eight or ten
inches wide can then be passed around
the body and fastened snugly with tiny
safety pins. The band should be care-
fully adjusted, without wrinkles and not
too tight, as that may cause "baby
jaundice." The best first bands are
simply strips of flannel torn from one
piece of flannel. The edges should never
be hemmed or stitched, but may be
clipped in a jagged edge to prevent
ravelling. A knitted band, which can
be procured at almost any general store,
should be substituted for this when baby
is a couple of months old. It is very
essential to keep the abdomen well
covered. Many cases of colic and severe
stomach troubles arise from chilling of
the abdomen.

The mouth of the child should be
cleansed very carefully and gently with a
solution of boracic acid. Tho a cleansing
of the mouth after each feeding has often
been recommended, nowadays many
doctors claim it is best to leave the mouth
alone after first cleansing, as the mucous
membrane is so very delicate, rupturing
easily and so causing sore mouth and
much suffering.

When baby is a few hours old it should
be allowed to attempt its first nursing.
The little it obtains from the mother's
breasts the first two days is of a purgative
character, which is what baby needs
then for the evacuation of the bowels.
Should this not act, however, a half
teaspoon of pure olive oil may be given
or a small injection of soap and water.

Baby's periods of feeding should be
regularly given every two hours during
the first month, two and one-half hours
second month, and later every three
hours. During the first and second
month there may be two night feedings,
third and fourth months one night feed-
ing, after which the night feeding ought
to be omitted.

Feed Often and Regularly

Some doctors say baby should be
awakened if asleep to observe his hours of
feeding. Others again claim sleep to be
the very best for the child. I think a
mother must use her own judgment in
regard to her own child. My babies,
tho perfectly healthy and not at all
"fussy," seemed naturally wakeful. I
would not think of waking them from a
sound peaceful sleep for any reason as
I knew they needed it when they had it.
If baby is bottle fed, bottles and nipples
must be kept scrupulously clean. By no
means should a nipple with tube be used,
as the tube cannot be cleansed thoroughly
and is a germ retainer and breeder.
Bottles and nipples should be sterilized
between feedings. Pure, sweet cow's
milk diluted with pure boiled water,
according to strength required by the age
of the child, should be used, or a good pre-
paration of baby's food found to agree with
the child and to give ample nourishment.
Should baby become constipated, a little
extra cream added to the bottle of milk
will in most cases correct the trouble or
a teaspoon of pure sweet cream may be
given before feeding.

As to the clothing of the young child,
it should never be tightly adjusted or
cumbersome, but light and warm. I
believe it best to use soft flannels or a
wool and silk mixture nearest the body.
Cottons cannot retain as even a tempera-
ture to the body as the woollens can.
Baby should never be allowed to remain
wet for any length of time, and diapers
should be washed before a second using.
Many cases of eczema have arisen from
the careless use of dried, soiled diapers,
poor soap or rough towels and wash
cloths that were not perfectly clean
when used for baby. The bedding for

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