



The Hygiene of the Newly Born.

The following instructions to mothers and nurses, prepared by a commission composed of Moutard Martin, Bergeron, Parrot, Blachez and Dujardin Beaumetz, have been issued by the head of the Department of Public Charities, Paris:—

1. Till the appearance of the first teeth, i.e., between the sixth and seventh months, the only food of the infant should be milk, that of the mother preferably, if she be in good condition, otherwise that of a wet nurse. It is very dangerous to give an infant solid food of any kind during the first months of its life.

2. The child should be offered the breast about once in two hours, and less often in the night.

3. In the event of inability to provide woman's milk, the milk of the cow or goat may be substituted. This milk should be given warm, diluted with one-fourth part water, and slightly sweetened. At the beginning of the fifth month the milk may be taken pure. All other liquids employed to dilute the milk (thin gruel, bread-water, barley-water) are injurious.

4. In feeding the infant, glass nursing-bottles should be employed. These, especially the tubing and the mouth-piece, should be thoroughly cleansed every time they are used. Never allow the nurse to resort to those "sugar teats" with which some mothers seek to appease the cries of the infant, and which are sure to produce canker, and disorder, and indigestion.

5. It is not till the sixth or seventh month that one should begin to allow farinaceous substances with milk, such as bread, baked flower, rice, arrow root, mealy potatoes; these supplementary foods should always form a considerable part of the infant's dietary towards the end of the first year, to accustom the child to weaning. Weaning ought

not to be thought of till the first twelve or sixteen teeth have pierced the gums, while the infant is in a good state of health, and during the lull which follows an eruption of teeth.

6. Every morning the "toilet" of the little one should be made before suckling or feeding; this toilet consists: (1) in washing the child's body, and especially the genitals, which ought always to be kept clean; (2) in rubbing the head, on which it will not do to let scruff or dandruff accumulate; (3) in changing (at least every second day) the child's underclothing; (4) in giving a warm bath in which the infant should be held five or six minutes. The belly band ought to be kept on during the first month.

7. Swaddling clothes, which cause compression of the body, should be interdicted. The more freedom the young child has in its movements, the more robust it becomes, and the better its development. All swathing which encumbers the neck and head should also be discarded.

8. The infant should be protected against the injurious effects of excess of cold and heat, whether outdoors or in the house; within doors, the air should be renewed several times a day.

9. It is not safe to carry the babe into the open air before the fifteenth day, unless the temperature is very mild.

10. The child ought not to be allowed to sleep in the same bed with its mother or nurse.

11. The bed of the infant should be composed of oaten straw, soft thatch, or husks; the cradle should have curtains during the first months of infancy, and especially during the cold season, to avoid currents of air, but these curtains should never be completely closed. The babe ought not to be rocked.

12. There should not be undue haste in teaching the infant to walk; it should be allowed to creep on the floor,