

Lighting.—No gas should be allowed to burn in the nursery at night, and where there is no electric light, a wax night light should be used.

Screens.—In summer, the windows of the nursery should be fitted with screens to keep out flies and mosquitoes. Some babies are badly poisoned by mosquito bites, and one kind of mosquito can give the child malaria.

Flies are dangerous because they may alight on the nipple of the baby's bottle or on the food, and a fly's feet can bring germs from wherever their last resting place may have been. Contagious diseases and other ailments are often transported in this way.

THE BABY'S BED

Bed and Bedding.—From the first a baby ought to have a separate bed of brass or enamelled iron which does not rock. The mattress should be of hair, and covered with an India-rubber sheet, then a cotton pad, and, finally a cotton (not a linen) sheet. For the first few weeks it is better for the infant to lie with his head low; a pad doubled under the head is sufficient; after this a small hair pillow is best, as feathers are too heating.

For coverings use a cotton sheet, warm woolen blankets, and when necessary, an eiderdown quilt. Have all coverings sufficiently warm, but light, and never keep him so hot that he perspires, as this is very weakening, and predisposes him to catching cold. If the feet are cold, a hot water bottle covered with a flannel bag should be placed in the bed near them, but take great care that it is not hot enough to burn the skin.

Care of the Bedding.—All the bedding should be thoroughly aired and exposed to the sun every day, and the mattress and pillows shaken and turned. Sheets,