

CONTENTS.

15

PART IV.

CARE AND MANAGEMENT OF INFANTS AND CHILDREN

CHAPTER XVII.

INFANTS AND HOW TO CARE FOR THEM.

A Child the Precious Gift of God—Olive Oil Bath—Care of the Navel—Rupture of the Navel—Bathing the Infant—Groin Rupture—Hygienic Dress—How Clothes Should be Fastened—A Word to Young Mothers—Treatment of Chafing—Cleanliness and Health—Warmth a Requisite—When to Put on Short Dresses—Diet of an Infant—Relaxed Bowels—Hand Fed Children—The Tepid Bath—How to Make Artificial Foods—The Food of Foods—Dentition and Its Dangers—Cough During Dentition—Disastrous Effects of Opiates—Dribbling Bibs—Convulsions—Sucking the Thumb—Skin Eruptions—Fresh Air—Miscellaneous Suggestions—Enemas for Infants—Wind on the Stomach—Hiccough and Its Treatment—Cholera Infantum and Its Cure—Hives—Diarrhoea and Its Remedy—Thrush—Baby's First Steps. .209

CHAPTER XVIII.

NURSING.

Mothers Should Nurse Their Own Children—Poor Supply of Milk—A Prevention for Pregnancy—First Food for the Infant—Both Breasts to be Drawn Alike—Too Frequent Nursing—Milk Fever—Prevention of Gathered Breast—Clothing for Nursing Mother—Diet while Nursing—Attacks of Depression—Occupation of Mother—Small and Retracted Nipples—Treatment of Sore Nipples—Cracked and Fissured Nipples—Fainting Spells—Enemas—Use of Tea and Coffee—Wet Nurses.232

CHAPTER XIX.

WEANING.

Effects of Prolonged Nursing—Best Time for Weaning—Rickety Children—How to Wean an Infant—Best Food Substitute for Milk—The Necessity of Weaning—How to Dry Up the Milk—Water on the Brain—Return of Menses After Weaning—Stimulants to be Avoided.242

CHAPTER XX.

CHILDREN AND THEIR DISEASES.

A Happy Nursery—Terrifying Stories—Nurtured in Love—Be a Child Among Your Children—How to Spoil a Good Temper—Teach by Example—Bathing for Children—Dress—Evil Effects of Garters—Nourishing Food—Eating Between Meals—Vegetables, rather Than Meat—Child's Antipathy for Food—Bowed Legs—Garden Culture—Sundays—Good Books—The Kindergarten—Good and Bad Habits—Position to Assume When Sleeping—Second Dentition—Croup—Child Crowing—Inflammation of the Lungs—Bronchitis—Diphtheria—Measles—Scarlet Fever—Sore Throat—How to Prevent Contagion—Whooping Cough—Position to Assume When Whooping—Mumps—Boils—Gathered Ear—Large Bowels, How Cured—Scrofula—Wetting the Bed—Chilblains—Worms, their Treatment and Extermination—Milk Crust245