

and so shaded that no strong rays of light will fall directly on the eye. Especially should the eyes be protected from artificial light. In the first cleansing and dressing of the baby, the careful washing of the eyes is of great importance. This should be done with warm water and a very soft cloth. The cloth for washing the eyes should be burned each time for the first two weeks, or whenever there is any soreness. The eye should always be cleansed washing toward the nose.

Children should be taught never to rub the eye except toward the nose. Cold, moisture and strong winds are hurtful to the eyes in the first months of life, and the baby should be protected against such. When the baby is taken out for exercise, its eyes should be especially shaded, particularly if asleep in its cab. Who has not seen a sleeping baby trundled along by a careless nurse girl with the strong rays of the sun pouring directly into its eyes? Do not protect the eyes by a veil, but by a bonnet that comes over the face far enough to shield the eyes from the sun and wind. The shade of the baby's cab should be of dark instead of a light color. Cleanliness is an important factor in the care of the eyes, especially after children get to playing about the floor. The eyes should be carefully cleansed as any other part of the body, with clear boiled water and soft sponges or linen cloths, and without the irritating action of soap. As soon as the infant is old enough to use its arms and handle objects, it ought to be carefully taught not to carry substances to its eyes, nor given playthings with which it can puncture or hurt the eyes. The habit some babies have of digging their eyes with their little fists when sleepy should be patiently broken up. Cleanliness and protection of eyes from too much light, cold, moisture, strong winds and accidents make up the hygiene of the eyes in babyhood.—From 'Mother, Baby and Nursery.'

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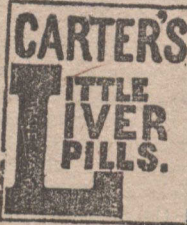
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home roof was not only the summer kitchen, but often the living-room as well. There, when the sun was sinking, callers were received and entertained. In the evening the family gathered upon it and sat looking over the battlements in converse, or lifting up the evening hymn together, or listening to some story of the past or word of instruction, and if the night was propitious finding there rest in slumber.

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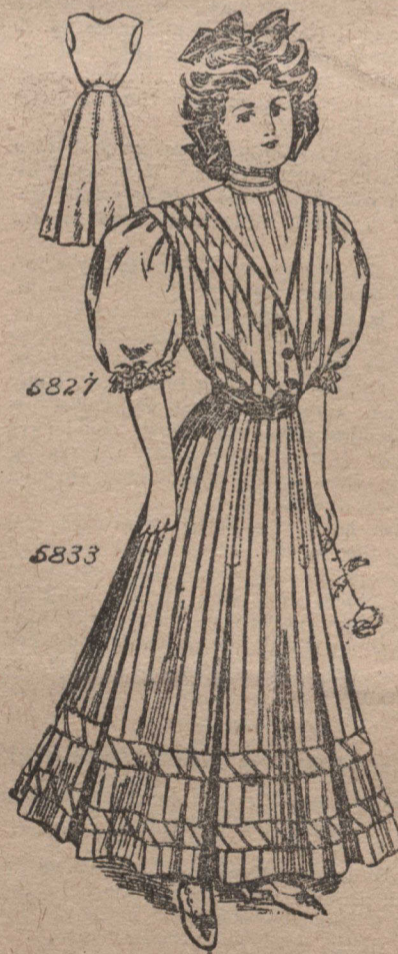
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