

TO KEEP A BABY WELL.

1. Give it pure air day and night.
2. Give it no food but mother's milk, pure milk from the bottle, or food directed by physician.
3. Whenever it cries or is fretful do not offer it food, but **give it water.**
4. Be sure that it gets enough sleep, by night and day.
5. Do not put too much clothing on it.
6. Bathe it every day.
7. Don't handle it; let it alone.

How to Take Care of Babies during Hot Weather.

To care for babies and to prevent diarrhoea, sickness, and death, those who know recommend the following rules:

AIR.

A baby needs fresh air when awake, when asleep, both day and night. Therefore, do not keep a baby in a room that smells close. Take the child out-doors in the early morning, when the air is free from dust. **Do not allow the baby to remain in a close room,** or in a room where you are washing or cooking. Much heat makes the child weak.

Keep your house clean and well aired. In very hot weather keep the doors and windows open day and night. **Always keep a window open in the baby's sleeping room.** Do not allow soaps or soiled diapers to remain in the room, such things poison the air. If your sink or cellar smells badly, clean the sink, and air the cellar. If this does not make them sweet, report the nuisance to the **Board of Health.**

FOOD AND WATER.

Over-feeding: Diarrhoea.

The first duty of a mother is to her baby. The best food for a baby under one year of age is mother's milk. Therefore, every mother should nurse her child. One of the chief causes