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Published Every Wednesday

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EIGHTY COLUMNS

Of Closely Printed Reading Matter

THE DESERET NEWS

A STANDARD HOUSEHOLD JOURNAL

SEMI-WEEKLY

Published Every TUESDAY and SATURDAY

ON A SHEET 27 X 39 INCHES

32 COLUMNS

CHICAGO TRADE

W. & B. DOUGLAS

THE DESERET Evening News

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Afternoon Report, San Francisco, July 11

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THE EVENING NEWS

Wednesday, July 15, 1874

How to Take Care of a Baby

RULES FOR THE MANAGEMENT OF INFANTS DURING THE SUMMER SEASON.

The subjoined circular concerning the management of infants during the summer months is prepared by a committee of leading medical men, and is officially recommended to the thoughtful attention of mothers.

Rule 1. Bathe the child once a day in tepid water. If it is feeble, sponge it all over twice a day with tepid water, or with tepid water and vinegar. The heat of the child depends much upon its cleanliness.

Rule 2. Avoid all tight bandaging. Make the clothing light and cool, and no more than the child may have free play for its limbs. At night, however, it should be put on a slip. In the morning, move the slip to the right side, and dress it in clean clothes. If this cannot be afforded, thoroughly air the day clothing by hanging it up during the night. Use clean diapers and change them often. Never dry a soiled one in the nursery or in the sitting-room, and never use one for a second time without first washing it.

Rule 3. The child should sleep by itself in a cot or a cradle. It should be put to bed at regular hours, and be taught to go to sleep without the aid of lullabies or arms. Without the advice of a physician never give it any spirits, cordials, or carminatives, soothing syrups or sleeping drops. Thousands of children die every year from the use of these poisons. If the child frets and does not sleep, it is either hungry or else it is in pain. It needs a physician. Never give it any food or drink, but give it fresh air. Give the child plenty of fresh air. In the cool of the morning and evening send it out on the shady side of broad streets, to the public squares, or to the park. Make frequent excursions on the rivers. Whenever it seems to suffer from the heat let it drink freely of ice-water. In a word, say, let it drink, as often as it wishes, any quantities of moderately cold water. Keep it out of the room in which washing or cooking is going on. It is executed in such a way that it destroys the lives of young infants.

Rule 4. Keep your house sweet and clean, cool and well aired. In very hot weather, let the windows be open day and night. Do your cooking in the yard, in a shed, in the garret or in an upper room. Whitewash the walls every spring, and see that the cellar is clear of rubbish. Let no slops collect to poison the air. Correct all foul smells by pouring carbolic acid or quicklime into the drains and privies. The former article can be got from the nearest druggist, who will give the useful directions for use. Make every effort yourself, and urge your neighbors to keep the gutters of your street or your court clean.

Rule 5. Breast milk is the only proper food for infants. If the supply is ample, and the child thrives on it, no other kind of food should be given while the hot weather lasts. If the mother has not enough she must not wean the child, but give it, besides the breast, goat's or cow's milk, as prepared under Rule 6. Nurse the child once in two or three hours during the day, and as seldom as possible during the night. Always remove the child from the breast as soon as it has fallen asleep. Avoid giving the breast when you are provoked or angry. Keep the nipples of the mother clean and dry. Rule 6. If, unfortunately, the child must be brought up by hand, it should be fed on milk diet alone—that is, milk out of a nursing-bottle, as directed under rule 8. Goat's milk is the best, and next to it cow's milk. If the child thrives on this diet no other kind of food whatever should be given while the hot weather lasts. At all seasons of the year, but especially in summer, there is no safe substitute for milk. If the child does not get its food from the breast, arrowroot, potatoes, corn flour, crackers, bread, every patented food, and every article of diet containing starch, cannot and must not be depended on as food for young infants. Creeping or walking children must not be allowed to pick up any wholesome food from the street.

Rule 7. Each bottleful of milk should be sweetened by a small lump of loaf-sugar, or by half a teaspoonful of crushed sugar. If the milk is known to be pure, it may have one-fourth part of hot water added to it; but if it is not known to be pure, no water need be added. When the heat of the weather is great the milk may be given quite cold. Be sure that the milk is unacidified, by testing it with litmus paper, and brought very early in the morning. Before using the pans into which it is to be poured always scald them with boiling suds. In very hot weather boil the milk, as soon as it comes, and at once pour away the vessels holding it in the coolest place in the house—upon ice if it can be afforded, or upon a well. Milk carelessly allowed to stand in a warm room soon spoils, and becomes unfit for food.

Rule 8. If the milk should disagree, a tablespoonful of lime water may be added to each bottleful. Whenever pure milk cannot be got, try the condensed milk, which offers an answer admirably. It is sold by all the leading druggists and grocers, and may be prepared by adding to six tablespoonfuls of boiling water without sugar, one tablespoonful or more of the milk, according to the taste of the child. Should this disagree, a teaspoonful of arrowroot, or sago, or of cornstarch, to the pint of milk, may be cautiously tried. If milk in any shape cannot be digested try, for a few days, pure cream diluted with three-fourths or four-fifths of water, returning to the milk as soon as possible.

Rule 9. The nursing bottle must be kept perfectly clean, otherwise the milk will turn sour and the child be made ill. After each meal it should be emptied, rinsed out, taken apart, and the tube, cork, nipple, and bottle placed in clean water, or in water to which a little soda has been added. Use a soap plan to have two nursing-bottles, and to use them by turns.

Rule 10. Do not wean the child just before or during the hot weather, nor as a rule, wean it in its second summer. If weaning is done, do not wean the child, but feed it in part with condensed milk, and such food as has been directed. However small the supply of breast milk provided that it agrees with the child, the mother should carefully discharge her duty, and she will often save the life of a child when everything else fails. When the child is over six months old, it may be weaned, and the mother should be prepared to give it a diet of solid food, or one of beef or mutton broths, or of any of the solid food which has been directed. When older than this it can have a little minced mutton, but even this milk should be the principal food, and the solid food as grown-up people eat.

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