

**Baby's Bath.**

AMERICAN MODE.

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The hand is an unsafe guide to determine the temperature of the water. This should always be determined by the thermometer. A bath thermometer should, therefore, be a part of the equipment of every nursery. This consists of an ordinary thermometer of large size, set in a wooden case. The following table shows the proper temperature of the bath for various periods during the first two years:—

TEMPERATURE OF BATH AT DIFFERENT AGES.

At birth ... ..	100° F.
During first month ... ..	97° F.
One to six months ... ..	95° F.
Six to twelve months ... ..	90° F.
One to two years ... ..	86° F.

The soap employed for the baby's bath is of importance. Soap containing an excess of alkali may seriously irritate a child's delicate skin and predispose to erythema or eczema. The best grade of white castile soap is the most suitable for baby's use. The oatmeal soap of some good maker may also be employed.

A dusting powder is not necessary when the skin is in normal condition and is properly dried after the bath. One of the chief objections to its use is the fact that nurses are apt to rely upon it instead of taking proper care in drying the surface. When properly used there can be no objection to it. In the case of some children it is a necessity. Talc is the best powder for infants' use, but lycopodium, rice powder, magnesia, and starch are almost equally good. If a child shows a particular tendency to chafe, a powder may be prescribed consisting of two drachms of subnitrate of bismuth or powdered oleate of zinc and one ounce of powdered starch.

If the child becomes afraid of the bath, it is unnecessary cruelty to insist on its being plunged into the water. Such fear, if once acquired, is very hard to overcome. The best means for accomplishing that end is to place a sheet over the tub and gradually lower the baby and the sheet into the water.

The scalp should be washed daily until the child is six months old. After that time the frequent application of soap and water tends to render the hair brittle, and their too frequent use is not advisable.

The details of the infant's bath are very important. Without extreme care in protecting the body from cold, harm of more or less serious nature may result. The nurse should have a

small rubber sheet, or, better still, a rubber apron, for her own protection. Over this may be spread a double bath blanket in which the child may be protected while being dried. A still better device consists of two large pieces of flannel buttoned or sewed to the waistband of the nurse like an apron. The lower one may be used to hold the baby in, and the upper one to cover it while the towels are being used.

The character of the bath is also of importance. An oval tub of tin or porcelain, with one sloping end, is serviceable. Such a tub may be placed on a low stand or table, to save unnecessary strain upon the back of the nurse and to diminish the danger of accidents to the child by its slipping from the hands. A portable bath tub of folding pattern is a great convenience. It can be readily put out of the way at home, and is easily carried abroad, so that the infant need not be deprived of its bath if travelling is necessary.

It is so important that the infant should receive its bath regularly and in proper manner, that the family physician should never feel it out of his sphere nor beneath his dignity to give directions regarding it.

ENGLISH FASHION.

It is interesting to compare notes on this subject with our American cousins, and to see how nearly their practice coincides with our own, and in some instances also how it varies from it. In this country it is usual, as an all-round rule, to give an infant a thorough bath as soon as the mother has been attended to and made comfortable. The plan adopted is as follows:—

Immediately the child is born its eyes are bathed with warm boracic lotion; when the cord has been tied and severed and the child has cried well, it is wrapped in a receiver, and placed in a cot in a warm place until the Nurse is ready to attend to it. When the mother is settled, the Nurse prepares the bath for the infant. The rule laid down by our American contemporaries that a thermometer should always be used to test the heat of the bath is the only safe one, and should always be insisted upon; but, should a thermometer for any reason be unobtainable—as, for instance, in an emergency case—the best test is the Nurse's elbow. The elbow is the most sensitive part of the human body, and, if she can bear this comfortably in the bath, the infant may with safety be placed in it. For this reason the flexed elbow has obtained the name of "the mother's thermometer." The bath being prepared—the infant's clothes and the bath-towel being put to warm at the fire—the Nurse places everything she will require to

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