

the forefinger, we plentifully smear it over the vernix, wherever it may be, especially under the axillæ and between the groins, round the neck, and over the ears if necessary. Leave the vaseline there, and then turn the baby on to his face. To do this, place the palm of your hand below the breast, gently over the abdomen, and roll the infant over. No pulling at arms or legs, remember! Put the infant across your knees, the arms straight over one of your thighs beside the head, the face being exposed to the air, the legs over the side of your other thigh and straight down. Be careful to place your infant in this position; he is perfectly safe and easy to get at. You will find, as I have just said, that the "vernix" often lies in thick layers along the dorsal column; in fact we have to scrape it off with our round-ended scissors after dipping them in hot water, which is often the occasion for a perennial joke—that baby is having his first shave! Wipe your scissors clean at once after you have finished, or the vernix will stick to them for days, and then plentifully lubricate the skin with the vaseline, applying it wherever necessary. We have now to clean off the lubricant and vernix from the skin. We do this with a piece of new dry flannel. I always use the corners of the receiver for this purpose, for we never use it again, and flannel is preferable to rag, and rubs off the vernix better than anything I know of. Before we turn our baby over again we will begin the washing. We must first raise the temperature of the water to 106 deg.: the first bath must be a hot bath, for you can well understand that, having fatty substances to free from the skin, a tepid bath would be of no avail. You do not often have a thermometer at hand, but a very good and safe guide is your own hand. Place it palm upwards at the bottom of the bath, allowing it to remain immersed under the water for several seconds; if you can comfortably hold it there, the temperature is safe for the infant's bath. Take your flannel and wring it out the water; soap it all over well, and gently squeeze it dry, so as not to slop the water about. You begin at the top of the head, which is the dirtiest part of the body, and hence requires to be thoroughly well washed; working in a *downward* direction you wash the neck, arms, shoulders, back, buttocks, and legs, using the soap plentifully. You must now turn the infant again on to his back; do this by the shoulders, placing your hands flat over them, and

holding down the arms roll the infant over from you. Wipe your hands dry, and proceed to remove the vernix and vaseline from the fore part of the body. Working in a downward direction you raise the chin to wipe the neck, then either arm to clear the axillæ; then pressing either thigh gently backward cleanse the groins, the knees, and wherever else the vernix may be. Now resume the washing, soaping and wringing your flannel as before; put the palm of your left hand under the back of the infant's head, and raise it up; thus supported wash the arms and forearm, taking care that the soap does not get into the eyes nor on the face. You need not dry the head, as baby has not yet been placed in the bath. Raise the chin and wash the neck and ears; then under the arms, and then the arms; to do these gently press them back, observing the natural flexure of the joints. Never forget this. The chest, abdomen, thighs, and legs in succession, the groins to be washed with the same precautions as in cleansing them. The feet and hands do not, as a rule, require to be soaped, they can be washed in the bath into which the infant has now to be placed. Place your left hand under the shoulders, so that the back of the head rests on your forearm, and raising the feet with your right hand, place the infant on his back at the bottom of the bath, the water in which covers the shoulders. Have handy and warm two soft Turkish towels. Taking your flannel, from which you have wrung out the soap, rinse the head thoroughly and the chest, all the time supporting the infant on your left hand and arm. This done, turn the infant over in the bath. To do this place the palm of your right hand over the abdomen (below the breast, remember), and turn the baby face downwards on to your left arm and hand, placing the latter well over the genitals, so that they rest in the hollow of it and are not pressed into by the fingers, and raising the infant for a second or two place him with your right hand into a sitting position, the chin resting on your left hand. This simple manœuvre requires practice to do it with dexterity, but when you know how it ought to be done, you soon acquire the knack; it is the safest way I know of. With your right hand you bathe the back of the head and the shoulders; you then lift the baby from the bath, placing him on your left hand and arm in the way I have just described to you, and holding the feet in your right hand, place the infant on his belly on to the warm Turkish towel put across your knees for that purpose

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