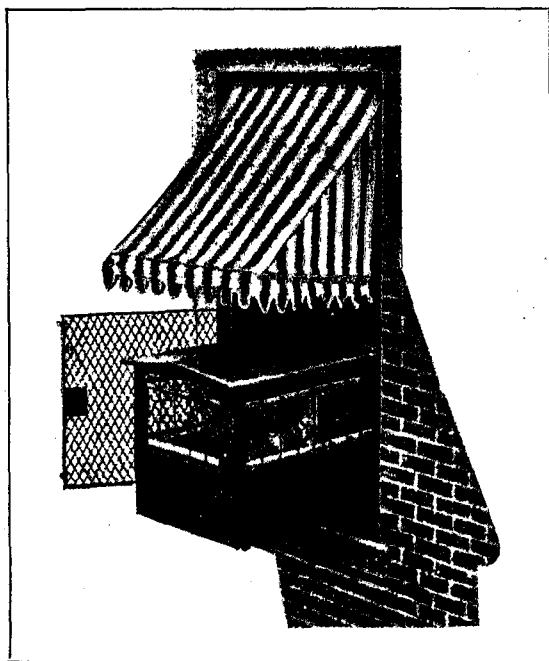


## CARE AND FEEDING OF INFANTS AND CHILDREN.

Dr. Walter Reeve Ramsey, Associate Professor of Diseases of Children in the University of Minnesota, gives much valuable information in the above book (one of Lippincott's Nursing Manuals, published in Philadelphia and London, price 10s. 6d.) in which he includes suggestions on nursing by Margaret B. Lettice, Supervising Nurse of the Baby Welfare Association, St. Paul, Minnesota.

Not the least valuable part of the book is its excellent illustrations, of which there are no less than 123. We here reproduce two of a screened bed, the first extending from a window, and the second an illustration of one which can be easily moved about.

Dr. Ramsey points out that a large part of the ills from which children suffer are due to the ignorance, on the part of those who have them in charge, of the simple fundamental rules of hygiene, and that since ignorance is the cause, education must be the remedy. This can best be carried on by the trained public health nurse and the trained social worker through demonstrations in the home. To women of proper character, temperament and training, child welfare offers a field of greater fundamental service to humanity than almost any other.



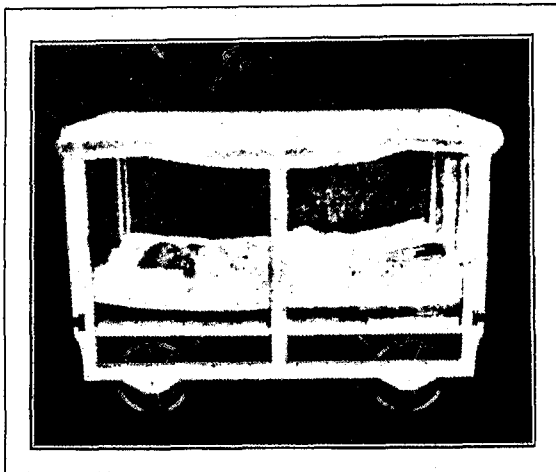
SCREENED BED EXTENDING FROM THE WINDOW.

Concerning the time to be spent out of doors by young infants, Dr. Ramsey shows that in hot weather, screened beds, of which we reproduce two illustrations, can be placed on the porch or extended from the window, and can be readily

made by a simple frame covered with mosquito netting.

During the winter months in the northern climate it is frequently a difficult problem to decide just how much time young infants should spend out of doors.

Vigorous infants, who are born at the beginning of winter should, during the first two or three



SCREENED BED WHICH CAN BE READILY MOVED ABOUT.

months, be taken out only when the temperature is above 50 deg. F., and then not when the wind is blowing strongly and the air is full of dust. After five months the baby may sleep out of doors when the sun is shining and the temperature is not much below the freezing point (25 deg. to 30 deg. F.). If infants are gradually accustomed to sleeping in progressively lower temperatures no harm results up to a certain point. Children who are suddenly taken from a warm room and put out to sleep at zero temperature are liable to develop catarrhal inflammation of the respiratory tract.

The important thing to remember in this connection is that young children do not tolerate extremes well—either of heat or cold.

It must be here again emphasised that it is not necessary that air shall be cold in order to be fresh.

### “NOT ONE OF THEM FORGOTTEN.”

Oh, little sparrow, on the housetop sitting,  
A ball of feathers, in the wind and snow,  
Thy pictured loneliness is well befitting  
A loneliness I know.

But if it be, O little one, uncalling—  
Scarce worth a farthing, as, of man, thou be—  
A loving Father sees, will note thy falling  
Yet what is that to thee?

I cannot answer, but for me beholding,  
If it be so, and such His thought of thee,  
Thy little self His loving care enfolding,  
It means my All to me.

—GEORGE BARROW, in *The Living Church*.

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