

exposed for from three to six hours daily. He cannot expect the skin to respond until it has had a chance. This admirable organ, the natural clothing of the body, which grows continuously throughout life, which has at least four absolutely distinct sets of sensory nerves distributed to it, which is essential in the regulation of the temperature, which is waterproof from without inwards, but allows the excretory sweat to escape freely, which when unbroken is microbe-proof and which can readily absorb sunlight—this most beautiful, versatile, and wonderful organ is, for the most part, smothered, blanched, and blinded in clothes, and can only gradually be restored to the air and light which are its natural surroundings. Then, and only then, we learn what it is capable of. Properly aired and lighted, the skin becomes a velvety, supple, copper-coloured tissue, absolutely immune from anything of the nature of pimples or acne incapable of being vaccinated, and its little hairs usually show considerable development. When the visitor touches such a skin, in the cool air, he is surprised to find it quite warm. The sun was not shining when I did so first, and the patient was, of course, perfectly nude, except for a loin-cloth. Evidently plenty of heat was somehow being produced in that little body, with so large a surface to cool by, relatively to its mass.

This would seem to be a puzzle, for these patients have, in many instances, never moved a muscle—practically speaking—for months; they have not even had their muscles innervated by the faradic current; they have not been massaged. But always the muscles are firm and well developed under the warm skin.

"The sun is the best masseur," said Dr. Rollier to me; and one realises that the stimulant light, playing upon the nude skin in the cool air, induces and maintains that condition of tone in the muscles which, indeed, moves no joints, but is yet a form of muscular activity essential for the production of bodily heat, and for the proper posture of the bodily parts. Hence we understand how Plaster of Paris apparatus is here as utterly unknown as the knife."

Would that we could quote at length from this fascinating, and, we may add, epoch-making book. We can only advise our readers to procure it for themselves and study every word of it.

CHILD WELFARE TRAVELLING EXHIBITION.

One of the interesting activities of the Central Council for Infant and Child Welfare at Carnegie House, 117, Piccadilly, is the Child Welfare Travelling Exhibition, which was recently inspected by, and much interested, Her Majesty the Queen.

This Exhibition is available at a small charge for hire, and expenses, and if desired an official of the Council will accompany it to explain it. At first it was found that the whole Exhibition cost too much in carriage to be in great demand now that freights are so high, but now the organiser, Miss Keating, has so arranged it that, packed in a couple of laundry baskets, a considerable portion of it can be sent quite cheaply even to distant places. The model clothing, posters, and mottoes are frequently asked for and greatly appreciated.

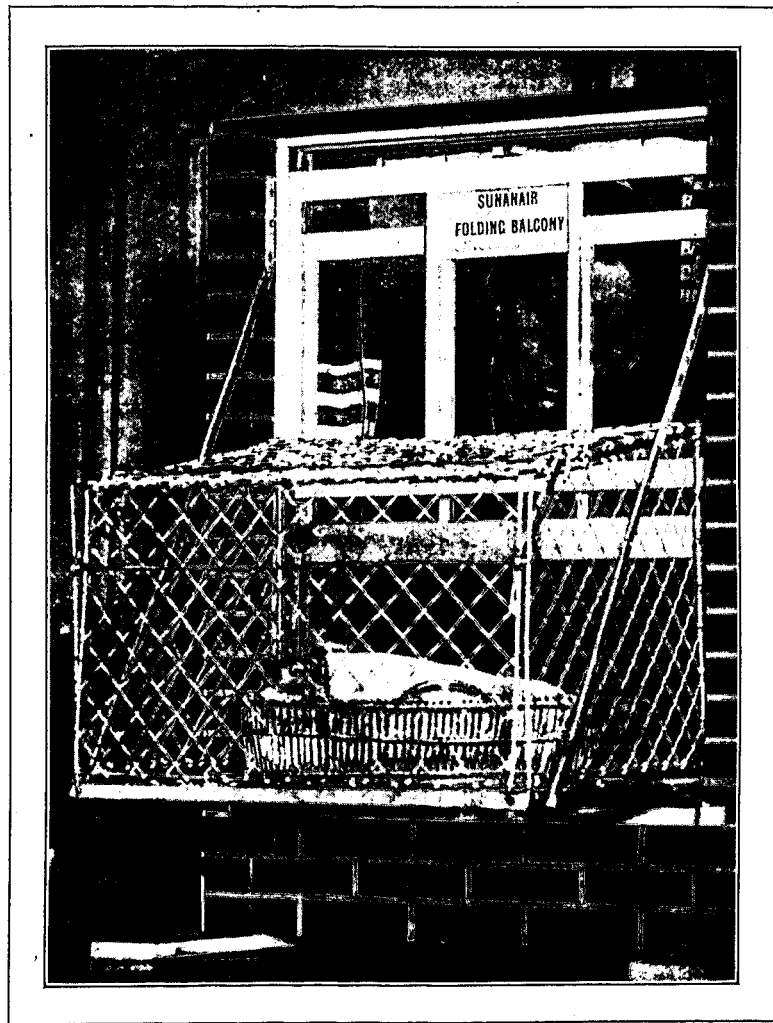
The Good-way and the Wrong-way of dressing children are illustrated on families of dolls which, in the former case, are dressed in garments designed by the Westminster Health Society or by Miss Syngé. Patterns of these can be had at a small charge.

The evils of dummies, food free from flies and contaminated by them, and the effects of small-pox are amongst the many things illustrated.

WIRE CAGE FOR INFANTS CRADLE OUTSIDE TENEMENT WINDOW.

One of the exhibits is the wire cage for an infant's cradle illustrated on this page.

The cage can be attached outside a tenement window and the cradle slipped into it from the inside of the room. We have made particular inquiries as to the possibilities of a baby being frightened, or even suffocated, by a cat jumping upon it, and have been assured that the slope of the roof and the strength of the cage renders this extremely unlikely. It is a possibility to be borne in mind. The roof can be shaded so as to prevent the injury which would result to the child if the glare of the sun beat down upon it. Why not abolish the tenement? The sooner the better for the standard of the national health and for our national credit.



NEW CRADLE CAGE
FRESH AIR FOR BABIES

[previous page](#)

[next page](#)