

pleasure, and it is a mistake to delay the change for too long.

If you have not yet had your holiday, it may be a good plan to accustom baby to the big bath right away, and so lighten your luggage problem quite considerably.

A small person may seem rather insecure at the bottom of the big bath. Have very little water at first. A rubber mat or bath towel on the bottom of the bath will give added security. The actual washing should be done on the knee until the child is well into his second year, the bath itself being used for rinsing and splashing.

Finally, here is a special hint for those in drought areas, where every pail of water is precious. If you find baby is really too big to get full play in the tiny bath, put it *inside the big bath* on a mat or piece of wood. In this way it can be filled to the brim without fear of baby's making a sea of water on the floor when he does his splashing and kicking exercises.

Many mothers are staying home during these holidays because they are afraid the younger children of the family might be upset by the change.

Actually, there is no need for mothers to sacrifice the benefit of a long holiday or a week-end by the sea or in the country. It will do the children nothing but good—if you take the proper precautions. First of all—food supplies. If you are going away, make advance inquiries about obtaining fresh milk. Simmer it for ten minutes for the first few days, and if your stay is longer gradually reduce this time till all you have to do is to boil it quickly. This simmering business is advisable if you are preparing food for anyone under two years.

For the bottle-fed baby, a modified dried milk may be used if there is any doubt about the boiling or obtaining of a reliable fresh supply of milk. Don't alter times of feeding. The whole nursery routine should be, so far as possible, the same as at home.

A new cot is specially designed for convenience and comfort in limited space. This is ideal for travelling, as it is light though strong. A Moses basket is excellent, too. A young baby is definitely cooler and more comfortable travelling in a basket cot than being nursed on mother's or nurse's lap.

And now I have some nursery advice that you will find helpful whether you go away or stay at home. The open air and the novelty of "something different" are two natural tonics which have a wonderful effect on a flagging appetite. So now that warmer days are com-



ing, give the children their meals in the garden or on the veranda. Of course, you will decrease heavy foods in the menu, and serve more fresh, uncooked dishes, such as salads and fruit. Provide, too, a jug of fresh fruit juice and water from which the children can help themselves.

It is particularly important not to force food on them at this time of year if the children are disinclined for it. A little clear fluid magnesia will be needed in some cases to cool the blood.

Be quick to adjust clothing as the vagaries of climate demand. Over-clothing brings colds, rashes, spots, and general lassitude and irritability.

The value of prune juice should not be lost sight of by mothers, especially during holiday time when, owing to a change of climate, a baby is apt to need a natural and harmless laxative. Prune juice may safely be given to a baby from the second month onwards. Commerce with only half a teaspoon daily, increasing up to two or three teaspoons, according to baby's age and individual needs. If the first dose of prune-juice is well diluted with boiled water it is not likely that baby will be at all upset by it.

For an older baby, say, after three months of age, some of the pulp of

well-cooked prunes finely sieved may be added to the juice. Do not give more than half a teaspoon of the pulp to begin with. Increase to two or three teaspoons. Spinach puree is also an excellent natural laxative which may be given after the third month. Use in the same way as the prune pulp.

Half an ounce of fluid magnesia added to baby's food mixture for the day may be tried; but this should not be continued longer than a week without a doctor's advice.

Persistent constipation is such a serious condition, that if, after giving these simple remedies a fair and thorough trial in the order recommended, it still persists, consult your doctor at once.

Purgative medicines should never be given to babies except under a doctor's orders. Do not give castor oil as a cure for constipation. It will only make matters worse.

Mothers often give orange juice to babies under the belief that it is a laxative. On the contrary, orange juice may have the reverse effect.

The real value of orange juice for babies and adults is its richness in one of the important vitamins necessary for growth and health. Prune juice contains no essential vitamins, and should not be given in place of orange juice. Its sole value is in its laxative qualities.