

BATHS FOR INFANTS AND CHILDREN.

To most children the bath is a luxury, if properly given. It should be tepid or warm for very young or feeble infants, and should not be too frequently administered. A general bath once in four or five days will be sufficient for such children, except in very hot weather, when, if the heat affects them much, they should be bathed more frequently. After children are six or seven months old, if they are stout and healthy, a tepid or cool hand bath two or three times a week, if properly administered, will prove just as beneficial to them as is the daily currying to young colts. Children should always be bathed quickly. The naked hand is better than either a sponge or a cloth to rub the body with while bathing.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 132 by M. G. Kellogg