

Your Child's Health

By Dr. Michael Schuman

HOT WEATHER HINTS

When the hot weather appears, our habits and our thoughts turn to methods of keeping cool. What can we do for the poor little infant and the "runabout" child who feel the heat and the humidity more than we do?

A familiar slogan during these Summer months is "swat the fly," for they are a source of annoyance to the sleeping child, as well as a carrier of filth and disease. It is, therefore, necessary to take proper precautions to keep flies away from the child and from coming in contact with its food. Screen the doors and the windows of your home and be liberal with the use of fly or mosquito netting. They cost very little and they will prove an excellent investment in the comfort and the freedom from contact with disease carrying insects.

Keep your child's sleeping room and playroom as cool as possible. This is a good time of the year to give your whole house a thorough cleaning, at the same time removing all of the heavy rugs and hangings. Store away for winter use all unnecessary furniture, blankets and bedding. Substitute hair or silk floss pillows for the overheating feather ones. Fibre rugs should take the place of the Winter rugs and if you can get along with out them, it is even better. Carefully wash the woodwork and walls with soap and warm water to remove germs and dust.

Cool clothes for the young child should not only look cool but also be comfortable. Rompers made of light material should be made in such a way as to allow the child to get its sun bath while at play in the open air. The new sun suits are cut out in the back and at the sides for that purpose. When possible let the little one go bare-foot. When sox are worn, they should be of a light color and of thin material.

Frequent bathing is important. Try a cool or tepid sponge bath in the morning and the regular abth at bedtime. If your child is subject to prickly heat or hives, add a tablespoon of bicarbonate of

soda to each quart of warm water. For the tired, aching feet of the "runabout" child, substitute a similar amount of table salt. When at the seashore, allow your child to play in the water just before going home but do not permit playing around in a wet bathing suit. Plenty of drinking water is important to make up for the fluid lost by sweating. Cool drinks, lemonade, orangeade, barley water, and other cereal water, are refreshing. Never put ice into the drink. Meals should be light. Do not expect as much gain in weight as during the Winter month. Do not physic your child unless absolutely necessary.

Colitis

Mrs. F. L.: A careful study and a complete history should be made by your doctor to determine the cause of the attacks which your child gets so often. They may be due to a faulty diet, to your method of feeding or to some personal peculiarity on the part of your child, as shown by her inability to digest certain foods. Such inflammations of the colon are often stools, followed by intervals of constipation. It is important to note accompanied by period of loose the odor of the stools, the color, the consistency, the presence of blood and mucus, undigested matter, fever and possible redness of the buttocks. The prevention and the treatment of the condition must depend upon the study suggested. With such a recurring digestive diseases, you cannot expect your child to gain weight.

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Dr. Schuman will answer any questions on child health problems. Address him care Atlanta Daily World, 210 Auburn Ave., Atlanta, Ga. Enclose stamped and addressed envelope.