

DR. JOSEPHINE H. KENYON, Director of the Health and Happiness Club, says—



Photograph by Ruth Alexander Nichols

Make the Most of Summer

DEAR MOTHERS OF THE HEALTH AND HAPPINESS CLUB:

Now that warm weather has come, be sure that you make the most of it! Children should bloom and reach a peak of well-being in the summer, storing up strength and health to carry them through the coming winter. But this miracle of good health will come to your child only if you work for it. Here is how:

First, consider the diet. Years ago we dreaded hot weather for all young children because of the danger from diarrhoea, vomiting, and "summer complaint." We know now that these intestinal diseases are caused by germs, and that children infected with them are the victims of ignorance and carelessness in relation to food and food handling.

Boil all the water a child drinks—summer and winter—until he is past his second birthday. If there is any doubt of the purity of the water supply, boil it all through his childhood. Investigate the milk supply, and be sure that what you use comes from tuberculin-tested cows and from a sanitary dairy. Milk should be certified as free from harmful bacteria, or pasteurized; if it is not, it should be boiled at home. You have the choice of sterilized evaporated milk or dried milk if there is any question about the loose or bottled milk supply.

Wash your hands before preparing food. Bottles, nipples, and cooking utensils should be boiled before using. One more precaution: your house should be screened to prevent flies and insects from carrying bacteria to food and utensils you use for the baby.

These are fundamental principles to be followed all the year round. As commonplaces of modern child care they have made intestinal diseases rare. For special summer care keep these additional points in mind:

During hot weather try not to overfeed a young child. Offer boiled water frequently between meals. Take advantage of fresh vegetables in season and of whatever fresh fruits are suitable to the age and digestion of the child. Be careful, however. Fruit which is overripe or half-spoiled may play havoc with his digestion. Be cautious about adding new foods. Try a small quantity first; if the bowel movements become thin or frequent afterward, omit that food until cooler weather.

While it is often possible to give a second-day

serving of a cooked leftover vegetable kept in the refrigerator, in summer you will probably want to play safe and give only freshly cooked vegetables or those from cans opened the same day.

We do not advise fresh strawberries and rhubarb for a young child. The eighteen-months-old may have, in addition to orange and pineapple juice, ripe bananas, peaches, pears, apples, and grapes without skin or seeds. For the two-year-old you may add red raspberries, apricots, rhubarb, if not too sour, and grapefruit pulp. At this age raw vegetables, fresh and tender, are a valuable addition to the diet. They may be cut into slices, scraped, chopped, mixed with other foods, or used as a filling for sandwiches.

By the third year add strawberries, plums, sweet cherries with the seeds removed, and all the rhubarb the child wants. Hard berries and melons are not advised. Of course in summer, as in winter, you may give a wide variety of stewed fruits. From the fourth year you may offer any raw fruit which agrees with the child. Such vegetables as corn on the cob should be reserved until he is about six. But fresh corn may be served grated from the fourth year on, if the child is not upset by it. Unless they are scraped, raw radishes, cucumbers, and coarse turnips are not suitable for children until their seventh or eighth year.

Besides planning the diet, you will have outdoor play to think about. Be sure that your child has at least four hours of it. During extreme heat, choose the fresh hours of the morning and late afternoon. Be careful of sunburn during the first warm days. If the arms, legs, or cheeks (*Continued on page 211*)

EXPECTING A BABY?

DR. KENYON has written eight letters to expectant mothers. Would you like them sent to you, one each month, in a plain envelope? Then tell us the date you expect your baby, send us fifty cents in stamps, and ask for "Series I. For the Mother-to-Be and the Baby-to-Come." BABY'S FIRST YEAR is his most important. Dr. Kenyon's second series of eight letters will help you and him through this period. For fifty cents in stamps Series II will be sent complete, including a pattern for a cap to keep flaring ears flat while the cartilage is soft. Or send ten cents in stamps for the earcap pattern only. PRINT your name and address plainly, enclose your stamps; address requests to Health and Happiness Club, Good Housekeeping, 57th St. at 8th Ave., N. Y. C.