ut of reach

# our children!

h o[illegible]aners—bleach, [illegible]ye, [illegible]ature and metal polish, floor wax, window cleaner, detergents? If they are under the sink or in easy reach in the laundry room, find a safer place.

CHECK YOUR garage or workshop. If your child could conceivably reach insecticides, garden sprays, pesticides, paints, solvents, gasoline or kerosene, get them under lock and key or completely out of harm's way.

In your bathroom, devise a locked area for medicines and drugs, and make sure all your cosmetic preparations and external medications such as skin lotions, deodorants, hair tonics, perfume, nail polish, eyewash, alcohol are inaccessible to children.

Unless you know for sure what's in them, all substances such as the above should be treated as poisons: kept safely out of reach when not in use.

## Keep feet happy

For happy feet, a soft nail brush and a pumice stone are grooming aids well worth using regularly. During your daily bath or shower, scrub feet with the well-lathered brush. Gently rub the pumice over any toughened skin areas on soles and heels. O[illegible]ally, after drying [illegible] massage feet w[illegible]on or cream.

use never left unattended when in use. If the phone rings while you're scrubbing or painting, don't leave your child but pop him in the play pen or take him with you.

Avoid scenes like these: The 2-year-old who lost consciousness after chewing a bottleful of candy-coated aspirin. Or the agony of a tot with mouth and throat burned from swallowing bleach. Or a 3-year-old boy in convulsions with an empty nail polish battle beside him.

BUT IF YOUR child is poisoned, here is what to do:

- Call a doctor or get him to an emergency hospital at once.
- Give the child two cups of milk or water to dilute the poison and slow its effects.
- Induce vomiting by slipping a finger down the child's throat. Have him lying on his tomach on the bed or on your lap with his head hanging over the edge. Bring to the hospital some of the vomit and the poison container. (Exception: Don't make the child vomit if he is unconscious or in convulsions or if he has swallowed petroleum products, acid or alkali.)

Better yet, avoid this experience altogether by taking inventory of your home now to make sure all potential poisons are completely out of reach of children.


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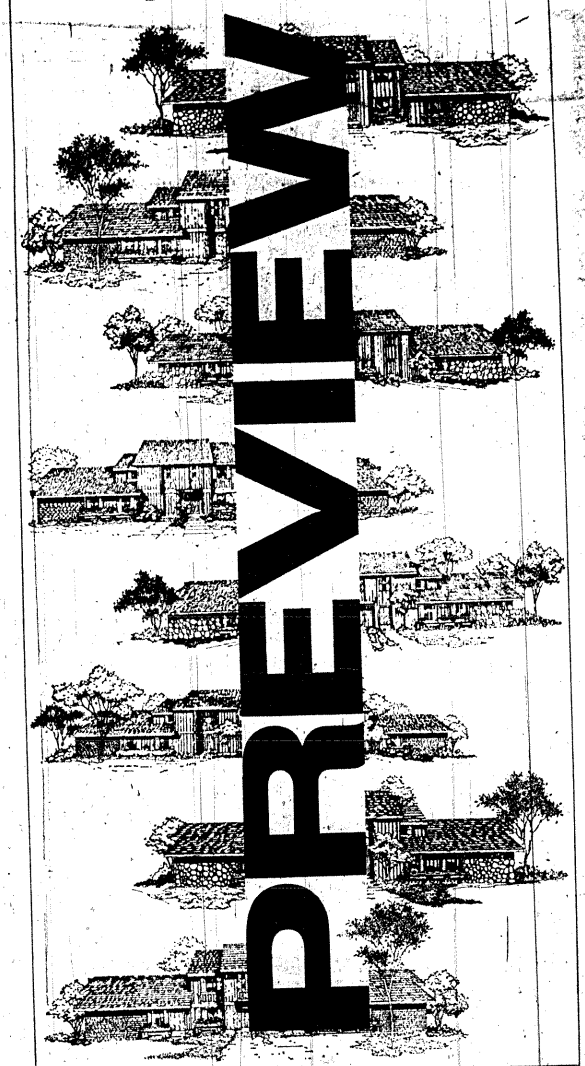

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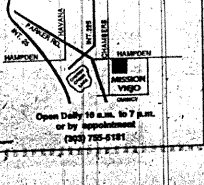


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