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CANADA

THE
CANADIAN
MOTHER'S
BOOK

THE LITTLE
BLUE BOOKS

MOTHER'S
SERIES
No. 1

ISSUED BY
DEPARTMENT OF HEALTH, CANADA
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1927

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“ LOOK round about you. You shall see the wives in the houses as well as the men on the planks of peril Blessed are they who find poetry in the white and purple heather, the yellow gorse, the hills ranged in a blue line, the sparks of light that dart from the hastening stream.

BLESSED are they who find poetry in women's hands, and in the love which scrubs, and brushes, and polishes, and washes, and mends, and sews, and darns, and cooks, and adorns, and plans, and suffers, and aches, and hopes, and fears, and waits, and yearns, and believes, and serves, and makes ends meet and tires not so long as strength holds out, and toils till the sky glimmers with stars, and till the wind of the night blows over the waves of the far, far sea, and there is a hush, a sob, and a remembrance, and the graves of mothers are green.

—*F. J. Gould.*



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“This shall be a sign.....
He shall find the babe.”



MY DEAR BABY IS FOUR MONTHS OLD

Confederation Diamond Jubilee Edition

DOMINION OF CANADA
DEPARTMENT OF HEALTH

THE CANADIAN MOTHER'S BOOK

BY

HELEN MACMURCHY, M.D., (TOR.)
Chief of the Division of Child Welfare.

Sixth Hundred Thousand



OTTAWA
F. A. ACLAND
PRINTER TO THE KING'S MOST EXCELLENT MAJESTY
1927

(60.757)

“He called a little child
to Him
and set him in the midst.”

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“The greatest gift is a child,
and the greatest honour is to be a mother¹.”

The Canadian Mother's Book.

THIS book has been written for you—a Canadian Mother. The Government of Canada, knowing that the nation is made of homes, and that the homes are made by the Father and Mother, recognizes you as one of the Makers of Canada. No National Service is greater or better than the work of the Mother in her own home. The Mother is “The First Servant of the State².”

¹The mother of a Canadian V.C.

²London *Times*.

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CHAPTER I

THE BABY IS COMING

Your Baby

“O flower of utter joy
My treasure and God’s plan¹”.

Homes are made by the father and mother and this little book is a message to both. “What is home without a mother?” But what is home without a child?

Your Greatest Happiness

Your greatest happiness is coming to you in the birth of your baby, a happiness that will be renewed by every child that comes to you. Children are the security of the home and nation. When children come you know that your home will not pass away with your generation. It will last for another generation and the promise of the new homes which your children will one day make for themselves, surrounds the future of your home. A home without children is a sad contrast. It lacks interest, happiness, reality, stability. Its end is in sight. It has lost the greatest loveliness and usefulness of the normal home.

¹ Armel O’Connor.

No Baby—No Nation

There are homes in Canada where children would be welcomed, and where they were expected, to which children have never come. But these Childless Homes could find a Homeless Child. If we give our best thought and work to National Child Welfare, the time should come when there will be no Canadian Home that never had a child and no Canadian child who never had a home. No Baby—No Nation.

Be Glad

You have the promise of a child. The angel of the Lord is coming to your door. God and man will help you with your burdens and share your joy. Through you and your child, the stream of human life will flow on to eternity. New duties, new interests and new pleasures will fill your days.

“We must purify, glorify and dignify motherhood by every means in our power.”¹

Be Brave

This is not some strange thing which is going to happen to you. It is the right, natural and healthy thing for you, just as it was for your own mother when you were born. Too sacred to be spoken, the dearest wish of a true woman is to be a mother.

¹ Rt.-Hon. John Burns.

Be Cheerful

Go on with all your regular work and interests and recreation, but moderately, and you and your husband should plan so that you will be free from any strain or extra work.

Do you keep a diary? Would you not like to keep a very private diary at this time?

Do not give up anything that does you good, or gives you pleasure, except for a satisfactory reason. Do not listen to any silly, gloomy stories. Ask the Doctor.

You know better than to "worry" or "fuss"! Keep up your heart and keep up your health. If you have a few silly ideas come into your head, just put them out again and think of something "pure, lovely and of good report." We all have silly ideas come into our heads sometimes, but they do no harm if we just think of something else, or go out for a walk. Cheer up and be happy.

Be Well

You know we have the health we deserve¹. Keep the laws of health, live a normal life, and you will be well. Many mothers find their health at this time better than ever. If there is anything the matter with you, do not say—

¹ There are exceptions to this rule, but the Canadian mother is not going to be an exception if she can help it.

“O, I suppose it cannot be helped.” It can be helped. See the Doctor. If you are too far away to go to see him, then write to him and tell him what is the matter.

Health is the great riches. If you love your husband, and your baby and yourself—be well; keep your good health. You can.

Be Prepared

You have already noticed some changes. The usual “monthly flow” has not appeared. Perhaps the breasts are larger and the colour of the part around the nipples is darker. You should go now to see your family doctor. If you and your husband have no family physician, then choose one now. Consider this matter carefully, for it is important. Listen and remember when your good neighbour says “He is a good Doctor. He is very clean and careful about everything. Never heard of him losing a mother when her baby was born and he is good with the baby.”

Having a good Doctor, you will have good medical advice and supervision all through your pregnancy. Do not delay. Listen—See the Doctor at once, so that he can make a careful and thorough medical examination and be sure that you are all right.

Public Health Nurses are a great help to the mothers, in advising and visiting them. They are also a great help to the Doctors.

Go to See the Doctor

During the first few months, the Doctor will want to see you three or four times, but after the sixth month, it is necessary to see the Doctor once a month, or oftener. Into an ordinary bottle, which has been washed out thoroughly, put about six ounces (a large cupful) of the water which you pass. This is the "specimen of urine" which the Doctor examines, to make sure you are in good health. Take it to him when you go to see him, and as often as he says.

DANGER SIGNALS

Proper food, salt-free diet, plenty water, and good habits will likely keep you quite well, but if there is anything wrong with you at all, especially headache, dimness of sight, puffy face or eyelids, swelling of the legs and feet, nausea, scanty urine, sores, severe pains, faintness, dizziness, twitching, cramps, or any other trouble, ask the Doctor about it at once, for you should not have it. You should be well. It is easy to cure you now at the beginning. Remember that

these danger signals mean danger to the baby as well as to you if you do not attend to them. There is always something the Doctor can do to make you better.

Morning Sickness

Perhaps you notice on rising that you have a feeling of nausea. This is called "morning sickness." You may never have it at all, or perhaps only once. Be sure to keep your bowels regular every day.

Mind your rules to prevent constipation. Drink lots of water between meals. Take comfort and peace.

Do not worry. We all worry too much.

Try This Plan To-morrow Morning

Leave everything ready the night before for a cup of tea, and a bit of toast or a biscuit or a bit of bread and butter, and ask your husband to put on the kettle and bring you a cup of hot water and then make you a cup of tea first thing in the morning. Sip the hot water slowly. If you are not fond of tea and toast, he will bring you an apple or an orange or a banana or two or three crisp crackers or thin bread and butter. Take it and then lie still for ten or twenty minutes. You will likely be all right. Your

stomach is a little upset, but give it time and it will "carry on" again. You get up, feel pretty comfortable and enjoy your breakfast.

Five Small Meals

If this does not cure you, try five small meals instead of three regular meals. Eat no meat or fish or eggs or pastry or fats or fried foods, for a few days. Eat more cereals, bread, toast, biscuits, fruit, salads, vegetables. Drink plenty lemonade, orangeade, water, and black currant drink before breakfast and in the evening, about ten or fifteen cups of liquid a day, between meals.

If these plans do not cure you, ask the Doctor. Do not delay.

The Dentist

It would be well to see your dentist, for sometimes the mother's teeth need special attention at this time; a little hole does not cost much to fill if you go at once. Bad teeth and sore gums cause bad health and are dangerous to the mother and her baby.

What to Do

If at any time you have any sudden bad headache, or bleeding or discharge, or do not pass as

much water as usual, or have any other trouble of any kind, tell your husband, go to bed, keep quiet, and send for the Doctor at once. This is very important. You may not think much of the trouble, but you do not know. You may only know that your feet are swollen and your boots are tight but the Doctor knows this threatens the mother's life and he knows how to save her, and so the Doctor must be told at once. Don't delay. Delay is dangerous.

Arrangements

The right kind of Doctor will not be trying to make money out of you, but will ask only a reasonable fee. Don't have any other kind of doctor. It might be well for you to mention what you can afford when you first go to see the Doctor, for you and your husband have no doubt been wisely trying to save money for the baby and the necessary expenses. But even if you have no money you can always have the best of care. All hospitals have, or should have, maternity departments, and you could go to the nearest good hospital, ask to see the nurse in charge of the maternity ward and find out from her when you can see the Doctor and arrange for coming regularly for medical care.

The Best of Care

At the time of the birth, you and the baby can usually be better taken care of in the hospital than anywhere else, whether you are paying your hospital fees yourself, or whether you are having your medical and nursing care free. If you are going to stay at home and not going to a hospital, engage your nurse in good time. The Doctor will advise you about this.

WHAT SHALL YOU EAT?

Your regular meals. Simple, pure, nutritious food, such as milk and fresh eggs, to build up the muscles, nerves, bones and all other parts of your body, and your baby's body, which is now part of your own. Eggs and milk should be prepared in different ways. Roast, boiled or broiled meat or fish once a day; well-cooked cereals, fresh or stewed fruit, good crusty bread, not too fresh, and butter, some cheese, plenty of vegetables, especially green vegetables, are the right foods. Have a salad once a day and have your food attractive. Milk, butter, cream, green vegetables and fruit are very important. They contain vitamins. We cannot do without them. The mother and the baby will both suffer unless mother takes these foods every day. These

foods are indispensable. The baby's teeth begin to grow in the third month. If you eat these foods he will likely have good bones and good teeth.

Not Much Salt

After the fifth month stop using salt. Put the salt-cellar at your husband's end of the table. Don't put any salt on your plate. And the first week in each month cook your own food without any salt in it at all. Make a little porridge for yourself with no salt in it. Bake your potato and then you will not need any salt with it. Use fresh butter. The other three weeks you could have your food just like the others, but for one week in the month, no salt for you if you want to be sure to keep well, and we know you do.

Eat Slowly

Eat according to your appetite, but not too much. If you like ice cream and cake, well and good, but not too much. Digestion will take longer than usual, and by and by, when the baby is growing, you will find it wise to eat simple, easily-digested foods. Take small mouthfuls and eat slowly. This is a rare thing. Few people know how to eat slowly. But you are

sensible and you know it will repay you well to take the trouble to remember this and do it. Chew all your food thoroughly. Brush your teeth well after meals and keep your mouth clean.

Not Between Meals

You will not need food or candy between meals. Candy tastes best after meals, and it does you little or no harm then. Of course you don't need it.

Iodine

If you live near the Great Lakes or far away from the sea, you might get some seaweed or dulse and eat it once a week or so.²

If your Doctor would like you to take a little iodized salt, he will tell you about it.

C.L.O.

The very best thing for you to take is Cod Liver Oil (tested). It will do both you and the baby a great deal of good. Begin in the second month of pregnancy and keep it up until you wean the baby. You could begin with half a teaspoonful and gradually increase to a tablespoonful. Take a spoonful of orange juice

² Seaweed may be got from the Yarmouth Fruit Co., Yarmouth, N.S., or from W. O. Pulsifer, Wolfville, N.S.

afterward to give you a good taste in your mouth. A pinch of salt is almost as good to take away the taste, or a piece of soft bread. Fill your mouth with the bread and bite hard on it, then take out the bread and give it to the chickens. The new tested C.L.O. does not taste nearly as "fishy" as C.L.O. used to when you were a child.

List of Foods

Choose the foods you like, and have a variety. Here is a long list of foods to choose from:—

Cereals. Oatmeal porridge or any other cereal, eaten with milk and a little cream and sugar, if desired: cream of wheat, wheatena, hominy, farina, tapioca, rice and cornmeal; thoroughly cooked.

Bread and Biscuit. Brown, graham, rye, or white Bread. Stale bread. Whole wheat bread. Toast. Rusks. Cream crackers, biscuits.

Vegetables. Any vegetable, in any form, except fried. All green vegetables, green peas, string beans, aspara-

Vegetables. gus, tomatoes, boiled onions, potatoes, carrots, spinach, celery, lettuce, parsley, water-cress and olives; plain salads with olive oil. Avoid cabbage, cauliflower, turnips, baked beans, radishes, raw onions, pickles and cucumbers, if these are not readily digested. Do not use much salt or seasoning.

Salads. Any salad, but only a little salad dressing.

Fruits. Any fruit, either fresh or stewed. Ripe raw fruits, such as apples, pears, peaches, raspberries, strawberries, pineapples, dates, figs and raisins, oranges, grapefruit, stewed fruits, including apples, peaches, pears and prunes.

Meat. Lean Bacon or Ham.
Beef, Lamb, Mutton, Chicken, Turkey. Veal occasionally. (No Duck, Goose, Game, Pork or Sausages).

Fish. Any fish, except Salmon and Mackerel.

- Eggs.* Eggs, one or two a day.
- Soup.* Any soup, thick or clear, but free from fat.
- Sweets.* Any jam or jelly. Marmalade or Honey.
Milk puddings, Boiled puddings occasionally. Suet Puddings.
Plain Puddings. Custard, junket and ice cream.
Pies and tarts may be taken occasionally (twice a week) but not rich cakes or rich pastries.
- Fluids.* Water, aerated water, home-made lemonade, orangeade, very weak tea, coffee with hot milk. One quart of milk a day, counting milk puddings, soups, etc. Butter-milk. No alcohol.
- Butter or Cream.* Twice or three times a day, but not in large amounts. Fat meats, and any fish fried in deep fat should be avoided.
- Fat*
- Once.* Meat and fish not more than once a day.
- Twice.* Fruits, vegetables, cereals twice or
Thrice. three times a day.

SUMMARY.

MUCH LIQUID. 10 to 15 cups or 3 pints a day.

PLENTY MILK, EGGS, VEGETABLES, SALADS,
FRUIT, CEREALS.

NOT TOO MUCH MEAT, FISH, FAT OR FRIED
FOODS.

LITTLE SALT. SALT-FREE DIET SOMETIMES.

COD LIVER OIL.

What Shall You Drink?

Plenty of water, three times a day, before breakfast, in the middle of the morning, in the middle of the afternoon and in the evening. At breakfast, one or two cups of coffee made with hot milk, half and half, or tea freshly made and not too strong, but do not take tea at dinner time, when you have meat. It is the water you drink between meals that does you good. Strong tea and coffee are not good. Do not take stimulants at all.

Work, Exercise and Fresh Air

Simple exercises such as you learned in your school days should be kept up all through life. The best time is right after your morning bath. "Setting-up" exercises, breathing exercises, slow bending exercises, or swinging light Indian clubs

are the best. Five or ten minutes will do at first, if you have been neglecting this lately. Gradually increase the time a little, but not too much. Your husband will do one or two easy exercises with you.

Keep Yourself Fit

Remember, you are not an invalid and are not going to be an invalid. You need exercise and fresh air as much as ever.

Most of us Canadians do our own housework, and you will be able to keep on with this. It is really the best kind of work for you. But whenever you are tired, stop, and rest awhile. Try not to work more than six hours a day. Budget your time. Sit down at your work whenever you can. We often forget to sit down. Plan to take all your work easily. Do not lift any heavy weight. You must not try to do the washing alone, except "a few little things." Your husband will hang up the pictures and curtains. Keep your feet on the floor or put them up on a chair whenever you can. Don't run the sewing-machine too much. Don't climb the step-ladder, and if the street car steps are too high, get the conductor to help you. No sudden shocks, or jerks, or jars or rough motor rides

just now. . You are not dancing at present or playing tennis or climbing mountains or ski-ing. Gentle exercise for you—walking is the best.

Your Husband

Your husband has always been gentle and kind to you and he will be your greatest comfort. Canadian men make good husbands. You might listen to his advice even more than usual for he wants to take care of you, and you need good care now. He can help you.

Fresh Air

Take a walk every day. Sit outside whenever you can. Be in the fresh air two hours or more a day, if possible. At night, let the fresh air enter your bedroom. In very cold weather enough air will enter if the window is opened a wee bit. In summer, windows should be wide open. No room is large enough to give a person fresh air all night long, unless there is some opening for fresh air to come in. With daily exercise and fresh air and work and the Doctor's care you will keep well, and when the time of the birth comes, your muscles will do all that is required of them.

Bending

Much fatigue in working is caused by needlessly bending over. Arrange all your work so that you do not need to bend over. Use the top drawers of your bureau. Have a stool to sit on. Get some one to put things up on the table for you. Towards the end of pregnancy especially, the mother should not be bending over.

Rest and Sleep

Take off your clothes, put on your night-dress and lie down every afternoon; often you will sleep. It will do you all the good in the world. If you cannot do this, take off some of your clothes, put on a wrapper, and lie down to rest. You are going to wash your face and hands and change your dress anyway, and you might as well do it this way. Lie down ten minutes in the morning, too, if you feel tired.

At night you need nine or ten hours' sleep at least, say from 9 p.m. to 7 a.m. Nothing is more important than this. It is better for each person to sleep in a separate bed, and you should certainly do so at this time, if possible.

A day in bed once in a while, for a treat, will make you feel much better.

Bathing and Cleanliness

Of course you will be particular about your toilet like a good Canadian. You need a cool or tepid bath every day, either a sponge bath or a tub bath, and a hot bath once or twice a week. After the hot bath, an oil rub will give you comfort. And we should keep ourselves clean inside as well as out.

Daily Habits

The water you drink is a great help to internal cleanliness. Either just before your bath or just after breakfast is a good time to go to the toilet. Go at the same time every day, by the clock. Many people have been cured of constipation by this rule. It is the habit that counts. Wait. You must not hurry. Take time. Do not strain.

How to Avoid Constipation

Now you have three rules for avoiding constipation: (1) Keep your muscles fit by exercise. (2) Drink plenty of water between meals. (3) Go to the toilet at the same minute by the clock every day and do not hurry. And the fourth rule is diet. Eat vegetables, fruit; foods like oatmeal; marmalade, or anything

else with little solid shreds in it; sugar, honey butter, cream. Have one or more of these at every meal. "Seeds and stones"—as in tomatoes, figs, and raspberries—are excellent. It is a bad habit to depend on medicine. Medicine is only for emergencies.

Clothing

Light, warm, comfortable clothing is best. The "combination" woven of soft wool is a great comfort and safeguard. Wool mixed with cotton or silk may be used. Tight bands or circular garters should not be worn. The mother is better and more comfortable without corsets. A "maternity corset" may be worn, if desired. A circular cape or cloak is a convenient outer garment. Comfortable shoes or boots with low rubber heels are necessary for a mother's use. The modern, one-piece maternity gown, hung from the shoulders and gathered a little at the waist, is a very becoming garment. You should not gain more than ten to twenty pounds during pregnancy.

Take Care of Yourself

It is worth while to take your almanac (or your diary) and mark with a cross the days when your monthly period would have been

due, so that you can remember to rest then more than usual. At that time for a day or two you might have your breakfast in bed. For example, if the first day of the last monthly period you had was August 1, then you will mark August 29, September 26, October 24, November 21, December 19, and so on to the end of the 280 days, and you will be quiet and careful that day and the day before and the day after. Why? Because we know that accidents and disappointments (abortions and miscarriages) are more likely to happen at these times. It is a sad thing for the mother to lose her baby. Take care of yourself. If you cannot take care of yourself you cannot take care of your baby.

When Will the Baby Come?

Although 280 days seems a long time to look forward to, you will soon begin to think that the time is passing quickly.

We can have a pretty good idea of the date of the birth if you know the day when the "monthly flow" began at the last time you had it. (You put it down in your diary.) It was the 1st of August. Count back three months and add seven days. July-June-May—the 1st of May; add seven days—May 8. Then likely

May 8 is about the time when your baby will be born. It might be any day a week before, or a week after.

Life

Another good way to tell is by the date when you first feel the child moving. Mothers often speak of this as "quickenings" or "feeling life," and that is a good expression, because these movements show that the child is alive and vigorous. This event usually occurs about the twentieth week. So that gives you a good idea of the probable date of the birth.

The Time of Birth

If you feel this movement first on December 19—then that will be about the end of the twentieth week, and the end of 280 days will be about May 9, which shows that the first or second week of May is the probable time of birth. As that time draws near you and your husband should be still more careful. You should sleep alone. You will be well, but you will likely feel disinclined for exertion during the last three months. That is a good hint from nature to be still more careful. Rest. Keep up your daily work and your daily walk but go gently. Do not climb stairs too often. Get

some one else to run the sewing machine for you. Your husband and family and all Canadians realize that the Canadian Mother has too many labours and burdens, and we all want to help you. Tell us how. Do no very hard work, and, if possible, do not work outside your own home for the last two or three months before the baby comes.

How to Rest

Do you know how to rest and be rested? Many people never learn how. Look at the cat asleep by the fire or in the sun. That is the way. She knows how. So does the cow.

Don't be "screwed-up" or "fussed" or "rushed." Keep the feeling of peace and rest in yourself. Save your nervous and muscular power. The "screwed-up," tense body means the strained and struggling mind.

Spare Yourself

Did you ever see a "fussed" person driving to a railway station? She cannot let the driver do the driving. She clutches herself, clenches her hands, strains every nerve and muscle, is full of fears and worries about missing the train and everything else she can think of. So she wears herself out—all for nothing. She won't let the driver do the driving.

Save yourself all this useless, foolish loss of strength and peace. Of course nobody should worry—but you simply dare not worry. You are to be a Canadian Mother. Rest and be thankful. Go gently on your way.

Cheer Up!

If you ever feel sad and down-hearted, remember how our boys in the Great War fought for you and your baby, and say what they said—“Are We Down-Hearted?—No.”

Take yourself for a walk. Go to see somebody you like—some nice, motherly woman. Go to see somebody who has a nice baby. Your own baby will be even nicer. And don't be down-hearted—there is no reason you should be. Don't be frightened. Cheer up. We are all standing by you. Think of something kind you can do for somebody and do it. That never fails to cheer the giver of the kindness as well as the receiver

CHAPTER II.

NURSING THE BABY

“I'm going to be a Mother.”¹

In the last two or three months before the baby comes, you will notice that the breasts have grown much larger and firmer. That is a good sign both for you and for the baby. With a tiny soft sponge or some absorbent cotton, having first washed your hands, sponge the nipples carefully every day, using tepid water and white Castile or other good soap. Use a soft towel or handkerchief for drying and then rub in a little cold cream or lanoline, or oil or white vaseline, and gently “draw out” the nipples with the tips of your fingers until the nipple comes out tiny, soft and round to fit the baby's little mouth by and by. Rub and massage the whole breast in the same way.

The One Best Way

You will be able to nurse the baby. Never think of anything else. Nursing the baby yourself is the one best way.

¹ A Canadian Girl, twelve years old.



NURSING MY BABY—TWO WEEKS OLD

The poor babies that die are nearly all "bottle-fed." Nursing by the mother is safer, easier, cheaper, wiser, and more successful. Nursing will not harm the most delicate mother, and, indeed, her health will be better, and the maternal organs will return to their former shape and size more quickly, when she nurses the baby.

You can nurse the baby, and you will do it for you know it is better for the baby, better for you and better for Canada. It saves the baby's life.

No "Ifs"

Give no encouragement to any one who suggests—"If you are able to nurse the baby"—Such a person is no friend of yours. There is no "if." Never let such an idea enter your mind. It has been proved again and again that every mother is able to nurse her own baby. It was proved again in Paris in the midst of the misery of the Great War. It has been proved even in time of famine. And you are in Canada, the Land of Plenty. You will be able to Nurse Your Baby.

Be Happy

While you are nursing the baby you must not let anything make you unhappy or vexed

or upset or "fussed." You must keep on being glad. Keep your peace of heart, for you are doing something too important to be interfered with by anything or anybody. You are happy now before the baby comes, and you will be happier still after he comes.

Passion or temper or any other bad feeling should never enter the mother's room. Great emotion spoils the nursing milk and the milk secreted under such circumstances makes the child ill.

Your Milk for Your Baby

Your milk will be specially made by nature for your baby. He cannot do without it. When you know how all-important your nursing is to the life and health of your baby, now and all through his life, and to your own health, and to your own convenience, you will never think of feeding him in any other way. You will nurse him.

Every Mother Can

The best authorities on this subject, among them Dr. Truby King, of New Zealand, Dr. Eric Pritchard and Dr. Ronald Carter, of London, England, and Dr. Pinard, of Paris, have succeeded in getting practically every

mother under their care to nurse her baby. They have even succeeded in helping and encouraging mothers who had stopped nursing their babies six weeks before, so that the babies were nursed and nourished again perfectly well.

SUMMARY

1. Care and massage of the nipples and the breasts once or twice a day.
2. Constant care of the mother's health, diet, exercise, hours of rest, sleep, daily habits. Drinking plenty of fluid between meals.
3. Putting the baby to the breast regularly by the time-table beginning when he is six hours old, and seeing that the breast is emptied at every nursing.
4. If the baby cannot empty the breast, then use "expression" as described on page 87.
5. Patience and perseverance.
6. Encouragement.

CHAPTER III

THINGS THAT THE MOTHER AND THE BABY NEED

"You see, ours is a prolific community. When a young man and a young woman are married they think about babies, they want babies, and what is more, they have them and love them! It is a part of the complete life."¹

Lists of the supplies required for yourself and the baby are here given. The list gives the most necessary things only, and the smallest number you can do with. You are advised to have a few more of each article than the number mentioned in the list.

If you are going to the hospital, you will not need any of these things except those under 'For the Mother.' In good time, pack these ready in a bag, with your comb, brush and toothbrush. When you come home from the hospital with your baby you will need the things under "For the Baby" and "For the Baby's Cradle."

For the Mother

Nightgowns, two.

Stockings, white, one pair.

Shawl or bed-jacket, one.

Wrapper, one.

Bedroom slippers, one pair.

¹ David Grayson.

For the Mother's Bed

Mattress and springs, single bed.

The bed should be high; raised on blocks, if necessary. Height 24 to 26 inches.

Two underlays, size 54 by 54 inches.

These may be made of rubber sheeting or white table oilcloth, or packing paper, which is brown paper lined with waterproof muslin. Or, instead of an underlay, make four "bed-pads" half the size of the bed. Open out six newspaper sheets, cover with freshly laundered old linen, or muslin or sterilized cheesecloth, and tack like a quilt. This makes a good bed-pad.

Sheets, two pairs.

Blankets, one pair.

Bed-spread, one, washable.

The mother's room should be bright, sunny, clean and simply furnished, with no hangings or upholstered furniture. It should be near the bathroom, and if possible there should be a little room adjacent for the baby and the nurse.

For the Use of the Doctor and Nurse

Pitchers, two.

Basins, three.

Slop-jar, one.

Soap, white Castile, 2 pieces.

Nail-brush (new), one.

Scissors.

Vaseline, white, one tube.

Safety-pins, two dozen, large and small.

Cotton batting, two rolls.

Absorbent cotton, one pound.

Sanitary napkins or pads, sterilized, two dozen.

Abdominal binder, two yds. unbleached cotton, 18 inches wide, sterilized.

Muslin, or old linen, or old sheets, sterilized, three yards.

Towels, old, soft, one dozen.

Tape, narrow "bobbin-tape" to tie the cord, one piece.

A bed-pan, a hot-water bottle and a two-quart fountain syringe (if not too expensive). The pitchers, basins, slop-jar and bed-pan should be made perfectly clean by the use of soap and hot water. Put them in the wash-boiler and boil them well, till they smell of nothing but hot water and soap.

To Make the Bed

The bed is made as usual, except that one underlay or bed-pad is put next the mattress, and that an extra sheet folded in two is laid

across the centre of the bed with the other underlay inside the fold. This is the "drawsheet," which should now be tucked firmly under the mattress at each side of the bed, and fastened in place with large safety-pins. At each of the four corners of the mattress there should be a large safety-pin to pin the sheet to the mattress and keep it smooth.

To Make Sterilized Pads

If you need the pads at once, boil, dry and iron some old linen and tear it up into bits about two inches square. Take a piece of clean old linen, the size of a man's handkerchief. Put a lot of the little bits in the centre and fold your piece of linen over them so as to make a pad about ten inches long, four inches wide and two inches thick. Put in a few big stitches to keep it in place, and put the pads into the oven to bake for an hour. If they get scorched, never mind, for then you know they are clean.

But if you have time, buy a pound of absorbent cotton from the druggist, unroll it, cut into pieces the right size, 10 x 4 x 2 inches, and cut some pieces of cheesecloth or old linen for covers, large enough to fold over these pieces of absorbent cotton and turn in about two inches at each end. You will scarcely need to stitch

them for the cotton sticks to the cheesecloth. A pound of absorbent cotton will make 30 pads, which is enough for one case.

Now do them up in five packages of six pads each, wrapping each package in an old clean towel or other bit of old linen and stitching the ends to keep it firm. Bake your five packages in the oven for an hour and put them away safely. To-morrow do the same. The next day do the same. Now they are clean. Put them away until you want them. Do not open the packages until you are ready to use the pads.

Another way* is to scrub out your wash-boiler, fill it half full of water and boil. Then swing a "hammock" of cheesecloth from one handle to the other. Put your five packages in the hammock. Put on the lid tight. Boil for two hours, then hang the hammock out in the sun and wind to dry. Put the packages away in a clean box or drawer till you need them.

For the Baby

The baby's clothes should be simple, loose, soft, light, warm, clean, made of soft wool, or cellular cotton, or silk and wool. Keep him warm, but not so warm that he perspires.

* Dr. Frances S. Bradley.



JEAN LOUIS

Blanket—Old, soft, clean. To receive and wrap baby when born.

Bands—Three; these are 6 inches wide and 27 inches long, made by tearing up $\frac{3}{4}$ yard of soft, light-weight flannel to the right size. Do not hem.

Knitted Bands—Three; with shoulder straps above and a tab below.

Nightgowns—Three; soft, lightweight flannel.

Undershirts—Four; knitted or woven, with long sleeves, made of wool, wool and silk or wool and cotton, and with a tab to pin to the diaper.

Petticoats—Four; soft lightweight flannel. Cut long and in one piece with wide shoulder-strap and, if you like, small box-plaits.

Dresses or "Slips"—Six; white cotton or soft muslin.

Diapers—Four dozen; soft, absorbent, easy to wash. Size: 18 to 22 inches square.

Bootees—Three pairs.

Stockings—Three pairs, to be pinned to diapers.

Knitted Jacket—One. For use in house.

Shawl—A thirty-six inch "Square" of flannel-ette or baby-flannel makes a good shawl for a new-born baby. A white silk ribbon binding looks pretty. Fold the shawl round the head and shoulders to protect the eyes from too much light and to keep him warm. New babies all like to have their heads covered. The world is too big for them at first.

Coat and Hood for outdoors—Coat made long to turn up and button at the bottom. No sleeves. Like a sleeping-bag.

Mittens—1 pair, white woollen.

This outfit will last for a year.

Have a good supply of diapers. Never use a soiled diaper again before washing it. Cleanse, wash, and boil before drying and ironing.

For the Baby's Bath and Toilet

Foot-bath or baby's bath.

Soap, white Castile, 2 cakes. Use one cake for a pin-cushion.

Boric acid powder, one pound.

Sterile gauze, quarter pound (or thin, old linen boiled).

Sterile absorbent cotton, quarter pound.

Safety-pins, two dozen, large and small.

Bath towels, two large, old and soft. One Turkish towel.

Towels, two, old and soft.

Squares of cheesecloth for wash-cloths. Sterilized.

Medicine-dropper, one.

Tooth-picks, one package.

Glass jars, four, with covers, to hold tooth-pick swabs, swabs for eyes, boric acid solution, oil.

Boric acid solution is made by adding a teaspoonful of boric acid powder to a pint of boiling water.

Swabs are made by twisting absorbent cotton tightly round the end of a tooth-pick, or by twisting a small piece of absorbent cotton with your fingers till it is a small ball with a little "handle."

A Knitted Outfit

This is a comfortable, convenient and cheap way of dressing a baby, and some mothers like it very much. The following description is published by the Association of Infant Welfare and Maternity Centres, London, England.

About 6 ozs. of wool are required for the four garments; 1½ dozen small pearl buttons and two larger ones. The garments are easy

to change and comfortable to wear. The leggings can be slipped off in a moment for changing by undoing the buttons on the neck without removing any other garment. The jumper, being open at the sides, can be turned up for the child to lie on without the risk of wetting it.

If the following directions are carried out in two-ply wool, white or coloured, the garments will fit an average child from birth to three months of age. By using three-ply wool they work out at a good size for children from two to four months of age. The instructions are easily adapted for older children.

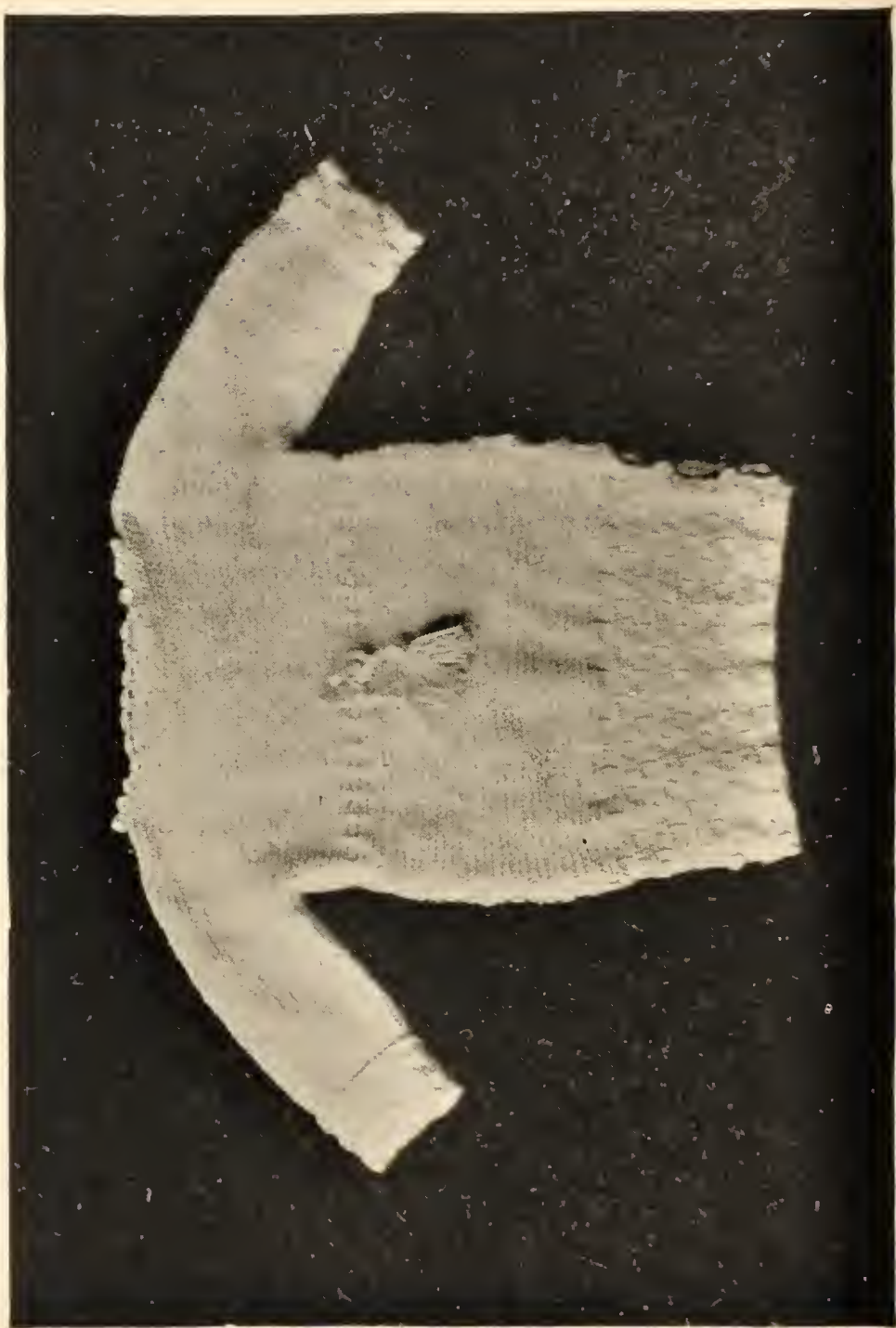
To wash, use lukewarm water and good soap. Do not wring dry but squeeze out the water by pressing the garment between your hands. Stretch to the right shape.

If you prefer, the ends of the sleeves of the jumper may be closed, thus forming mittens for the hands in the same way that the leggings provide "feet."

Jumper

Use 2 bone needles—No. 10 for 3-ply wool, or No. 12 for 2-ply wool.

Cast on 56 stitches.



JUMPER

Four inches basket pattern (4 plain 4 purl for 4 rows, then 4 purl 4 plain for 4 rows).

Six inches plain knitting. Turn.

Knit 2, * make 1, knit 2 together, repeat from * until last 2 stitches, which knit plain. Turn.

One inch plain knitting. This makes a row of holes for the cord.

On same needle cast on 24 stitches. Turn.

Knit plain to end of row.

On same needle cast on 24 stitches. Turn.

Knit plain for $3\frac{1}{2}$ inches. Turn.

Knit 37 stitches. Cast off the next 30 stitches.

Knit plain to end of row. Turn.

Knit 37 stitches.

Cast on 30 stitches on same needle.

Knit plain to end of row (this forms the neck).

Knit plain for $3\frac{1}{2}$ inches. Turn.

Cast off 24 stitches.

Knit plain to end of row. Turn.

Cast off 24 stitches.

Knit plain to end of row (this forms the sleeves).

Turn, knit plain for 1 inch.

Turn, knit 2, *make 1, knit 2 together.

Repeat from *until last 2 stitches, which are knitted plain. Turn.

Six inches plain knitting. Turn.

Four inches basket pattern.

Then cast off.

Join up under arms and sleeves for about 2 inches under holes for cord round waist.

Now both sides of Jumper are open.

Sew 6 small buttons on each side of front of Jumper, using buttons that will button into stitches instead of making button-holes.

For neck, crochet all round, 1 double crochet, 2 chain, miss one, then one double crochet. Repeat all round.

For front of neck, sew 3 buttons on each side to form shoulders, taking care to leave 3 inches between the two sets of buttons for neck.

For button-holes on back use the small loops made by the 2 chain.

For cuffs use four needles.

Pick up 36 stitches (12 on each needle).

Knit 2 plain 2 purl for 2 inches, and 2½ inches basket pattern. To do this knit * 4 plain 4 purl for 4 rounds, then 4 purl 4 plain for 4 rounds.

Repeat from * until 2½ inches are completed.

For cord, take 2 strands of wool, and loosely crochet long chain, making two tassels for ends.

Vest

Use 2 needles, as for the Jumper.

Cast on 48 stitches.

Two inches basket pattern, 5 inches plain knitting.

Cast on 20 stitches for sleeves each side.

Work the same as for Jumper.

Three inches plain knitting.

Cast off 30 stitches for neck, then cast on 30 stitches.

Knit plain 3 inches, then cast off 20 stitches each side of needles for sleeves.

Five inches plain knitting.

Two inches basket pattern. Cast off.

Sew up both sides of vest and sleeves.

Work neck in same manner as for jumper.

Crochet round sleeves same as neck.

Leggings

Use 4 needles as for Jumper.

Cast on 108 stitches (36 stitches on each of the 3 needles).

Knit plain in rounds for 7 inches.

Halve stitches for legs putting 54 stitches on 3 needles and 54 stitches on 3 safety-pins (18 on each pin).

To commence leg, 2 inches plain knitting.



VEST AND BELT.

Then make 1 needle the back of leg all through by keeping 18 stitches always on that needle.

Decrease as follows: Every 6th round, until you have only 36 stitches left.

First needle, knit 18 stitches.

Second needle, knit 2 together, knit plain to end.

Third needle, knit plain until the last 2 stitches knit 2 together.

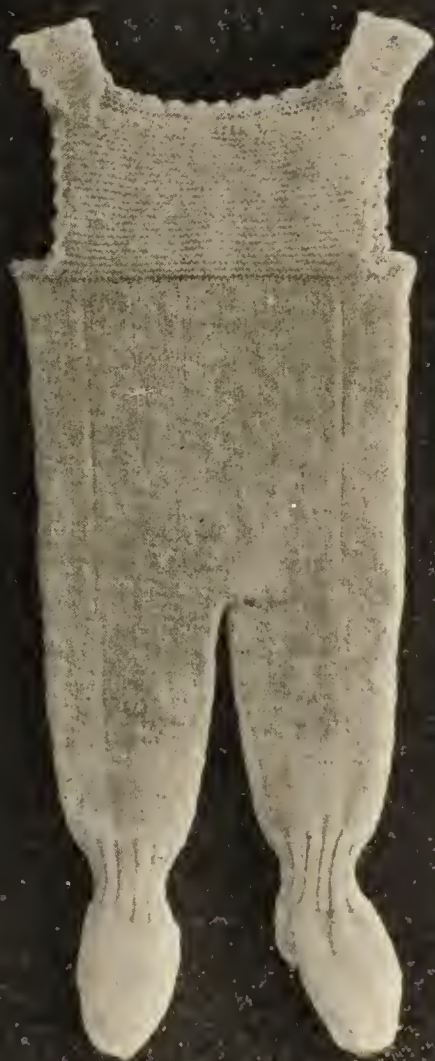
Knit plain for 2 inches.

Then 2 inches 2 plain 2 purl for ankle.

Put small stocking-foot on as follows: Keep 18 stitches for the heel and 18 for the instep, working the heel first on two needles. Slip 1, knit 17; turn: slip 1, purl 17; and repeat six times. Turn; knit 11; knit 2 together: turn; purl 5; purl 2 together; turn. ‡knit 5, knit 2 together; turn; purl 5; purl 2 together. repeat from ‡ until you have only 6 stitches left, finishing with purl row. Turn.

Knit 6, then with spare needle pick up 6 stitches at side of heel, then knit the 18 instep stitches.

Now pick up the 6 stitches the other side of the heel. Arrange stitches evenly on the three needles, and knit in rounds until work measures $2\frac{1}{2}$ inches from beginning of heel,



LEGGINGS.

then decrease 1 stitch on every needle every alternate round until only 16 stitches are left. Break off your wool, leaving about 12 ins., thread into darning needle, and pass through every stitch the same way as if knitting them, and draw together loosely, and darn. Fasten off.

Knit the second leg in the same way. Darn very neatly in between legs when finished.

For top of leggings, fold with feet in front, and trace centre-stitch up body, and pick up 20 stitches each side. This forms front of waistcoat. Knit plain on two needles for 4 inches then cast off. Instead of breaking wool, turn 2 double crochet into first 2 stitches, 3 chain, miss 3 stitches. 1 double crochet into next 30 stitches, 3 chain, miss 3 stitches, and 1 double crochet into last 2 stitches. Fasten off.

For back, do same as for front, leaving 15 stitches each side for under arms. At top of back make two flaps one inch wide and three inches long to form shoulder-straps. On end of each one sew one large button. Now crochet 1 double 2 chain all round waistcoat and top of leggings.

Always fasten off with a crochet hook.

Belt

Use 4 bone needles, No. 10 or No. 12.

Cast on 96 stitches very loosely.

Knit 2 plain 2 purl for 3 inches, then plain for 2 inches, and lastly 2 plain 2 purl for $2\frac{1}{2}$ inches ($7\frac{1}{2}$ inches wide altogether).

Cast off very loosely all stitches save 8, which knit for 6 rows, and cast off. This tab will fasten belt to napkin by means of a safety-pin, and keep it in its place. A better way, perhaps, is to crochet or knit the tab by picking up 8 stitches in the right place after the belt is finished. Then when the tab wears out it can easily be ripped and replaced.

The Baby's Clothes

The flannel bands are not used much after the cord has fallen off. A soft knitted band with shoulder straps is then used.

The baby's clothes may be made to fasten down the front either with soft buttons (pillow-case buttons—you can make them yourself) or to tie with soft tapes. When the baby is undressed, do you see the marks of buttons or tapes on the skin of his back? Are there any ridges and marks? If so the clothing has not fitted properly. Always have everything soft and smooth, nothing wrinkled and nothing "scratchy."

In dressing the baby, it saves a great deal of time and trouble to slip the three garments—

all opened out—dress, long petticoat and under-shirt—inside each other. Lay these garments down on the bed (or table) in the order named. Then lay the diaper and the band in the right place. Put a hot water bottle on top of all. When the baby is bathed and dried and wrapped in a blanket, carry him to the bed, lift the hot water bottle away, lay the baby in the right place on top of the band, tie the band, put on the napkin and pin it to the tab, slip his left arm into the sleeve—then his right, and then fasten the three garments, one after another. Never use pressure when you are adjusting, fastening or tying the baby's clothes. Be gentle.

At birth a baby is about 20 inches in height and at three months about 24 inches. His first clothes are often made about 22 inches long. Then the dress will do to wear for a year, for as the baby grows, the hem of the dress is farther from his feet and gives him more freedom.

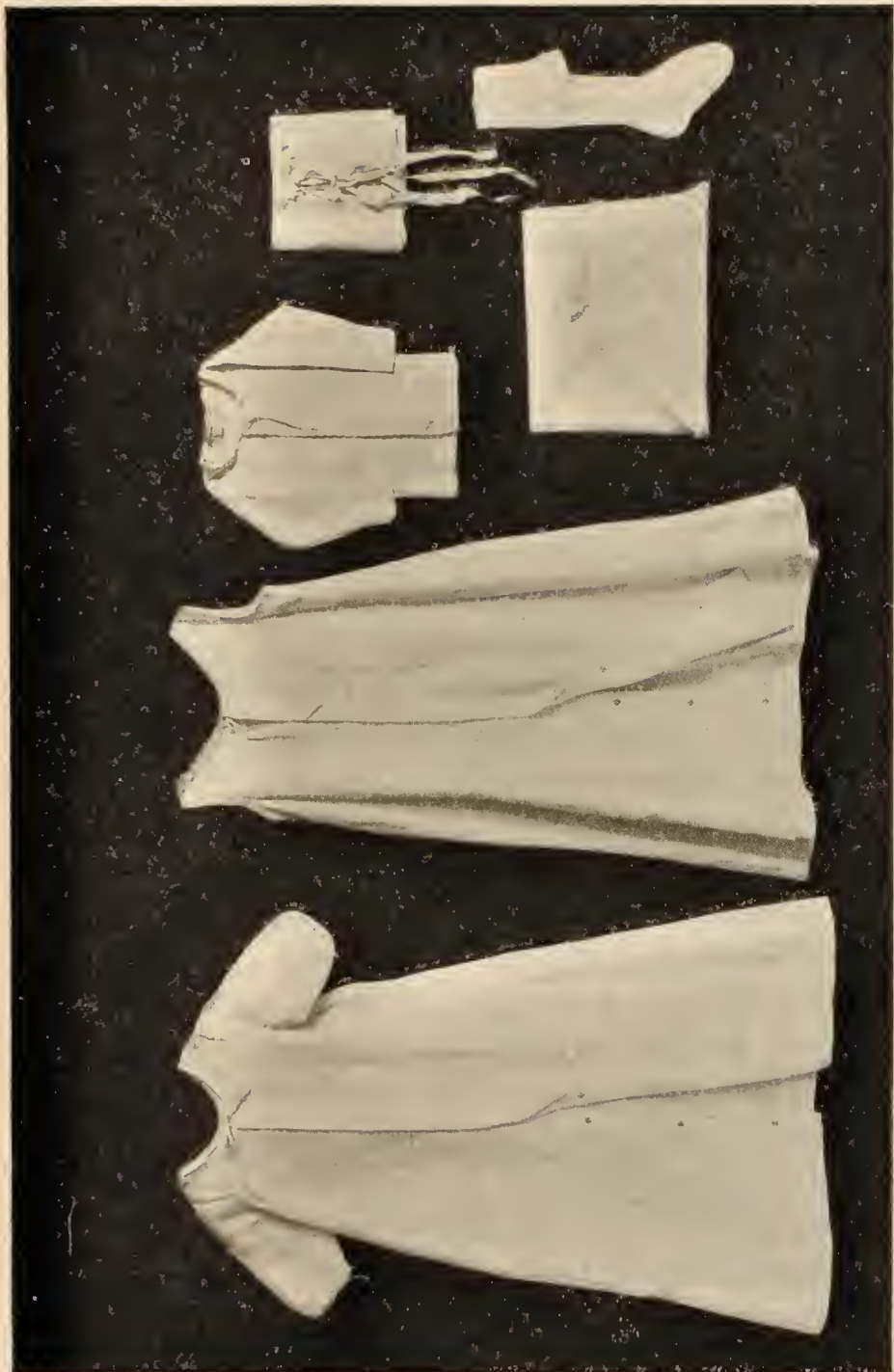
If the baby is kept warm and comfortable short clothes are probably best. Warm socks or stockings should be worn as soon as the baby is a few weeks old. Before that sometimes the petticoat is made long enough to turn up over the baby's feet to keep them warm. Always have plenty of room for the baby's feet and legs

to move and kick about. Slips are really better than dresses. Make very simply and tuck, gather or smock the fullness front and back. A three-inch hem finishes the bottom. For the first three or four weeks the baby often wears the same clothes night and day, the diaper being changed as often as necessary.

At night, after the baby is a month old, all clothing worn in the day should, as a rule, be taken off and if necessary a warm or tepid sponge bath given. Then put on a fresh binder, diaper, knitted shirt and nightgown. In cold weather, the lower hem may have a drawstring so that the nightgown makes a sleeping-bag.

Dr. S. Josephine Baker, one of the best authorities on Child Welfare, says about the baby's clothes:—

“The new baby's clothes may be made with a saving of trouble to his mother, and he, himself, may have a far better chance to develop and get proper exercise for body and legs, if his dresses are kept short. When he is very tiny, his dresses may be made twenty-two inches long from neck to bottom of hem. There should be at least two inches leeway each side of the underarm seam. Either in the kimona or sleeve style of dress, the armhole must be large and the seam should be opened and



A BABY'S OUTFIT.

sewed down or feather-stitched so that it may not form a ridge. The neckband and sleeve should be made very wide without any trimming. For a new baby, a ten-inch neckband is none too wide, while the cuffs of the sleeves should be broad enough so that they may slip on and off over the hands with perfect freedom. Draw-strings in the neck and sleeves give the best service, for they can be made as loose or as snug as may be desired. When such short dresses are worn, long silk and cotton or plain cotton socks in summer, and wool and silk or wool socks in winter are necessary.

“Tapes are preferable in fastening baby’s clothes, wherever they can be used, as they are more secure than other fasteners and make ironing easy. Small flat snaps are a fairly good means; where buttons are desired, use the tiniest and flattest ones procurable.

“Long-sleeved shirts, with no inner seams, that button or tie with tapes in front, are the right kind to buy. Seams in the knitted bands with shoulder straps that might easily irritate the delicate skin are to be rigidly avoided. Here it is necessary to see that the straps are knitted into the body of the band and not sewed on, so that a protrusion which might readily hurt the baby, is not formed. In winter,

the Gertrude petticoat may be made of all wool flannel or, preferably of cotton-and-wool flannel. Baby does not need this skirt in the summer-time; he is well dressed simply with an undershirt, diaper and an outside slip, except on cool days, when the flannel Gertrude skirt may be slipped on.

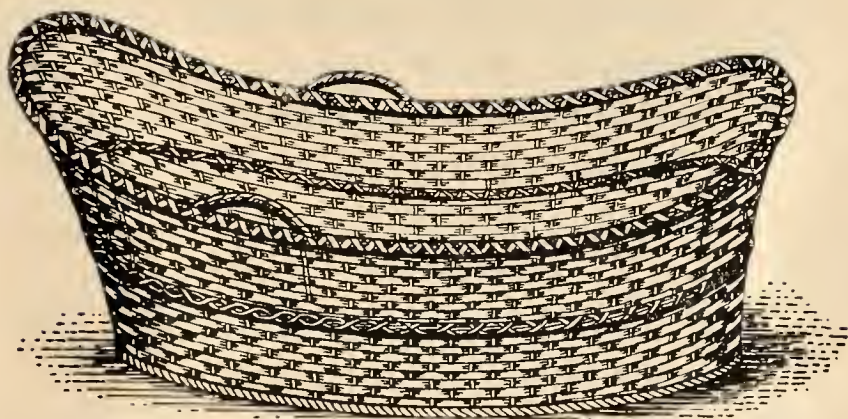
“Nightgowns should be long enough to reach at least ten inches below the feet. A very good one for winter use is the type having a draw-string in the hem or one which folds over at the bottom and is fastened with snap-fasteners. This keeps the baby’s feet warm and allows him to kick to his heart’s content, without having the nightgown pulled up around the body. When he reaches the creeping age, rompers are advisable for daytime; and at night he will find night-drawers, with feet attached, comfortable.

“As soon as the baby begins to creep, one-piece rompers are advisable. They may be made of chambray or other easily washable material, and in them the baby can play about as much as he pleases without unduly increasing the laundry. With the short clothes, which should be warm but light of weight, provision must be made for extra leggings to be worn outdoors.”

A baby should not be dressed so warmly that he perspires, but he should always be kept comfortably warm.

For the Baby's Bed

1. The cradle. A wicker basket or clothes basket or a banana crate. No rockers. Size about 33 by 16 inches.
2. The outside grey soft fluffy blanket. Lay it on top of the basket, so that it will hang down all around.
3. The mattress. Made of soft hair; or a soft blanket folded up about six to eight times, or a large pillow. Place it on top of the grey blanket and press it gently into place.
4. A square of rubber sheeting or white table oilcloth. Have two and change daily.
5. A loose soft pad, a "shake-down" of bran or chaff, or a soft, thin old blanket—four-fold—place it over the mattress. Have two, and change daily.
6. A square of old, soft blanket next. If you wish, this blanket may be slipped into a pillow-case. But the baby's blankets, being light and small, are easily washed.



THE BABY'S BED.

7. Small feather pillow, about an inch or two thick, placed at the head. Not necessary. Children do not need a pillow till they are nearly two years old.
8. The baby.
9. Loose, soft "honeycomb" shawl, or another old, soft, woolly blanket folded twice.
10. Turn over the outside grey blanket and tuck it in, using safetypins to fasten the corners.

The baby must sleep by himself and not with any one else, not even with the mother.

Do not buy a cradle with a canopy. The canopy collects bad air.

Do not make a baby's bed too low. You should be able to see the baby over the top of the cradle.

It is best to lay him on his right side. Often he wakes and cries because he needs to be turned over. You always turn over when you wake, but he does not know yet how to do it. Turn him over, give him a comfortable position and he will go to sleep again just like the rest of us.

A new baby sleeps nearly all the time--about twenty-two hours daily.

Hot-water Bottles

Great care must be taken in using a hot-water bottle for a baby. You do not want to burn the baby with the hot-water bottle. Always have it well covered. There should be a good cover on the bottle besides a thick blanket folded once or twice between the bottle and the baby. After a few days when the baby's circulation is good it is better not to use a hot-water bottle at all, except to warm the baby's bed; take the bottle out before you put the baby in.

CHAPTER IV.

THE BABY COMES

“The Bravest Battle that ever was fought”
Shall I tell you where and when?
On the maps of the world you will find it not;
“It was fought by the Mothers of Men.”¹

Well, now, you have everything ready and the time is at hand. You will be glad to have it over and have your baby. Don't mind at all if you cannot afford anything but a few needful things for your baby. You have done your best and an angel could do no more. You know Who it was that had not even a cradle when He came a little child to earth.

Your baby will be all right. What a baby needs most is just what we all need most and that is love, and you and your husband have that for him. Don't be afraid. Send for the nurse when you need her and your husband or the nurse will get the doctor in good time. The doctor will relieve you of pain as much as possible and will stay with you till you are quite safe. If this is your first baby, everything will be over in twenty-four hours or less. If it is not your first baby, it may not take more than

¹ Joaquin Miller.

one or two hours. Everybody will take care of you. The doctor and nurse will take charge of everything for you, till you and the baby are quite safe. And then you will have a good rest till you get your strength back again.

The Mother's Rest and Comfort

As soon as possible after the birth the nurse makes the mother comfortable, washing off the genital parts with warm water, which has been boiled, covered, and allowed to cool a little. Always have plenty warm boiled water ready to use. Use a boiled wash cloth or a clean cotton rag which has just been boiled.

The binder should be snugly and comfortably fastened with safety pins and then a sterilized pad can be applied in the usual way, fastening it with a safety pin to the binder before and behind. This pad will receive the discharge. Keep the mother covered warmly with a blanket while you are doing this, and wash her under the blanket, so that she will be kept warm and comfortable. The discharge, which is called the lochia, does not last more than about ten days, and after the sixth day it loses the red colour which it has at first. The genital parts should be cleansed in this way for the first few days until the mother is able to do it for herself.

Now change the draw sheet, removing it and replacing it by a clean one without disturbing the mother. This can be done by rolling one-half of each draw sheet into a tight roll and pressing these rolls close together and close to the mother's back. Turn her over on her other side and thus on to the clean draw sheet which can then be tucked in firmly after the soiled one has been removed.

Give the mother a cup of hot tea or hot milk. Draw down the blind and leave her to rest and sleep.

As soon as the baby has nursed, or sooner if she wishes, the mother should be encouraged to pass water and then the parts should again be cleansed and a fresh pad applied as above.

The chamber vessel or bed pan should be washed out before and after using with boiling soapy water. Keep it clean and sweet.

Always be sure that the mother is warm and comfortable. Give her a couple of hot water bottles—one to her back and one to her feet. Put an extra blanket over the mother and tuck her in comfortably before you leave her to rest and sleep when the birth is over.

It often gives the mother great comfort to have her back and legs rubbed, both before and after the baby is born. Use a little sweet oil

or vaseline or alcohol if you have it at hand. This rubbing helps the mother to go to sleep. After the birth if her legs are swollen or painful do not rub them at all until you have asked the doctor.

After she has had a sleep, the mother will want to wash her hands and face, clean her teeth, wash out her mouth and have her hair done. Then she should have a nice breakfast such as coffee with hot milk in it, poached egg and toast. She needs three light meals for the first day or two and perhaps a cup of hot soup or milk at night if she is hungry. Gradually increase her diet. Let her sit up in the bed as soon as she feels able, especially when she is nursing the baby, but do not let her out of bed till about the tenth day, and she should not sit up much till the baby is two weeks old.

Daddy—Any time the baby is not doing well or is "cross" think about the mother. Is your wife worried? Tired? Not getting enough sleep? Just take care of her and help her and the baby will be all right and will not be cross.

The mother will pass water about four to eight hours or sooner after the birth, and on the third day or sooner, it is expected that she will have a bowel movement. It may be necessary for the nurse to give her an enema

and the best enema is a pint or more of warm soapy water. If the doctor wishes her to have medicine, the mother will likely keep some simple purgative, such as cascara, ready in case of need. If the mother's habits have been regular and satisfactory before, it will only take a day or two for the regular daily movement to occur as usual.

Visitors

No visitors should see the mother for a week. Let them look at the baby but do not let them take him up and do not wake the baby for any purpose except to let his mother nurse him. From the second or third day on the mother will likely be strong enough to sit up in bed part of the time.

The Mother's Bed

The mother should have the bed to herself, but if this is ever really impossible any one who shares her bed should take a hot bath every night, wear a clean nightgown and sleep above the top sheet.

The First Fortnight

If the mother is not doing well let the doctor know at once. On the tenth day, if the mother is doing well, she could get up a little while.

On the eleventh or twelfth day she could get up after breakfast, but she must take a good rest every afternoon and do no heavy washing or other heavy work for about six weeks. Someone else will do the lifting for her. The mother needs a home helper in the house till the baby is about six weeks old.

Everything used about the mother should be clean and certain things as already mentioned should be sterilized. Never lose sight of this for if you do the mother's life may pay the penalty of your carelessness or thoughtlessness. Remember for instance that an enema syringe must never be used for any other purpose, and it must be thoroughly cleaned with hot water and soap before and after using.

Register the Birth of the Baby

When the doctor has told the father that his wife and baby are safe, then the father should go and register the baby's birth with the local Registrar of Births, Marriages and Deaths. The law requires it and the baby needs it. The baby will need that registration to prove that he is Canadian and British, to show when he is of school age, to get a work certificate, to hold office, to inherit land or money, to get life in-

surance, to get a marriage license, to get passports and a great many other things. He will need it. Won't you do it for him, Daddy?

Eyes

Sore eyes in a new-born baby are very dangerous. The moment, day or night, that the nurse sees a new-born baby's eyes or eye-lids show the least appearance of being sore, that very moment it is her business to get the doctor. If she does not, or if the doctor does not treat the eyes at once, the baby may be blind for life. Father, when you see your little son or daughter, be sure the eyes are all right. Your wife may not feel quite well enough to notice, and very likely her room is darkened, so that she can sleep. But the father will take a careful look at the baby's eyes, in a good light, especially for the first day or two and speak to the Doctor instantly if he is not sure they are all right.

The Nurse and the Baby

The nurse receives the baby from the Doctor as soon as he has tied and cut the cord, wraps the baby in a warm, soft old blanket, and places him in a warm, safe, cosy place, until the mother has been made comfortable and is resting.



HUGH DONALD IS EIGHT MONTHS OLD.

Premature Babies

If the baby is born prematurely keep him extra warm. Keep the air in the room moist, anoint him with warm oil, do not bathe or disturb him but wrap him in cotton wool and feed him as described on page 88. Never despair of him. If he weighs even four pounds he will likely live. Babies weighing two and a half pounds have grown up to be big strong people. Lay him in a padded crib or basket with hot water bottles hung around it.

The First Bath

The nurse washes her hands and places ready the things mentioned on page 43. She puts on a flannel apron with a water-proof apron underneath. The little bath-tub has been scrubbed out and about three or four inches of hot water put into it. There is a pitcher of cool water at hand and also some squares of cheesecloth for wash-cloths. The room must be warm and comfortable, about 70 degrees Fahrenheit. The new-born baby must be kept warm.

The nurse sits down in a low comfortable chair with the baby on her lap. His body is covered with a white greasy substance (vernix caseosa) and she must first gently and rapidly rub warm oil or vaseline all over the body so that this sub-

stance will wash off more easily. Rub a little vaseline lightly into the hair, then wash off the head gently with soap and warm water. Be careful that nothing whatever touches the eyes. The Doctor will perhaps have dropped a drop of a medicine supplied by the Provincial Department of Health into the baby's eyes. Then soap the body all over, with white Castile soap, keeping the blanket around the baby and exposing him as little as possible. Put the bath thermometer into the water. About 98 or 100 degrees Fahrenheit is the right temperature. If you have no thermometer, try the water with your elbow. If it is comfortably warm to your elbow it is right. The nurse supports the baby's head and shoulders with her left arm and takes hold of his left arm and shoulder with her left hand. She supports the body with her right hand and gently lowers it into the water for a moment or two, being careful not to wet the cord. Then swiftly and gently, using the soft wash-cloth, she washes off all the soap and lifts the baby back into her lap, having first placed a warm, soft towel to receive him.

Before the cord comes off, it is perhaps better to bathe the baby on your lap, using the wash-cloth. It is convenient to have a low

table on which to bathe the baby, a screen to protect him from drafts, and a "horse" or wee drawer or basket to hold the baby clothes. The baby's wash-cloth should be boiled before using. Then we know it is clean.

Care of the Eyes and Nose

A cup of warm water which has been boiled, and two little bits of absorbent cotton are used to wash off the baby's eyelids and eyelashes, one piece of cotton being used for each eye. Begin from above downwards and the baby will be sure to shut his eyes. If the nostrils are not quite clean, take a wisp of absorbent cotton, roll the end to a point, using a tooth-pick to wind it on, dip in white vaseline or oil and use it to cleanse the nostrils.

Always keep the baby's eyes turned away from a strong light. When the baby is from two to four weeks old and the mother is taking care of him herself, the same general directions for the bath should be followed.

The Foreskin

If the baby is a boy examine the foreskin carefully and try gently to draw it back. The next day you can draw it back a little farther, and at the end of the first week it can probably be

drawn back completely and the parts underneath it gently cleansed. If you think it is too tight ask the Doctor to look at it, as the second week is the best time to do circumcision, if necessary. It is not often necessary.

The Skin

Remember how delicately soft the skin is. Never rub it but pat softly with a soft old towel so that all moisture will be removed. Dry all the folds and creases gently and thoroughly. If necessary, use first a little white vaseline and leave it for a few minutes to soften anything that does not wash off easily at first. The less powder used the better.

Care of the Cord

The baby should not be completely immersed in the water during the bath until the navel cord has fallen off. This usually takes place about the eighth day.

Boric powder makes a good dusting powder for the cord. Old thin cotton or linen, which has been washed clean, boiled and dried, and kept in a covered jar, is cut into squares measuring about four inches each folded in four, and a small hole, the size of the cord, cut out of the centre. Cut one fold up to the centre

hole. The stump of the cord and the skin near it should be thoroughly washed with boiled water and a piece of clean absorbent cotton or perfectly clean linen. Dry the skin by patting gently with one of the squares. Take two of the squares, slip the cord through the hole in the centre, dust well, fold one square round the cord, let the cord rest on the other square and put on the binder. Leave the square which is folded round the cord undisturbed until the cord falls off but change the other square and the binder when necessary. When the cord drops off, powder the little scar with boric powder and cover it with a clean linen square out of the covered jar, till it is perfectly healed, which it should be in two or three weeks. If it is at all sore, the doctor should see it.

Dress the Baby

The baby clothes, which have been arranged and left to warm, will now be put on, and the baby may be so comfortable that he is asleep almost as soon as he is dressed. The dressing takes about two minutes.

CHAPTER V

MATERNAL NURSING AND CARE

Charles Darwin, when asked what he considered the most outstanding characteristic of woman, answered,—“Endurance.” “For,” said he, “what man would carry a baby one mile—yet a woman will carry it all day if necessary.”

Now we look at the baby's time-table. Births most often take place, perhaps, between night and morning. This baby was born at midnight. The clock chimes five. Good. The mother has been sleeping and resting about four hours. By 6 a.m. she will have had nearly five hours' rest.

The Baby's Time-Table

6.00 a.m.—Nursing.

Sleeping.

8.30 a.m.—Bathing and dressing.

9.00 a.m.—Nursing.

Sleeping.

12.00 noon—Nursing.

Sleeping.

3.00 p.m.—Nursing.

Sleeping.

5.30 p.m.—Bathing and dressing.

6.00 p.m.—Nursing.
Sleeping.

10.00 p.m.—Nursing.
Sleeping.

Keep right to the Time-Table.

The Baby's first breakfast is due at 6.00 a.m.

The Golden Opportunity

This baby knows how to nurse now. He will know how just about as well at 9 a.m. But after that he will be nine hours old, and the nursing instinct which he brought with him may begin to fade a little. Not quite so sure then, not quite so certain—as it is in the first six hours.

After twenty-four hours it is hard for the baby to remember how to nurse. After two days the baby has forgotten. So now is your chance. At 5 45 a.m. steal to the mother's door. Is she sleeping? She stirs, she speaks.

“Is that you, nurse? Where is my baby?” Carry in the little Canadian—looking so sweet—and give him to his mother. This baby is a Canadian boy, but the next will be a Canadian girl and just as welcome. He sleeps on as you lay him in his mother's arms.

It is well for him. Pre-natal life is behind him and post-natal life, with all its greatness, is before him, and we must do our best for the "infant soldier." He has helped his mother to fight for her life and his, and now he sleeps.

Six o'clock strikes.

"Do let us see if he knows how to nurse."

"Yes—it is right to wake him up."

Then the nurse takes a little swab of absorbent cotton, dips it in a jar of boiled water, rubs it on a piece of Castile soap, gently cleanses the nipples of the mother's breasts and then dries them as gently with another bit of absorbent cotton. The mother rests the baby's head on her arm, thus raising his head a little, and gently inserts the nipple into his mouth, placing him so that his little nose is free to breathe and not pressed too close against the breast. When the baby feels the soft, wonderful mother's nipple in his mouth, he knows what to do and he nurses. Two or three minutes is enough this time. And then the same with the other breast. And then the nurse gently cleanses the nipples again. The mother must not have sore nipples or a sore breast. So keep everything clean. Cover the nipples with absorbent cotton and a clean soft handkerchief. If there is any little sore place pay special attention to cleansing it, and then



JOHN DUNCAN CLAUDE MACDONALD.
Prize Baby of the British Empire at Wembley, 1925.

anoint it with borated white vaseline and it will get better. If there is a little lump or knot in the breast, take some warm oil and rub it in gently over the lump, stroking towards the nipple. Hot compresses will help, and then try expression. If there is too much milk and it is running out of the nipple, then express a little milk before the baby begins to nurse. The first part of the milk is not quite as nourishing as the rest.

The baby does not need nourishment yet. He brought his "birth rations" with him. But he does need what he is getting—a substance (colostrum) secreted in the breast before the milk comes. And he has helped his mother to begin the secretion of the milk. All is well. The baby has nursed. The mother's nipples should always be washed with clean warm water before and after the baby nurses. It would not be amiss to drop into his mouth a few drops of boiled cooled water, just to give him the taste for it. He should have water every day and more in hot weather. Boil enough for each day's supply and keep it in a clean bottle with glass stopper or tight cork. Never give a baby unboiled water. Give him two or three little teaspoonfuls about three

times a day, between nursings. He needs plenty of water every day.

After he has finished nursing, hold him comfortably in your arms for a few minutes in a sitting or reclining posture and then lay him down to rest and sleep.

“Vomiting”

The return of a little milk is not really vomiting at all. It only means that he has taken too much and filled his stomach a little too full.

The Canadian Way

It is to the Canadian Mother that we look for leadership in Child Welfare and especially in establishing Maternal Nursing as the Canadian Way.

There is a right way and a wrong way to teach the baby to nurse. We need intelligence, perseverance and patience. Nursing needs a little management, for there is a “technique” of nursing. The first rule has just been explained, namely that the baby must be put to the breast when he is not more than six hours old, so that he can learn to nurse.

The Leadership of the Mother

The Canadian Mother knows about this and she is willing. She knows her nursing is the greatest safeguard for the baby's life. She knows that her milk will not only nourish him, but protect him from many of the diseases of infancy. She does not want her baby to die. Nursing the baby is the easiest way. No formula with bottles and rubber nipples, and measuring spoons and milk-sugar and sterilizing, and no one knows what else, for the Canadian Mother. These things will get dirty, and dirt in milk is death to the baby. Nothing can contaminate the mother's breast for nothing can reach it. Her milk is always ready and always right.

It is the cheapest way. What is the use of injuring your baby and wasting money.

It is the wisest way. Wise Mothers nurse their babies.

It is the most successful way and the right and natural way to bring up a baby.

All the Child Welfare Centres try to have all their babies breast-fed for nine months. All the best Child Welfare authorities in the British Empire, the United States, France and everywhere else in the world say so too.

The mother has gone through a great battle in the last few hours. None but she can know how her whole body aches and is sore. Yet, thinking not of herself, she gives a supreme proof of her love for her child. Everything possible should be done to help her. Every mother is a heroine. There may be a little difficulty at first in teaching the baby to nurse, but kindness and good sense will win.

Four Rules for Maternal Nursing

1. The baby must be taught to nurse when he is about six hours old.

2. The baby must be put to the breast with perfect regularity. Never break the timetable.

3. The flow of milk increases if the baby nurses regularly and decreases if he does not.

4. The breast must be completely emptied of the milk it has secreted since the last nursing. As a rule, it is better at first to let the baby nurse at both breasts each time. If necessary, when the flow of milk increases let the baby nurse from each breast alternately.

The Mother's Helpers

The Mother is the leader, but the Father, the Doctor, the Nurse, the rest of the family and all of us Canadians must help the Mother to make Maternal Nursing the Canadian Way.

They Are Responsible

Since the first edition of the Canadian Mother's Book was published, we have received information showing that, in too many cases, Doctors and Nurses are responsible for the baby being taken from the Mother's breast and fed artificially.

The Doctor's Duty

It is the duty of the Doctor to make sure that the baby is nursing properly within the first twelve hours.

The Nurse

The Doctor, of course, depends on the Nurse to manage the nursing. But the Doctor is responsible for seeing that the Nurse manages it properly and advises the Mother wisely.

Nursing by the Mother is the One Best Way to save the life of the Canadian Baby.

Your Reasons?

No Doctor or Nurse should deprive a baby of his mother's milk except for clear, definite and insuperable reasons.

Danger

Any Doctor or Nurse who advises that a baby should be taken from the mother's breast

and fed artificially takes a great responsibility and such advice should never be given except after careful consideration and full knowledge of the danger it means to the baby's life and health.

Artificial feeding greatly reduces the baby's chance of life and health. The artificially fed baby runs nine times as many risks of dying in infancy as the baby nursed by the mother does.

The Milk Comes Slowly

Remember that the flow of breast milk is established slowly and this is a good thing, for you know the baby's stomach can only hold a tablespoonful or two at first. The milk is coming all right. About the second or third day after the birth the mother feels her breasts softer and smaller—not so full, as if they had “collapsed,” and then perhaps she is frightened and thinks her milk is not coming. Her doctor and nurse should know enough to tell her that the softness of her breasts shows that the milk is coming. The soft breast is full of milk but not too full. That is the reason it is soft. Milk in the milk glands makes the breasts feel soft. The mother is all right.

The Nursing Mother

When you are nursing the baby be sure to take exercise, good food, but not too much, and sufficient sleep, just as you did when the baby was coming.

Then your milk will "agree with the baby." The only change necessary in your diet while you are nursing is to take a good deal of fluid including hot and cold water and any simple drink you are fond of. Be sure also to drink milk. Milk is a food, not a drink. So sip it slowly. It will help to increase the flow of milk.

The Delicate Baby

If the baby at first is weak and delicate or perhaps premature, that is, born before the term of 280 days, and so cannot nurse vigorously, we need a little more patience. Let him nurse if he can. Then, after the Mother's nipples have been carefully washed as directed above, the Doctor or the nurse will "express" the milk.

Expression

This is done as follows: The Doctor or nurse, after carefully washing the hands, stands at the right side of the mother and a little behind.

Placing the thumb and forefinger of the right hand on the breast of the mother just outside of the areola or coloured portion, the thumb being above, and the forefinger with the other finger close to it below, gentle deep pressure is made on the breast backwards then downwards and outwards, squeezing it between the thumb and finger. Now make a sudden motion towards the nipple. This manipulation does not hurt at all and with a little practice it can be done quickly—about sixty times a minute. It causes the milk to flow out in a stream. Receive the milk into a cup which has been sterilized by boiling. When a sufficient amount is received a sterilized medicine dropper or a little silver spoon is used to drop the milk on the baby's tongue. The delicate baby is thus fed and nourished until he is stronger and able to nurse more vigorously. The Mother can soon learn to do "expression" herself, and she can do it better than any one else.

Keep to the Time-Table

But the baby should always be put to the breast, so that he may get all he can himself and not forget how to nurse, and also to keep up the secretion of milk. The expressing of the milk also helps the secretion. The breast should

be completely emptied each time, just as it is when the baby nurses vigorously. The mother's milk, thus obtained, may be kept for a short time, say three hours, till the next nursing. Always cover it with a clean cover and keep it in a sterilized cup. A delicate baby may need to be fed every two hours.

Colic

A vigorous baby may nurse too rapidly and suffer afterwards from colic or other pain. To prevent this, the mother may easily compress the breast above the nipple with the thumb and forefinger, and so regulate the flow of milk and let the baby nurse slowly.

Colic may also be caused by hunger. Keep to the time-table and see that the baby gets enough milk but not too much. Chilling is another cause of colic. Keep the baby warm and comfortable

Breathing

The baby's cry at birth is really more a shout than a cry. No baby is comfortable until the lungs are thoroughly expanded by the air entering them and this does not happen for a few days or weeks after birth. The baby's cry is due to the necessity of opening the little

cells of the lungs so that the air can enter them and does not mean that there is anything wrong with him. He is only "stretching his lungs." Don't let him disturb his mother.

Nursing helps the baby to learn to breathe deeply. Great care must be taken that the nostrils are not blocked by being too close against the mother's breast. If the nipple is adjusted to the baby's mouth and the baby is properly held, he will take deep breaths and the air-way will develop in his nose and throat. Adenoids, which are such a handicap to a child, are one consequence of a neglected air-way—or to speak more plainly, of careless nursing or artificial feeding and of a neglected, obstructed, dirty, unused nose in infancy. Let the baby nurse well and the baby will breathe well.

Nursing

The position of the mother when nursing the baby must be made as comfortable as possible. She may prefer to turn on one side, supporting the baby in her arm on that side. But if the mother finds this a cramped and wearisome position, she must be supported comfortably by pillows, or in some other way. A mother will sometimes be more comfortable

if the baby is laid across her chest, and then the mother's arm which supports the baby's head should rest on a pillow. She will soon be able to sit up in bed.

Sitting Up

When the mother is able to leave her bed, she should sit in a low, comfortable, cushioned chair when nursing, and often a good plan is to have a cushion or pillow on the mother's knees, the infant being placed on the pillow. This makes it easier for the mother as she does not need to bend over too much. If no low chair is available, the father can easily make one by taking an ordinary kitchen chair, sawing an inch or two off the legs and putting a cushion on the seat.

The baby, as a rule, should not take longer than fifteen to twenty minutes for each nursing, and perhaps he obtains most of the milk in the first four minutes and in about twelve minutes may have nearly enough. Let him nurse about nine minutes at the first breast and about eight minutes at the second, or else about ten minutes at each. Sometimes it is better to let him nurse from one breast only at a nursing. One breast must always be emptied before the other is given. Do not let him go to



MOTHER'S CHAIR

sleep with the nipple in his mouth, but the mother and baby should never be hurried or disturbed when the baby is nursing, and there are advantages about letting the baby end his meal gradually, as we do ourselves. It is a comfort for baby and mother to sit quietly resting for a few minutes after a nursing is finished. Don't hurry. Take time.

Diet for the Mother

At first the mother should have light diet, including milk, tea, crisp thin toast, poached egg, baked apple, transparent bread and butter. Next day baked potato and butter, stewed apple or a bit of a ripe peach if in season. On the third day a little piece of broiled fish (white-fish or some delicate fish preferred), and do not forget butter and green vegetables. Next day a bit of chicken or broiled chop—and so on. Take what you really like and have your food interesting. Keep on the same diet that suited you before the baby came, but drink a good deal more—say a pint or more of milk a day, sipped slowly, and plenty of water three or four times a day. This helps the flow of your milk. So does eating slowly and chewing thoroughly. Milk is our greatest protective food. You must

have it, and the cows must have green food and sun and air to give good milk. Have meat or fish at one meal every day.

Take Care of Mother

The mother should not leave her bed for about ten days, should not leave her room for about three or four weeks, and should do very little work at all until the baby is at least six weeks old. Don't let her sacrifice herself and the whole family by working too soon, and so dragging along for years with chronic sickness and weakness. Wait till she gets her strength. She should sit up very little till the baby is two weeks old.

The Doctor should see the mother and baby when the baby is about six weeks old, so that he may be sure that the baby and the mother are all right.

Washing Out the Baby's Mouth

It does more harm than good. After the baby has nursed, or any time between nursings, he may often have a tiny spoonful of boiled, cooled water. The baby's own saliva, which soon begins, is the best thing to wash out the mouth. If the baby's mouth is sore, which it never should be—Ask the doctor. Don't wash out the baby's mouth.

Bathing the Baby

The first bath should be finished in three minutes. Later on, when the baby is about a month old, and the mother gives the bath, it should not take longer than five to eight minutes. By and by the baby will be old enough to enjoy playing and splashing about in the water, but the bath should not last longer than eight or ten minutes. When the baby is six months old the temperature of the water may be gradually reduced to 95 or 90 degrees Fahrenheit and the temperature of the room may be about 66 degrees.

Great care should be taken not to let the baby get frightened. Some babies are alarmed by being undressed, so it is well to go quietly and stop sometimes to reassure the baby by patting him gently and talking to him till he gets used to having his clothes off. Take off the clothes by slipping them down over the feet. After undressing him, wrap him in a soft, warm towel or blanket while you wash his face. Lower him gently and gradually into the warm water and keep hold of him. You might put a folded towel in the bottom of the tub so that he will feel it underneath him. Put only a little warm water in at first, and then when he is amusing himself with something, add more water gradually.



LIFT THE BABY UP GENTLY

The Natal Cleft

The natal cleft is that part of the body between and above the inner sides of the thighs. It must be kept perfectly dry, clean and comfortable. Careful cleansing with good soap and water after anything is passed either from the bladder or the bowels will secure this; dry gently and then apply a very little vaseline.

Never let the buttocks or the natal cleft get red or sore. It would be a disgrace. The baby who is nursed by the Mother seldom or never has such a thing happen to him.

Diapers

Diapers must be perfectly clean and soft when put on the baby. Soiled diapers must be cleansed, boiled, washed with mild white soap and rinsed with great care. Do not use bluing. Dry in the sun, if possible. Never allow a soiled diaper to remain on the baby.

It is a good plan to remove all the solid matter from a soiled diaper at once with an old knife, kept for this purpose, or a bit of stick which can be burned and then put the diapers into a tightly covered pail to soak. Then they are easy to wash. Wash them as soon as you can. A great way to have a house and the air



HOLD THE BABY COMFORTABLY

in it, and the things in it, all clean, is—Never let them get dirty. If you cannot wash the napkins to-day make a pailful of borax solution (1 tablespoonful to a quart) and let them soak in your covered pail.

Lifting, Holding and Laying Down a Baby

To lift a baby, slip the hands gently beneath him so as to support the whole body evenly and then carry the baby close to you so that your hands, arms and chest form a cradle in which he may be carried steadily and hardly know when he is moved.

Lay the baby down in the same gentle way—supporting him with your hands and arms, and lowering these until they rest on the baby's bed. Then withdraw the hands gently and gradually one at a time, without disturbing the baby at all. Some people lay a baby down ungently, but the mother or nurse moves the baby so gently and evenly that he never knows it. Always support the back, neck and head. Never lift up a baby or a little child by the arms.



LAY THE BABY DOWN GENTLY

SUMMER CARE OF INFANTS

You want more water to drink in summer. So does the baby. You need less food in hot weather. So does the baby. You want cool clothing and little of it. The young baby needs only the undershirt and napkin in the hottest part of the day. Be on your guard in case the weather suddenly becomes cooler, and keep him warm enough but not too warm. The baby needs the freshest, coolest air we can find by day and night.

Keep the baby out in the air as much as possible. If the weather is very hot the baby will be cooler and safer in the house with the shutters closed during the hottest part of the day. A large vessel containing ice or cold water placed in the darkest corner of a room will help to cool it. An electric fan, if we can afford it, helps to keep a room cool.

The baby may need an extra sponge bath daily and great care should be taken to keep him and everything about him very clean.

The baby nursed at his mother's breast usually keeps well and happy in summer. Do not wean him in hot weather. If he is weaned in spring, keep his milk cool and pure. Have it pasteurized and don't give him quite as much food when the weather is hot.

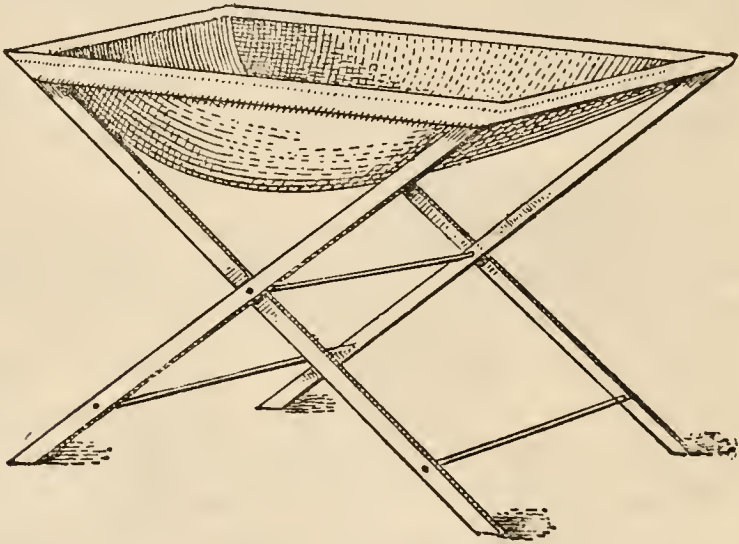
PRESENTS FOR THE BABY

BABY'S BLANKET.—A knitted blanket for the baby's bed. It is soft, light, warm and easily washed. Auntie will make it.

BABY'S CLOTHES-HORSE.—A small folding clothes-horse to hang all the diapers, towels, clothes, etc., for the baby's bath. Daddy will make it.

BABY'S HIGH-CHAIR.—The kind that has a porcelain or enamel tray is the most convenient. High chairs are a bit dangerous. Be careful. A wee table and a wee chair are safer.

BABY'S BATH-TUB.—Folding rubber tub: eight rods of wood, some big tacks, four hinges for the



THE BABY'S BATH

end-pieces, two thumbscrews to bolt the legs together and a piece of rubber sheeting or white waterproof oilcloth. Daddy will make it.

BABY'S SHOES.—Children should have soft baby shoes, the natural shape of the foot, with soft leather soles. The next pair of shoes may be a little stronger and heavier, but with no heels till the child is about six years old.

BABY'S PLAY-ROOM.—An open lattice work or paling about twenty inches high and twelve to sixteen feet long, with hinges. Daddy will make it. Put a rug on the floor, a clean sheet over the rug, the wooden wall round it, and the baby will be safe and happy inside.

BABY'S CAMP-STOOL BATH TABLE.—A table made like a canvas camp-stool, with pockets in the canvas for holding things. Place three bath-towels over the top of the table. Soap the baby on the top towel, then bath him, then dry him on the second towel, then dress him on the third towel.

BABY'S CARRIAGE.—A perambulator or baby carriage should have a folding canopy to shade the baby's eyes and keep off the wind, should be long enough for the baby to lie in comfortably and should have large wheels and good springs.

It should also have a little seat as soon as the baby is old enough to sit up, and it should not be too deep.

A Go-cart should only be used for short journeys, for children who are big and strong enough to sit up straight and to place their feet on the foot-rest.

CHAPTER VI.

THE BABY GROWS

“He who gives a child a home
Builds palaces in Kingdom Come,”¹

In a couple of weeks the baby begins to think more of himself. He moves more, he hears pretty well, he distinguishes light from darkness.

At birth he can hold your finger firmly if it is placed within his hand. He probably has the sense of taste, too, and soon the sense of smell develops. One of the first things to be noticed about the baby is that the pupils react to light. He soon knows when he is being held in your arms, and he feels heat and cold. He finds the way to his mouth accidentally, as it were. As a rule the eyes are not opened very wide until he is three or four weeks old. Hearing begins about the second day. Perspiration begins about the sixth or seventh day.

Taking Notice

“Taking notice” is evident soon after this time. Lights, sights, sounds and caresses are noticed by the baby and seem to give him

¹ John Masfield.

pleasure. In the first month his little hands wave about. In the second month he tries to lift his head and in the third month the saliva begins to be secreted freely. Tears first appear about the second or third month. He smiles and begins to "know his mother" when about five or six weeks old. In the third or fourth month he begins to know other people, "coos"—laughs—makes sounds like vowels, shows signs then or sooner of having a will of his own.

Sitting Up—Playing

He tries to sit up at about four months, but he should always be supported until, at about six months, he can sit alone a few moments. He begins to be sociable, begins to cut teeth and will try to "talk" and creep about the seventh month, or sooner. When he is about ten weeks old he begins to want to grasp things and hold them. At three months old a child has been seen to grasp one hand with the other. He begins to have quite an idea of taking hold of things. Be sure to give him one or two playthings; simple playthings you can boil or wash thoroughly are best. You do not need to buy playthings. You can find them in the house—or make them. Try clothes pins.



"I am a little Canadian girl just a year old. I have never been sick a minute,
never had a temperature or a cold and my food has
always agreed with me."

The Baby's Mind

The baby is beginning to use his mind just as he is beginning to use his hands, and by and by he will use his legs more. He will get to understand that this rattle he sees in his hand is the same thing that he feels with his fingers and that he hears making a noise. Then he discovers that he can cause the rattle to make this noise. His mind is working. The best way to develop a good healthy mind is to let it work unhindered, to give it something to work on, and to develop a good healthy body. Sleep, exercise, fresh air, nursing—these are what he needs.

Some children show interesting traits at a very early age. One baby a month old seemed to notice music and a little girl of four months showed pleasure in seeing flowers.

Sight

Although the eye is perfect at birth, the baby does not really "see" because he has no way of interpreting what he sees. A baby's eyes should never be exposed to a strong light. He enjoys a light which is not too strong when only a few days old, and soon begins to follow with his eyes any moving object. A child eighteen days old has been observed to look at his mother.

Activity

One of the greatest characteristics of a baby is constant activity. The uncertain, "waving" movements of the limbs, which are seen quite early, develop into the co-ordinated purposeful movements which enable him, at about three or four months, to grasp and hold things, but only for a short time. It is not the nature of babies to keep still. They must be free to move.

Fresh Air

Never leave the baby in a room where the air is bad. Always see that there is a supply of fresh air for him. Usually the middle of the room is the best place to put his bed. In summer the windows should be screened.

The baby lives and grows on the mother's nursing and on fresh air. Babies thrive on fresh air. They may be taken out in summer when about a week or ten days old. Begin gradually, say a few minutes the first day, and then longer every day till the time is from 10 a.m. to 2 p.m., or in summer all day long. The baby should always be carefully protected so that every part of the body is warm and comfortable, especially the feet.

The Baby's Room

We will give the baby a room to himself in our house, if we can. If not, mother will make him comfortable in the best place she has for him, and that is always a good place. A sunny room is the place for the baby. He needs sun to make him thrive just as much as plants do.

A bare floor with rugs, simple furniture—including the mother's chair, a little bureau, a basket, a screen and a low table—and muslin curtains on the windows, are all good. An open fire is a great advantage.

The temperature of the baby's room should be 70 to 80 degrees Fahrenheit at first and then gradually, especially when he is old enough to go outside, the temperature may be reduced to 65 degrees. The gradual training to a fairly cool temperature is one of the most valuable things the baby learns. But do not dress him foolishly. Bare legs are not comfortable in cold weather.

Airing

If a baby is born in winter-time he should be carried from one room to another for a change of air twice a day. In the meantime air the room he has been in before taking him back to it.

An Indoor Airing

He should have an "indoor airing" when about a month or six weeks old if he is in good health. This means that the baby is very warmly dressed and covered in his cradle or carriage and then the windows are opened wide. For the first "indoor airing" a few minutes is long enough, and the time should be gradually lengthened about a quarter of an hour a day until the time is about three or four hours. In this way the baby becomes gradually used to the cool air and can safely be taken outside later on.

Outdoor Airing

If the baby is born in summer he may be taken out when about one week old, but in spring and early autumn not till he is about six weeks old and has become accustomed to indoor airings. The warmest part of the day, from eleven o'clock to two, should be chosen. In winter a baby three or four months old may begin to go outside in the middle of the day. As soon as possible put the baby near the open window and let the patch of sunshine that comes through the opening fall on his face. If he is turned on one side so that the sun does not shine directly into his eyes this will be quite com-

fortable for him. At first the face is exposed to the sun for five or ten minutes and the time is gradually increased about three minutes a day until the baby is getting sun baths of an hour or more twice every day.

Sun-Baths

Sun-baths may be begun on the first sunny day in spring, perhaps March or April. Always protect from the wind. It is important that the skin should be tanned a little. If this does not happen the baby is not really getting much good of the sun. Let him lie on his left side in the morning and his right side in the afternoon or vice versa. During July and August the sun-baths should be taken before eleven o'clock in the morning and after three in the afternoon and a baby should never be exposed to the hot rays of the sun in summer.

Sun-baths outdoors in summer and indoors in winter may be started for all babies about the second or third week of their lives.

A sun bathing suit consisting of a suit or rompers with no sleeves, low neck and very short drawers may be used by a child who is old enough to walk and run about.

It is only lately that we have realized that a great part of the sun's influence is in unseen

rays. We see the light rays and feel the heat rays but there are other rays that we cannot see or feel called the ultra-violet rays which are essential to life and health and growth. In the winter months when the sun is not high in the sky and when the days are short the ultra-violet rays are fewer and weaker but still they are of value. It is then that cod liver oil is most important. During the summer cod liver oil may be omitted. Begin it again in September.

Sunshine is necessary to health and growth and the baby should have sunshine whenever possible, except in hot weather when a shady place is better. His bed can be made in his little carriage and he can be warmly covered and protected in cool weather. We cannot be sure that the baby is really getting the good of the sun unless he is slightly tanned or sunburned. Turn the carriage so that the sun does not shine into his eyes. In cool or cold weather his face is the only part that can be exposed to the sun, but in warm, sunny weather the arms and legs and the other parts of the body may be gradually exposed.

Exercise and Play

It is very important that the baby's clothes should allow free movement. Once or twice a



CHARLES ARTHUR. ELEVEN MONTHS OLD.

day the dress and some of the other clothing should be removed and he should be allowed to move his arms and legs and wriggle about freely. Lay him down on a blanket spread out on a bed in a warm, comfortable room. Father and mother will play with him in a gentle way and he will discover his ten toes and ten fingers as sources of interest, probably with no idea that they belong to him. His efforts to put his great toe in his mouth are quite a gymnastic exercise.

Change of Position

Besides the times of nursing, every baby should be held in the arms of the mother and of the father once or twice a day. He feels the pleasure of this and enjoys your company. He knows you from the first day. You hold him differently and comfortably. Do not let the baby lie in one position so often or so long that he wears the hair off the back or the side of his head. Of course the first hair falls out shortly after birth, but new hair soon appears.

Sleep

The new-born infant should sleep nearly all the time. At six months, twenty hours' sleep is needed. At one year, sixteen to eighteen hours with a good rest in bed both morning

and afternoon. The afternoon rest is very important for young children. Children two years old need at least fifteen hours sleep. They should always rest quietly in bed in the early afternoon, with a doll or teddy bear for company and should be encouraged to go to sleep. At five years of age the child may go to bed about 6 p.m. and sleep twelve to fourteen hours. At ten years of age children need eleven hours of sleep, and at fifteen years, nine or ten hours.

The Anterior Fontanelle

This little opening is often called the soft spot in the baby's head. It usually closes as the bones of the head grow, and when the baby is eighteen months old, or sooner, it is completely closed.

CHAPTER VII

THE BABY'S HABITS, HEALTH AND NUTRITION

“For little pattering feet and crooning songs,
For children's laughter and sweet wells of truth.
For sweet child-faces and the sweet wise tongues,
For Childhood's faith that lifts us near to Thee,
And bows us with our own disparity;
For childhood's sweet unconscious beauty sleep,
For all that Childhood teaches us of Thee
We thank Thee, Lord!”¹

The mother, having been careful about her regular daily habits, may be sure that the baby is likely to be regular too. And care should be taken to help the baby to get regular habits, as already mentioned.

The Regular Daily Motion

The very young baby often has two or three motions each day, except for the first few days of his life, when the bowels may move very little. After about six or eight weeks of age, there should be one motion every day. Do not let the right time of day for a motion pass without attending to this. Usually after the 9 a.m. nursing is a good time. Wait a few minutes after the nursing, holding the baby

¹ John Oxenham.

comfortably in your arms. Then place a bowl or tiny chamber between your knees. Remove the diaper and seat the baby on the chamber, supporting his back against your chest and holding his body gently but firmly in your hands, one on each side. In a very short time, the regular habit is established, at the same hour every day—a life-long boon. In cold weather the tiny chamber should be warmed or have warm water in it. Sometimes it may be necessary at first to stroke the skin in the neighbourhood of the anus or to insert a small soft rubber catheter, or to give an injection of a tablespoonful of tepid salt and water through a catheter. A soft rubber ear syringe is perhaps better than a catheter.

If the daily habit is established this way and plenty time is given so that the bowel is thoroughly emptied, there will be very little trouble with too frequent motions.

The character of the stools is a valuable indication of the baby's health. For the first few days the stools are dark in colour (meconium), sticky, and odourless; gradually the colour changes to yellow, the odour is faint and characteristic, but not offensive, and the consistency is soft and smooth. If the motions are different from this, and the baby does not seem well, ask the doctor.

Circumcision

Circumcision is not necessary for the baby boy's health, as a rule. When he is very young it may be advisable to retract the foreskin once a day when bathing him. Cleanse under it gently, using a bit of clean absorbent cotton and warm water and then let it slip back into place again. It is better not to continue doing this, and it is not necessary except for the very young baby and sometimes not even for him.

Weight

During the first week of life, a few ounces of weight is often lost, but if the baby is properly protected and kept warm and quiet this will not happen. The weight at birth is about seven and a half pounds; at the end of the first week about seven pounds, and at the end of the second week it may be about the same. Then in the third week the baby gains about three-quarters of an ounce to one ounce a day, keeping this right up till he is a year old and no longer a baby. That means a weight of about eight pounds at one month old, of fourteen pounds at six months old, and twenty-one pounds or more at a year old. It is a comfort to have a pair of scales to weigh the baby regularly each week. Weigh him on the same day and hour and in the same clothes.

Health and Weight

The weight of a baby is a very important matter, and a slight loss or gain means more than in an adult. A steady gain in weight means that he is thriving.

During the first month it is a good plan for the nurse to weigh the baby every day or every other day, perhaps both before and after a nursing at the same hour daily and in the same clothing, so that we know:—

(1) How much Mother's milk the baby got at that nursing.

(2) How much he has gained or lost since yesterday. After the nurse leaves, the baby might be weighed once a week. It is well to keep a record of the weight on the Weight Chart, making a dot with a pen or pencil to represent the baby's weight each week and drawing a line to connect these dots.

Food and Weight

At birth, the baby's stomach holds from one to two tablespoonfuls. It soon grows larger but it must never be over-filled. Most babies are encouraged to nurse too much and too often and we cannot expect them to know yet when they have had enough. If they did, they would be wiser than many grown-up people!

A baby needs about $2\frac{1}{2}$ ozs. of breast milk to 1 lb. of his body weight.

A baby three days old takes about one ounce at each nursing and six ounces in the whole day. A baby ten days old takes about three ounces at each nursing and about eighteen ounces in the whole day. A baby one month old takes four ounces at each nursing, and about twenty-four ounces in the whole day.¹

Not Too Fat

Do not be anxious to have a very fat baby. It is not a good sign when a baby is too fat. The baby nursed by the mother is active, feels light, is strong, and not too fat.

The New Time-Table

When the baby is four or five months old the three nursings at 9 a.m., 12 noon and 3 p.m. may be changed to two nursings at 10 a.m. and 2 p.m. He will awake about 9 a.m. as usual. By this time he will have learned to kick, to explore his fingers and toes, and exercise and enjoy himself generally. It is easy, by letting him amuse himself, and taking a little longer over the bath, to give the nursing at ten o'clock instead of nine, and in a few days, the new

¹ Sir F. Truby King. Other authorities mention somewhat smaller quantities.



BARBARA JEAN IS ONE YEAR OLD

time-table will be running well, not to be changed again until, at the end of nine months, we begin to prepare for changing from nursing to feeding.

The Good Baby

The good baby has bright eyes, and a contented expression. His skin is red for the first few days and then gradually becomes a clear soft pink colour. He feels "light" and "springy" in your arms. He sleeps peacefully with eyes and mouth closed.

Fruit Juice and Cod Liver Oil

A little fruit juice is good for babies and sometimes it makes a great difference to a baby's health. But cod liver oil is even better and may be given before the fruit juice. Give two or three drops of cod liver oil and then a few drops of sweetened strained juice of a sweet orange, sweet apple or prunes, diluted with boiled water, when the baby is two or three weeks old. This may be increased to a teaspoonful of each at three months and a dessert spoonful at six months. When the baby is over twelve months, he may have a tablespoonful or more twice or three times a day. The strained

juice of other fruits, or of a ripe tomato, may be given at six months. Give fruit juice and cod liver oil between nursings.

When a baby is properly fed and gets the sunlight he will be pretty sure to grow up well and strong and well-built. Nursing by the mother for the first nine months of life is the first and greatest security for the baby's life and health. But he also needs the sun and fresh air and good food and comfort, including sufficient warmth.

We often give cod liver oil just before the bath in the morning, when the baby is partly undressed and there is no danger of spilling the oil on the clothes. It is very likely that he will take to it. There was once a little girl who always insisted on having her share when she saw her mother giving cod liver oil to the chicks and the calf. She liked it and so do many other children. It protects the baby's health and helps its growth so it is worth while to take trouble to get the baby to like it.

Sit down comfortably and hold the baby in your left arm, having previously poured the cod liver oil into a convenient small silver spoon and put it on the table beside you. Then if the baby is not thinking about opening his mouth just put the thumb and forefinger of your left hand

on his cheeks. With a gentle pressure the mouth will open and the oil will go down. Keep the baby's mouth open until the oil is all swallowed. Then give him the fruit juice.

Begin with about half a teaspoonful in a tiny spoon at the time of the morning bath and at night before the baby is put to bed.

Changing From Nursing to Feeding

For this great event, which is usually called "weaning," preparation has been made beforehand. The baby has had a few drops of boiled and cooled water from the first, given from a tiny salt-spoon or egg-spoon. When the baby is older, more water, with a little milk sugar (bought at a drug store) in it, may be given in this way, and a baby can use a tiny cup when about seven or eight months old. He need never learn to use a bottle.

From the time the first teeth appeared he has had something suitable to exercise them on, such as a bone or a crust of bread. He will get some tiny grains of food, and exercise and development for his teeth, jaws, nose and face muscles.

Do not wean a baby who is not very well, nor when teething, nor in the hot weather. About the ninth or tenth month is a good time and the

change should be made very gradually, taking a month or more. If the mother's breasts become swollen and tender at this time use absorbent cotton for a pad over the breasts and under the arms. Then apply a broad strong binder over the cotton so that it exerts firm and even pressure on the breasts. Drink little fluid for a few days.

The first day give one feeding and four nursings. In about a week change to two feedings and three nursings. At the end of the second week begin three feedings and two nursings. At the end of the third week, four feedings and one nursing, and at the end of the fourth week, five feedings and no nursing.

The baby is now being nursed five times a day, at 6 and 10 a.m. and 2, 6 and 10 p.m. A most important rule in the bringing up of children is to make no sudden changes. Make haste slowly. The baby is now gradually being weaned and we must make his five meals as much like the five nursings as possible. He has been getting about thirty-six ounces of mother's milk every day, or about seven ounces at each nursing. We are now going to give him one feeding.

Milk—the Indispensable Food

Milk is the indispensable food for children. They cannot do without it. The cow has been well called “the foster mother of the human race,” and she must have green food, fresh air and sun. Little children must have milk to enable them to grow properly. No matter what it costs, milk is still the cheapest food for children. Children from nine months to two years should have about two pints of milk every day in addition to other food, and it is really a mistake to give them any less till they are about twelve years of age. Three large cups of milk a day is the very least they should have.

The First Feeding

For the baby's first feeding when he is being weaned, we need about six ounces of the very best milk. Never give a baby “loose” milk, that is milk that is dipped from a large can or pail. Give only bottled milk. If you are so fortunate as to have cows of your own, then watch the milk and see that no dirt touches it from the cow to the baby. Even then it is safer to pasteurize the milk. If you are using bottled milk, do not open the bottle

till you are ready to feed the baby. You need a suitable cup scalded out with boiling water. Put about two ounces, or four tablespoonfuls, of boiling or boiled water in the cup. Then put in a small spoonful of milk sugar or ordinary white granulated sugar. Now take six ounces of top milk or whole milk out of the bottle and put it in the cup. The baby will like it. By this time he will probably have a little silver spoon of his own. This is a great occasion and the baby will be duly impressed if you make much of it. Do something to please him. Every baby has special ideas of his own. The more interest you take in the occasion, the more the baby will think of it. Never let anything but the food touch the spoon. Keep everything very clean.

Milk Must be Pasteurized

All milk must be pasteurized. Pasteurized milk must be used within 24 hours after pasteurization, and must be kept cool (40 deg. Fah.), clean, and covered. No other is safe for babies. Ask your medical health officer where you can get pasteurized milk in bottles. If you cannot buy pasteurized milk, you can pasteurize the milk yourself quite easily. Put your pint bottle of milk into a pot or pan of

cold water. See that the bottle is almost covered by water. Heat the water to 145 degrees Fah. by the thermometer and keep it there for half an hour. Or if you have no thermometer, bring the milk nearly to the boiling point. That will make it safe if you give it to the baby as soon as it is cool enough.

Covered, Cool and Clean

After being pasteurized the milk must be put at once in your ice-box and kept cool, and it must always be kept covered so that no dust or dirt can possibly get into it.

Later on, when the baby is weaned, it may be more convenient for you to prepare the milk for all his five feedings at once. You only need about forty ounces, for now the baby is beginning to eat other things. Take thirty ounces of whole milk, ten ounces of boiling or boiled water. Then pasteurize the milk if it has not been pasteurized already. Keep covered, cool and clean, and add the teaspoonful of sugar to each meal just before you feed the baby.

Make It Interesting

Continue to try a new food for the baby every little while so as to make his meals more varied and interesting. Give him just a tiny

taste the first time. By and by, leave out the 6 o'clock a.m. feeding. Give the breakfast a little later and the dinner a little earlier and soon the baby will be so big and strong, and so sleepy at night that he will not want the 10 p.m. feeding. Now he is on three meals a day. It is rarely necessary, to give food oftener than three times a day; the child is better without it. He may begin now to have the cereal jellies. Give plenty of milk and a little cream with all cereals. There is far more value in the milk than in the cereal.

Barley Jelly

Soak four tablespoonfuls of well-washed pearl barley in a quart of warm water for an hour. Bring to the boiling-point, and keep almost boiling for three hours. While hot, strain into a freshly-scalded jug. Cover and set in a cool place. Make fresh for use every day.

Rice Jelly or Oat Jelly

May be made in the same way, using whole rice or whole oatmeal.

Cereals may be given as the child's first birthday approaches. Stir a heaping tablespoonful of cereal into a cup of boiling water, continue stirring until thickened and then cook

in a double boiler for four hours. Teach the baby to chew everything well. Bread and butter, crisp bread and toast may be given at about eleven months.

A taste of the soft part of a baked apple or a floury baked potato with a little butter or dish gravy may be given when the baby is about eight months old, if he is doing well, but it is safer to wait till he is about a year. Try a little strained puree of green vegetables at about ten months. At about fifteen months try a coddled or lightly-boiled egg. The baby might have a little of the yolk of a fresh egg even earlier, perhaps at twelve months if he is doing well. At about fifteen to eighteen months he may have a little scraped beef or a morsel of chicken. Simple desserts, such as custard, corn-starch, rice, may be given to a child two years old and he may have a little fruit jelly with them or a little cream and sugar. Do not give a baby two new foods at once. Wait three or four days or a week, till he has made a success of the last one. Be cautious. Give a wee taste first, till you see how he is going to take it. Good stewed fruit may be given at about fifteen to eighteen months. Fruit in season may be given, but with caution. A fresh ripe peach is the first and safest fruit to give a child, and a

small bit might be given even at fifteen months, but we must go slowly. Give an egg one day and a morsel of meat the next, and always teach the baby to chew all his food. Cream soups may be given by and by. At two years of age the diet of the child should be about half milk and half other foods.

No Cake or Candy Yet

It is no kindness to give a child cake or candy. You are robbing him of the delicious taste of things that are really good for him and giving him nothing in return. You would not hurt his sense of sight by flashing a fearful light on him. Then why would you hurt his sense of taste by giving him candy? Let the baby enjoy food that is good for him.

Don't Poison the Baby

Never give a baby medicine or drugs or soothing syrup or anything but his regular meals except by the direct advice of your physician. You don't want to poison your baby.

The Mother's Own Baby

The mother's right diet during pregnancy and nursing gives great advantages to the baby. She has taken simple, plain, nourishing food,

meat once a day, milk in many forms, butter, whole wheat bread, green vegetables and so so. The baby's bones and teeth and general "constitution" are built from this good material and are therefore good. This has been clearly proved in the case of the baby's teeth and recent research is showing the vast importance of the mother's right diet to her unborn or new-born and nursing baby. Thus the milk of the mother gives the baby a good constitution and good teeth.

Teeth

The germs or beginnings of all the teeth, twenty temporary and thirty-two permanent teeth, are hidden away in the gums of the new-born baby and the mother who has taken proper food during pregnancy has done a great deal to give her baby good teeth. The pre-natal period is the time when good teeth can be made by good food. By nursing her baby the mother makes it almost certain that the teeth will be good.

Good Teeth

There are two other important things. The first is to let him use his teeth, and the second is to keep them clean. As soon as the teeth



"When I started to stand up at the age of nine months my Daddy made me a play yard. Here I have been very happy learning to walk around it."

appear, or even sooner, when the gums look a little swollen, let the baby have a nice "drumstick" of a chicken or a chop-bone to put in his mouth. If you are not quite sure that this bone is clean enough, just boil it first, but leave the tiny crumbs of meat sticking to it. A few grains of sugar may be sprinkled on the bone to make it more attractive. Be sure that the bone will not splinter. Give him at another time a hard crust of bread, or a hard bit of toast to work at. Of course never leave him when you give him these things, for if he happens to break off a piece of the bread he may try to swallow it and choke. Tiny crumbs he can manage well. And after this see that he has some hard food every day to use his teeth on. It is the want of use that spoils teeth. A diet of pap and pulpy foods only would spoil any teeth.

Don't Kill the Baby

But never give the baby "tastes" or "bits" of fish, meat or other things you eat. That is the way to kill the baby. Of course it sometimes fails to kill him, but surely you do not want to risk his life. It is very dangerous to feed such things to the baby too soon. Very often such a baby, if he survives, is delicate or unhealthy in childhood and manhood.

Never let the baby put anything in his mouth that is not perfectly clean. If a spoon drops on the floor it must be thoroughly cleaned by washing in boiling water before giving it back to him. Never let him see the so-called "comfort." It is an unclean thing—and dangerous.

An Apple

When the baby is thirteen to eighteen months old, he may have a good ripe apple to amuse himself with. Peel off a small part of the rind and let him see what he can get off the apple. He will not get much apple but he will get a great deal of fun and some exercise for his teeth and jaws. This helps to make good teeth and to develop the air-ways of the nose, a most important thing and one which helps greatly to prevent adenoids and bad throats.

Keep the Teeth Clean

The first teeth appear at about four to six months and all the twenty teeth of the first set have appeared about the time the child is two or two and a half years old. At eight months a child may have eight teeth and at twelve or fifteen months, twelve teeth. As soon as the first teeth appear, care should be taken to keep them clean. Wash them off with a soft piece of

clean gauze or a clean handkerchief. Later, when there are several teeth, buy a baby's soft, little tooth-brush and brush the teeth morning and evening and teach him how to do it as soon as he is big enough. Never give the child anything to eat after the teeth are brushed in the evening.

The use of the tooth-brush is a great protection to teeth. But the use of the teeth is a greater protection.

How to Eat

Do not expect children to eat without learning how. Sit down opposite the child and show him "How Daddy Does It." And always sit beside him while he eats. The baby had to be taught how to nurse and educated to use the nursing instinct. He will now have to be shown how to eat.

Eyes, Skin, Bones and Limbs

You know that we must protect the baby. A baby's eyes, skin and bones are tender and easily hurt. So we must be gentle and not hurt the baby.

You do not let the sun shine into your own eyes, so of course we must shade the baby's

eyes, especially out in the open air. It is a sorry sight to see a stupid person letting the sun shine in the baby's eyes.

Protection

The skin of the infant has been covered for months by the fluid which surrounded it until birth. The "vernix caseosa," which covers the skin at birth, is a protection to the tender, soft, easily-rubbed-off skin. In bathing the baby we must be careful not to rub off his soft skin. We must be gentle and not rub at all, but dry by pressing softly, more softly than you would when using blotting paper on a blot of ink. We would be sorry to see pimples or pustules on the baby's skin, and so we are very careful not to rub it. If skin is rubbed off, a sore place is made and this is often the cause of a pimple or pustule. The baby needs his skin for protection as much as we do.

Immunity

Great protection is given by nursing. The mother's blood and therefore the mother's milk contains all kinds of protectors, "anti-bodies" as they are called, against the germs which she has been fighting for years and which the baby now has to meet and fight. His mother's milk

gives this protection and keeps him healthy, until in about a year he can begin to make enough of these anti-bodies in his own blood to fight the enemy germs for himself. But there is no doubt that the baby nursed by the mother has a great protection against all the germs in his neighbourhood. He is more or less "immune," that is, he will not take infection easily. If the mother has been vaccinated and so protected against smallpox probably the baby will be protected against smallpox while nursed at the mother's breast.

Smallpox

That is a disease which is very fatal in infancy, but fortunately we can protect the baby perfectly from it. At about three months of age, or at least before teething begins, the baby should be vaccinated. This protection against smallpox will last till about twelve years of age, when the boy or girl should be vaccinated again. A baby can be vaccinated without any pain at all, without even waking him if he happens to be asleep. Stitch a piece of clean absorbent cotton inside the sleeve so that it will protect the vaccination.

Protect From Infection

Never let any person who has "a cold," come near the baby. If you have a cold, wash your hands and tie a clean handkerchief or a piece of cheesecloth over your nose and mouth before nursing or caring for the baby. No one should kiss the baby's lips. The back of the neck or the top of the head is a safer place. The baby must be protected from infection.

Never let a fly or mosquito get near a baby indoors or out. Use white mosquito-netting to protect the baby.

Screen the windows and doors in summer.

The baby is sure his mouth is the place to put everything, so give nothing to play with that is not clean enough to put in the mouth.

Do not let the baby creep on a dusty floor. Have a clean sheet or blanket or rug for him to creep on.

The baby needs clean air to breathe, a clean skin, clean clothing, clean food.

THE BABY'S TIME TABLE

BIRTH TO FOUR OR FIVE MONTHS OLD

6.00 a.m.—Nursing.

Sleeping.

8.30 a.m.—Bathing and dressing.

9.00 a.m.—Nursing.

Sleeping.

12.00 noon.—Nursing.

Sleeping.

3.00 p.m.—Nursing.

Sleeping.

5.30 p.m.—Bathing and dressing.

6.00 p.m.—Nursing.

Sleeping.

10.00 p.m.—Nursing.

Sleeping.

THE BABY'S TIME TABLE

FOUR MONTHS OLD TO NINE MONTHS OLD.

6.00 a.m.—Nursing.

Sleeping.

9.30 a.m.—Bathing and dressing.

10.00 a.m.—Nursing.

Sleeping.

2.00 p.m.—Nursing.

Sleeping.

5.30 p.m.—Bathing and dressing.

6.00 p.m.—Nursing.

Sleeping.

10.00 p.m.—Nursing.

Sleeping.

FEEDING THE BABY

The Canadian Way

MATERNAL NURSING IS THE ONE BEST WAY
FROM BIRTH TO NINE MONTHS OLD.

Change very gradually from Nursing to Feeding. See page .

From Birth.—Tiny teaspoonful of boiled water three times a day from the time of birth. Increase quantity as required.

One Month Old.—One teaspoonful of cod liver oil and of fruit juice at three weeks or one month and a dessertspoonful at six months. Begin with a few drops.

Six Months.—A crust of bread. A chicken bone.

Nine Months.—Little children must have Milk to enable them to grow properly. No matter what it costs, milk is still the cheapest food for children. Children from nine months to two years should have about two pints of milk every day.

Ten Months.—Strained purée of green vegetables. Barley Jelly, Rice Jelly, Oat Jelly.

Eleven Months.—Oatmeal, Cream of Wheat, Farina, and other cereals. Bread and Butter or Toast.

Twelve Months.—A taste of the soft part of a baked apple or a floury potato with a little butter or dish gravy may be given when the baby is about eight months old, if he is doing well, but it is safer to wait until he is about a year old. A little bit of a ripe apple may be tried cautiously.

Fifteen Months.—Try a little of the yolk of a soft-boiled fresh egg—perhaps as early as twelve months. Then try a coddled or lightly boiled egg.

Fifteen to Eighteen Months.—At from fifteen to eighteen months he may have a little scraped beef or a morsel of chicken. Also good stewed fruit and a taste of a fresh ripe peach.

Two Years.—Simple desserts and fruit jellies with cream and sugar.

Foods

Boiled Water.—From birth—Tiny spoonful three times a day. Increase quantity as required.

Fruit Juice and Cod Liver Oil.—Three weeks—a few drops. Three months—One teaspoonful. A dessertspoonful at six months. When the baby is over twelve months he may have a tablespoonful or more twice or three times a

day. The strained juice of other fruits, or of a ripe tomato, may be given at six months. Give fruit juice between nursings.

Chicken-bone.—Six months.

Crust of Bread.—Six months.

Milk.—Nine months. Children from nine months to two years should have about two pints of milk every day in addition to other food.

Barley Jelly.—Ten months.

Rice Jelly.—Ten months.

Oat Jelly.—Ten months.

Oatmeal, Cream of Wheat, Farina and other Cereals.—Eleven months.

Bread and Butter.—Eleven months.

Toast.—Eleven months.

Apples and Potatoes.—At eight months try a taste of the soft part of a baked apple or a floury baked potato with a little butter or dish gravy, if he is doing well, but it is safer to wait till he is about a year. Try a little bit of a ripe apple at about eleven months or a year.

Strained Purée of Green Vegetables.—At about ten months.

Eggs.—At twelve to fifteen or eighteen months try a taste of the yolk of a soft-boiled fresh egg. Try a coddled or lightly boiled egg about fifteen to eighteen months.

Scraped Beef.—Fifteen to eighteen months.

Morsel of Chicken.—Fifteen to eighteen months.

Simple Desserts.—Two years.

Fruit Jellies.—Two years.

CHAPTER VIII

THE BABY'S CHARACTER AND DISPOSITION

“With thine eyes of trust
And thy mirth, where under
All the world's hope lay
In thy heart of wonder.”¹

This Baby is a New Person. Never was there anyone just like him in the world before. He needs our best understanding and sympathy to help him to develop his character and disposition and his better self. He has so much to learn. He will learn most of it from his Father and Mother.

The habit of self-control and a serene, happy spirit, which the baby will begin to learn from you very early, is the greatest blessing you can give him. We do not know that there is ever a time when the baby is too young to feel and understand such a spirit.

“Love never faileth.” Lay in a great stock of love and patience and trust in God while you are waiting for your baby to grow and be born, and share it with him when he comes.

¹ Robert Bridges.
35016—104



MY DOLL AND I.

When the baby begins to talk and express himself, we have a wonderful chance to help him. We can teach him what to say to people and how to think of them.

Give the baby the best and the most affectionate care. Don't let any one else put him to bed. Make him your great study. He is worth it. Never mind other things just now. It is the greatest thing in the world to bring up a baby. Watch for his gifts, and cherish them.

Learning to Live

Do not be so unkind, first or last, as to let the poor baby suffer for any want of thought or self-control on your part. When you know he is quite clean, warm, well-fed and comfortable, and should be left to have rest, sleep and fresh air, if then still he cries, make sure again that his clothes are not too tight and that there are no pins or strings hurting him, and that he does not need to be changed again. Then give him a little drink of water from a tiny spoon, turn him over comfortably, pat him ever so gently, tuck him up and go away. Don't take him up every time he cries. That is the way to teach him to cry whenever he wants to be amused. He has to learn how to live, just the way you did. Teach him.



WHAT IS THAT?

Let the baby learn good habits. It is hard to forget bad habits. So the first time you see him sucking his thumb or beginning any other bad habit, make sure that it is the last. Prevent it gently, but prevent it. There is always some reason. Find out the reason and prevent it.

Further Development

When the baby is about six months old, development often proceeds very rapidly. But be calm and patient. Keep him quiet and keep quiet yourself. Have nothing to do with "walkers" or anything of the kind. They are harmful. Let the baby crawl and creep and even climb. He will walk when he is ready and that is the only right time.

At six months a baby will perhaps turn and look whenever you call him by name. But do not call him too often. He may even begin to remember, in a way, and to show the beginnings of sympathy and real affection.

Professor Tracy tells of a little boy of four months, who, when he wanted a toy that was out of his reach, took a clothes-peg and used it to pull the toy to him. He was beginning to reason.

Natural Repression and Morbid Suppression.

“ The healthy new-born infant is full of spontaneous energy. It flings itself about more or less irrelevantly. It has intentions and makes violent efforts to realize them. Some it finds pleasant, some unpleasant. The pleasant actions tend to be continued and repeated; the unpleasant actions to be discontinued and dropped. When he comes to two pleasant actions at once, he must choose the one or the other; he cannot have both. If he yields to the one, he must repress the other. Thus, from the cradle, he is continually selecting what he shall do; he is constantly but quite naturally realizing and repressing.

As he grows older, his particular actions grow into conduct, and he finds that he is always faced with alternatives, of which he must choose the one and repress the other. This is the process of natural mental growth. When irrelevancies enter in, when violent emotional shocks disturb his decisions, the mind tends to suffer and the process of natural repression becomes a process of morbid suppression. At the critical transits of the child's life, these morbid suppressions tend to work mischief. You can read their presence in a thousand actions of later years, in a thousand morbid evidences, in shynesses, in fears, in internal conflicts of every

variety, ending many a time in broken careers and even in death. It is difficult to picture the infinite variety of the mind, how unstable it is, yet how persistent; how various and yet how irresistible. But when the skilled psychologist traces back the morbid phenomena of later childhood and adolescence, he finds many hidden and forgotten roots, and he is often able to re-establish continuity between infancy and manhood."¹

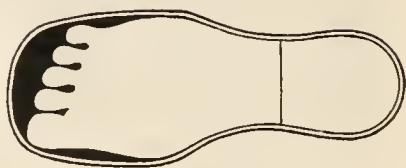
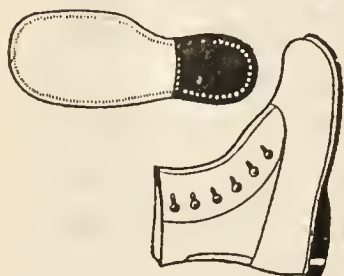
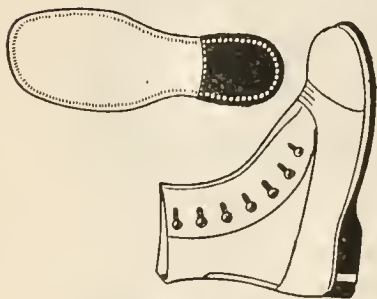
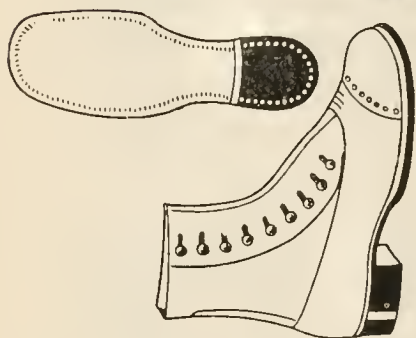
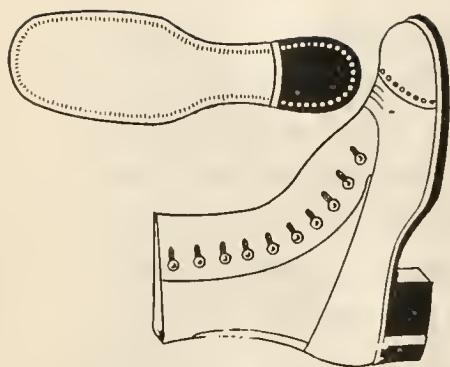
Paying Attention

At about eight or nine months the baby may begin to pay an interested attention to some things. Let him alone. Let him help himself. Do not distract his attention, if you can possibly help it. Do not entice or force him away. That power of paying attention is so important in after life.

On His Feet

Somewhere between nine and twelve months of age he will make an attempt to stand on his feet, holding on by your finger or something else, and he will walk as soon as he is ready. Twelve or fifteen or eighteen months is soon enough, if he is not ready till then.

¹ Sir Leslie MacKenzie.



GOOD SHOES.

Right Hand or Left

Until the baby is about six months old he will use both hands to do anything. But about the eighth month Professor Baldwin found that out of 80 times, a baby used the right hand 74 times, the left hand 5 times and both hands once. Of course there are exceptions. Have patience.

Play

Play has a wonderful place in the baby's world. He is repeating, perhaps, the early history of the human race in his play. He is growing, and amusing himself, and developing his brain and body and practising his organs, and learning how to do all the things we do, and he is amusing himself and making himself happy, and developing his character.

Let the baby play, and don't interrupt him. Let him creep about, and work away.

Is it Necessary to Stop Him?

"The problem of mental growth at the early stages is how to secure natural adjustments of the child to his varying environment with the least amount of irrelevant repression. Have you ever watched a toddler of two years bending down to raise a stick from the ground and just managing not to topple over on his face? Watch one hand extended in front, the other probably

extended backward, the body carefully and slowly adjusted, the head drawn back, the centre of gravity kept right all the time, and then the triumph of acquisition! To him the winning of the stick is as great a joy as the discovery of the New World was to Columbus. For the time, he is regardless of everything and everybody. If at the critical moment he is interfered with, his whole nervous system, then in a state of high tension, receives a rude shock, and the mechanism of nervous action is jangled. If you let him proceed and accomplish his wish, the beginning of an executive habit is established and a new channel of real experience is opened up. But if you interrupt him, he still wishes to obtain the stick; he will not stop wishing when you take him home screaming; he will resent your interference as an irrelevancy, and there will be generated in his mind the idea that there is something wrong. If, for some relatively innocent performance of this kind, he is sharply punished, he will forget the punishment, but his nervous system will not forget it. The wish realizes itself in some other form, and the foolish mother finds that some day he will cast her over and find in his own way whatever stick he wants."²

² Sir Leslie MacKenzie.

Talking

The baby begins to make articulate sounds at about ten or twelve months, says words at about twelve to fifteen months and at about two years can make sentences.

Joyce B. began to say one or two words when she was eleven months old. At thirteen months, when a visitor said "How do you do," she repeated this little sentence and has used it ever since as a salutation. Thereafter she repeated all the words she heard, but of course not with understanding. When she was twelve months she was distressed by a hole in her father's stocking, pointing at it and saying "Ah." She wants to help her mother, and tries to "straighten" her own bed after she gets up.

At fourteen months she could pick out babies, horses and dogs in a picture. When she caught sight of the Ottawa River she said "Bath," and when she looked at a picture of the ocean she said "Bath" again. She did some new thing every day to amuse herself.

At sixteen months old Donald C. could take a glass of milk in his hands and drink it himself without spilling a drop. He likes to do this, and has not needed to be fed since he was thirteen months old.

He goes to a sectional book-case, opens it himself, slides back the glass door and takes out all the books bound in red, sometimes giving them to somebody and sometimes placing them on the floor or on a chair. He does not take any books except the ones bound in red.

He says a good many words, the favourite word being "I see." He thought himself of the plan of climbing up on a trunk so that he could look out of a window. When he sees anything interesting he says:—"I see."

Character

Character building is going on fast now. Some of the foundations are being laid. Be thoughtful. Don't say one thing to-day and the opposite to-morrow. Don't say one thing and do another. Don't waver. Don't confuse the baby. Go along quietly. You must live the simple, quiet, serene, happy life for his sake, and if you will do that, the baby will make you happy.

The baby takes his Father and his Mother for his model before he can speak. He needs a good model. You will be this for him because you are his one great hope and confidence. Never, in word or deed, deceive the baby. Be truthful.

Be kind. We can never be too kind.

Most men of mark owe much to their mothers, and Lord Northcliffe always dwelt on his debt to his mother. The relations between them from his childhood up were those of the tenderest affection. He constantly consulted her in important affairs: and when in England never spent a day without a message to her, or a week without sleeping under her roof.

—*The "London Times," August 16, 1922.*



GOODBYE.

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THE MOTHER'S SONG

Every hero that we honour to a mother first
was dear,
All the vision of the poet, all the wisdom
of the seer,
' Neath her heart had breath'd its promise
e'er the listening world could hear,
' Tis she who guards the child.

To be worthy of the title every age and country
prize,
To be worthy of her burden and the love
in children's eyes,
She must strive for skill and patience to be pure
and good and wise,
' Tis she who leads the child.

In her heart if she can ponder and can fashion
into speech,
All the truth that only Love can learn
and only Love can teach,
Then the little child shall lead and all
shall seek the good of each,
The crown she wins is Peace.

WORDS BY: *Mrs. I. Kitson Clark.*

MUSIC BY: *Mr. A. C. Tysoe.*

Published by The National Baby Week Council, London, England

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