

Herald of Health

JULY, 1917



Practical Guide to Health

By Frederick M. Rossiter, B. Sc., M. D.

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July
1917

Herald of Health

Vol. 8
No. 7

The Indian Health Magazine
Registered No. A 457

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The Editor's Corner

A Baby Week for India. Why Not?

THE Prime Minister, Mr. Lloyd George, is president of the national committee which is organising an English baby week, commencing on July 1.

This is one reason for presenting to you this month His Majesty The Baby. There are several other reasons for having a Baby Number, one being that most people are born as babies and not as twenty-five years old with fully developed bodies and complete sets of teeth and other necessary *impedimenta*.

The one overwhelming reason is, however, that the total rate a thousand for infantile mortality in India for 1914 "was 219 male and 204 female."

For round numbers we will say the population of India is 300,000,000. A

little figuring will show what is happening each year to millions of innocent babies—sacrificed on the altars of ignorance and poverty.

Isn't it time for us to have a Baby Week in India?

Here is a problem worthy of consideration for India's wisest men—how shall the needless sacrifice of young lives be stopped? Young India is looking for opportunities for service. Let him consider this as the greatest at present service for and the education of his own countrymen in bodily and mental hygiene will bring the peace of mind and prosperity for which India is looking to-day. Where are the volunteers?

And meanwhile, here's an appeal for a Baby Week in India.

Little Boy Blue

Eugene Field's most
popular poem

THE little toy dog is covered with dust,
But sturdy and staunch he stands;
And the little toy soldier is red with rust,
And the musket molds in his hands.
Time was when the little toy dog was new
And the soldier was passing fair,
And that was the time when our Little
Boy Blue
Kissed them and put them there.



"Now, don't you go till I come," he said,

"And don't you make any noise!"

And toddling off to his trundle bed,

He dreamt of his pretty toys.

And as he was dreaming, an angel song

Awakened our Little Boy Blue.

Oh, the years are many, the years are long,

But the little toy friends are true.



Aye, faithful to Little Boy Blue they stand,

Each in the same old place,

Awaiting the touch of a little hand,

The smile of a baby face.

And they wondered, as waiting these long years through,

In the dust of that little chair,

What had become of our Little Boy Blue,

Since he kissed them and put them there.

Pre-natal Influences



IF there is one subject that lies deepest in every true woman's mind, and reaches the intensest depths of her being, it is that of motherhood. What tender memories cling round this sacred word. It is a word that falls softly and reverently from all our lips. It is the holy gift of God to His earth children. It is the means that brings heaven close to earth.

But the sad fact remains that in actual practice motherhood is not always the clean, wise, protecting agency it was meant to be. Knowing what the child is, and is to become, yet we do it much evil, seldom intentionally, sometimes unavoidably, often unthinkingly; but however occasioned, the child is the victim of our unwisdom, whether it spring from ignorance, from indifference or from intent.

Very few women are intelligent on the matter of pre-natal influence. That pre-natal influence is a fact is not to be denied. And that our yet unborn children receive the marks we place upon them for weal or for woe is not wanting in verity. The child that is being nourished in secret for so many months can be likened to a sensitive plate in a camera on which photos are taken, later on to be developed. Then can be seen the effect of pre-natal influence. Our thoughts and actions focus themselves in the delicate impressionable structures of the brain of the child that is to be. Some women are not pleased when they realise that a child is

to be theirs. They rebel against it with anger and disappointment. Mothers, if you persist in these feelings, rest assured that your children will be of a rebellious, vindictive character. This may not appear in the early lives of the little ones, but sooner or later appear it will, for the imprint is there.

A grave mistake is made in the use of alcoholic stimulants by the prospective mother. It is a fallacy to even dream that they give added strength. It is only a stimulation that will again soon need to be stimulated. Child-bearing is natural to a woman, and nature provides for the extra draught upon her strength and resources at that time. Rest and relief from mental strain are the best stimulants. Not only are children whose blood has been stimulated with beer and other alcoholic stimulants weak and sickly, but they inherit the taste for it, which taste may either drag them, in after years, down to the depths of the lowest despair, or cause them to engage in a moral battle that will warrant the powers of Heaven to be engaged on their behalf. How much better and kinder to bring a child into the world untrammelled and unhandicapped by any such awful nightmare.

It is a solemn responsibility that rests upon the prospective mother. If we could only constantly realise that we ourselves directly impress our unborn children; that every perverse trait in our characters, persisted in, is reflected again in theirs, or *vice versa*; that every lovely thought, beautiful picture, or soul-stirring music, will also leave the print of its beauty upon those little ones nestling under our hearts, how careful would we be, yes how tenderly careful for the unborn babe.

Anything that disturbs the blood of the mother in this impressionable condition disturbs also the circulation of the babe, seeing that the child is directly fed by the same blood. It is the same food and drink enter-

ing into the circulation of the mother that feeds the delicate body and newly forming brain of her unconscious child. Ponder, then, as to the results.

The prospective mother should endeavour, if possible, to arrange her household duties in such a way as to relieve herself of heavy laborious work. By using up all her strength she is robbing her child of that vitality he will need for the performance of life's duties. Strong mothers often have weakly offspring because of this very thing. It is not fair to the little lives dependent upon them.

Pre-natal life is the gateway to gifts, gifts for the child that shall nestle in your arms and lay its soft hand upon your breast. Mothers, dear, tired mothers, live your lives for the little lives that lie hidden under your hearts. Read beautiful literature, look at lovely pictures, if possible, listen to beautiful

music, and give yourselves the communings of sweet, holy thoughts. If this does not come naturally, cultivate it, long for it, and it shall be yours. It lies almost wholly with you to make your children what you will,—beautiful, sweet tempered, and sunny; or ugly, peevish, and of an unhappy disposition. And this last is not all (would that it were), even those habits and unhappy things you would have hidden from the child may be indelibly graven upon it as with a pen of iron. Pre-natal influence makes or undoes a child.

The wife at these times should be carefully and tenderly cherished. Unpleasant things should be hidden from her. The husband and father can do much to make the time of waiting happy by never allowing any ebb-tide in the love that should hallow the sweetness of home associations.—*L. M. Thorpe.*

Baby's First Six Months of Trouble

BY LAURETTA KRESS, M. D.

FEW of those to whom the responsibility of motherhood comes for the first time are adequately fortified by knowledge for the experiences that await them. The young mother, coming suddenly into absolute control of one of the most delicate and wonderful organisms, with constantly varying wants, realises her inability to understand the language of its needs. For aught she knows the most trifling changes in temperature, clothing, or food may be attended with disastrous effects. Conscious of her ignorance of child nature, she naturally worries over every unusual symptom manifested by the child. It is my purpose in this article to help such mothers by a few simple suggestions as to the care of their infants.

It is normal for an infant to cry sufficiently to give its lungs proper expansion. The young mother who believes that all crying is an evidence of distress, and who thinks that something *must* be wrong when the baby cries, will naturally be worried because of this

physiological process. It is well to remember, of course, that all crying is not of this nature. Experience will gradually lead the intelligent mother to a proper interpretation of the language of crying, and one of the first things that a wise mother will learn is that crying is *not*, as a rule, a call for food. More often is it the signal of distress following improper feeding or too frequent feeding.

Immediately after birth, the child should be wrapped in a warm blanket and put in a warm place. It should be oiled with warm olive oil, and its eyes should be washed with boracic acid solution. It is not necessary to give the little one a bath at first, for the oil loosens the *vernix caseosa*, so that by wiping with a soft cloth, the infant is clean, without the necessity of exposing it to the danger of taking cold. The cord should be dressed with a piece of soft sterile cloth, and held in place by means of a binder put on rather snugly, and either sewed or pinned with small safety-pins. The cord should be

disturbed as little as possible until it drops off.

The clothing should be light in texture, warm, and non irritating. The chest and arms should be covered with a woollen undershirt, and the petticoats should have bodices on them so that all the weight is borne from the shoulders. The feet must be kept warm, as cold feet are responsible for many attacks of colic and indigestion. The night clothing should be of light flannel, a loose gown hung from the shoulders.

The eyes of a young infant are very sensitive. They should be washed with boracic acid solution for the first few days and the washing should be repeated if a discharge appears at any time. Baby should at first be kept in a darkened room, for the bright sunlight is irritating to its eyes.

The mouth should be cleansed with a soft cloth wet with boiled water. A little boracic acid or bicarbonate of soda solution, ten grains to the ounce of water, may be used if the mouth or tongue is inflamed. Thrush, if it appears at all, shows itself within the first few months. This disease never need occur if the mouth of the babe and the breast or the nursing-nipple are kept clean. The mouth and the nipple should be washed after every feeding. Thrush is a parasitic disease, and the fungus grows upon the tongue or cheeks in the form of patches which look like curds of milk. As these are washed off they leave red, irritated spots. In caring for a mouth infected with thrush, use pieces of clean linen cloth about two inches square. Place one over the finger, dip into the boracic acid solution, and with it wipe out the mouth, repeating until all the curd-like formations are removed. Destroy each piece each time the finger is introduced.

Another frequent trouble in young babies is colic. So common is it that most mothers think it is a necessary trouble, the lot of all healthy children. As a matter of fact, however, it is the result of wrong management, usually faulty feeding, either of the mother or of the child. A nursing mother who desires to

furnish her baby with the sweetest, most wholesome food, must herself eat foods that will not disturb her milk, and must keep herself from worry, nervousness, and ill-temper. In short, she must keep herself in the best of health in order to furnish healthful food for the child. A mother who eats promiscuously of vegetables, fruits, proteids, and fluid at one meal will be almost sure to have some trouble with her baby a short time after each nursing period.

To relieve colic, it is not necessary to give such things as soothing syrup and paregoric, for the removal of the gas from the child's stomach and bowels will relieve the child without the benumbing effects of the medicine. Soothing syrups are positively dangerous. Many of these are used promiscuously in country homes. I was called into a home where a child two weeks old had been given five drops of "mother's friend." The child soon after went into a sleep from which it never awoke.

When the child is in distress from indigestion, hot water will afford relief without compromising the health. In case of colic, allow it to drink warm water, withhold its food, wrap its feet in hot flannels, and place hot flannels over its stomach. If the warm drink does not ease the child, a small warm enema will often afford instant relief. After giving the child warm water raise it up, and lay it over the shoulder or on its stomach over the knees. Pat it gently on its back, and the gas will rise freely. A child often sleeps gently with its stomach filled with warm water, and this gives the stomach time to rest and prepare for the digestion of the next meal.

The accidents of early childhood constitute another source of trouble to the young mother. A child often hurts itself by falling from its high chair, pinching its fingers in the door, and the like. Such accidents, though usually unimportant in themselves, may, through injudicious treatment, be attended with serious results. It is quite a common thing to see a mother pick up a fallen child

(Continued on page 167)

Health Hints for the Nursing Mother

BY EULALIA S. RICHARDS, L.R.C.P. & S., EDIN.

(It is a pleasure to announce to our readers that Dr. Eulalia S. Richards, L. R. C. P. & S., Edin., a prominent lady physician of Sydney, Australia, has, by special arrangement, very kindly consented to be a special contributor to *HERALD OF HEALTH*. We are sure our patrons will have reason to greatly appreciate her instruction to wives and mothers especially, being not only a wife and mother herself, but in daily practice as a doctor.—ED.)



THE nursing mother lives not for herself alone, but also for her child. Prior to birth his wee body was nourished by her own heart's blood, and now that he has begun life's journey, he is still dependent upon her. Fortunate the child

whose mother senses her sacred responsibility and gives first thought to the welfare of her babe.

The infant who is nourished at his mother's breast has a great advantage over the hand-fed child. Gastritis, dysentery, wasting disease, and many other ailments of infancy are far more prevalent in artificially-fed than in breast fed babies. In the majority of cases the mother's milk is admirably suited to the needs of her child. If for any reason the mother is unable to suckle her babe, great difficulty may be experienced in providing a food suited to its requirements. Indeed, it is a difficult matter in many cases to so modify cow's milk that it shall possess the same nutritive and digestive qualities as mother's milk.

We see then that the mother's first duty is to her child. In order that she may have an abundant supply of wholesome milk, she must carefully guard her own health. No woman can or should expect to successfully nourish her babe while her own body is poorly fed, overworked, and ill-cared-for generally. The mother's diet, then, is a matter of primary importance. Too often

she is burdened with household duties and the care of other children, and in consequence neglects herself. Her meals are insufficient, irregular, and hurried. This is not right; for the mother, in neglecting herself, neglects her child.

"Just anything" is not good enough for the nursing mother. Her food should be of the best quality, ample in quantity, nourishing and digestible. Three wholesome meals in the day, with perhaps a nutritive drink between, should be quite sufficient. Milk should form an important part of each meal, for milk is the best possible milk-producer for the nursing mother.

A Suggestive Diet List

For breakfast there may be rice or well-cooked porridge with milk, a poached or soft boiled egg, stewed or fresh fruit, bread and butter, and some cereal drink made with milk.

For dinner the mother will probably enjoy a milk soup, such as tomato-cream soup, celery, potato, or rice soup. Following this there may be baked or mashed potatoes, a light vegetable such as cauliflower, pumpkin, marrow, green peas, or beans, and one dish to provide the proteid element. The latter may be macaroni variously served, beans, or eggs served in some attractive way. There is a large variety of tasty vegetarian dishes which are quite as nourishing and really more wholesome than meat for the nursing mother.

The dessert may consist of a milk pudding, fruit tart, or any simple sweet.

The evening meal should be a light one. Bread and butter, or fresh fruit, perhaps a simple salad, and a hot drink are quite sufficient. Some, of course, may prefer to have a light luncheon at noon and dinner at night,

but often the mother is too tired to digest a hearty meal at night.

Among the articles best omitted from the mother's dietary may be mentioned tea, coffee, mustard, pickles, rich fried foods, and such vegetables as cabbage, onions, and turnips.

The nutritive drinks mentioned previously should be very light. A glass of fresh orange juice has a beneficial effect upon the bowels and kidneys and may with advantage be taken once daily, an hour before the meal. Barley water, nicely flavoured, thin gruel, or fresh buttermilk are all suited to the mother's needs, and may be taken between meals if a sense of thirst or hunger is experienced. This is particularly necessary if the mother is suckling a vigorous baby who makes considerable demand upon her strength.

However, it should be remembered that it is quite possible for the nursing mother to take too much food, and that over-indulgence

is almost, if not quite, as injurious as und feeding. Many women find that three whole some meals a day are quite sufficient, and drink nothing but water between meals. In most cases, however, it is best for the mother to take a glass of hot milk or some other suitable hot drink before retiring.

If, in spite of all care, the mother's milk is insufficient for the baby, she should give him one or two bottles of modified milk in the day. This will lessen somewhat the demand made upon her and so enable her to continue nursing her baby for a longer period.

The general health of the nursing mother must also receive attention. Rest is one of the most important requirements. If the mother allows herself to become overtired, her milk will be altered both as to quantity and quality. In order to avoid over fatigue she should, if necessary, have help with her housework during the nursing period. If



ROBBING THE DEAR BABY FOR THE BABY DEER

this is impossible, she must simplify her household arrangements, reducing her work to the lowest possible terms. Even then she must learn to leave undone some things which she would like to do. Only by so doing will she be enabled to enjoy a rest each afternoon and her full quota of sleep at night. Each day the mother should go out of doors for fresh air and sunshine. By careful planning she may do much of her work upon the verandah, and so enjoy these blessings through many hours of the day.

The mother should understand that her milk will be much influenced by her mental condition. If she allows herself to be worried, nervous, and ill-tempered, her baby will also be fretful and irritable, for her milk

will be altered by her mental state. A happy serene mother usually has a contented child.

In closing we would condemn the old fashioned custom of giving ale or stout to nursing mothers. It is doubtful whether the taking of alcoholic drinks increases the flow of milk, but certainly if it does so, it is at the expense of quality. Alcohol, if taken by the mother, is secreted in her milk, so that her babe may be drunk at her breast.

Drugs, too, may be secreted in the mother's milk, so that she needs to exercise great care as to the medicines she takes during the nursing period. Apart from simple laxatives it is best that she take no medicine except such as is ordered by her doctor.

When Two Babies Met

"HELLO Jim!" said Tom. "I haven't seen you since that night nine or ten months ago when we journeyed together from babyland—you to Mrs. Smith's and I to Mrs. Brown's. How are you getting on, old fellow?"

"Oh, just middling, though I like Mrs. Smith better now than I did. I don't think she knew much about babies when I first came to live with her, though she thought she did, and that was really what made it so hard for me. I hadn't been with her many minutes before she had the nurse do me in the tightest, stiffest, most uncomfortable thing imaginable—a binder I think she called it. Well, I wasn't used to such things and of course I didn't like it. So I cried—I didn't know what else to do. Nurse began jolting me up and down—said I had *colic*. I didn't know then what *colic* was, but I found out pretty quick; for as I didn't stop crying, she gave me some brandy and water—such nasty burning stuff it was. That gave me a real pain, so I cried and cried until I fell asleep from sheer exhaustion.

"Well, that was just the beginning of my troubles. When nurse went away mother

took charge of me herself, and for a while I thought it was a case of 'out of the frying-pan into the fire.' Every time I cried—



which was pretty often, I confess—mother thought I was hungry and offered me the breast, even though I had had a good square meal just an hour before. So whether I was crying from cold, from colic, or from weariness, the remedy was always the same—the breast. I generally took it—was afraid I would hurt her feelings if I refused; but I can tell you it used to *hurt my feelings* pretty bad sometimes. My! the pain I have suffered as a result of mother's policy of 'warm meals at all hours' no ten-months-old baby could tell!

"Then there's another thing I have always blamed mother for. She never seemed to give me credit of having any nerves. The way she used to jolt me up and down every time she thought I had the colic was something cruel. And all the time she was jolting me she was patting my back vigorously. Why it's a wonder that all my vertebrae were not dislocated and my spinal cord shattered!

"But if only mother had mistreated me I wouldn't have minded it so much. I knew she didn't know much about babies and was only practising on me. But the worst part of it was she used to let other people practise on me too. Mother always had lots of visitors and she used to pass me about and let all the ladies kiss me and talk nonsense to me, and shake me up generally when the only earthly thing I wanted was to be let alone.

"But thank goodness these troubles are pretty well in the past now, or else I am getting tougher and don't mind them so much. My chief grievance just at present is this: Mother has got the idea somehow that babies don't need to wear shoes and stockings. I must say I don't understand her reasoning. It would seem to me that if anybody needed good warm clothing in cold weather it is just such poor little helpless things as we are. I do know this, that whenever my feet get cold I get an awful stomach-ache, and my nose gets all stuffed up too, so that I can't breathe through it. I don't suppose that's right, do you?

"But dear me! I suppose we've no business discussing these things. We aren't supposed to know what is good for us, though sometimes I can't help thinking we know as much about it as some of the grown folks who have only learned baby culture by hearsay.

"But say, Tom? I haven't given you a chance to say how it's fared with you. I suppose you've had troubles of your own?"

"Well, yes; I did experience some troubles, Jim, though not the same as yours. My mother, Mrs. Brown, seemed to know a lot about babies from the very start; think she had been reading up some health books and magazines before I came. Everything went like clock work, I can tell you. My bath, meals, exercise, and sleep were all timed by the clock. I didn't like it very well at first, but soon I came to like it immensely; wouldn't have it any other way, you know.

"But say! I never will forget one little experience I had. I was only a little chap, and didn't fancy the idea of being put to bed awake and being left to go to sleep alone. I had heard that some babies are always rocked to sleep at night, and I thought that would be rather a pleasant arrangement. Mother evidently didn't think so, for after preparing me as usual for sleep she put me in my little bed, turned the gas down very low, and then joined father in the sitting-room. I was perfectly comfortable, but quite unhappy; so after considering the matter a few moments, I began to cry lustily. I expected mother would come to see what was the matter, and so she did. She examined me and my immediate surroundings carefully to see if anything was the matter. She found nothing wrong, and apparently dropped onto my trick, for she at once laid me down gently, tucked me in snugly, and went away again.

"I didn't intend to be beaten, so I kept on crying and crying as loud as ever I could. I felt certain that mother would come back again soon—but she didn't. You can imagine what a shock I received when I found that my crying didn't move her in the least.

Well, I kept it up for a time still hoping feebly that mother would come and take me up again. But hope deferred maketh the heart sick, and I finally gave it up as a bad job. The next morning mother was just as sweet and loving as ever; in fact, I think a little more so; but I made up my mind it wasn't worth while trying the trick again—and I didn't.

"But this experience was only play compared to another one I had a few months later. Mother was called out of town on account of grandmother's illness; so she left me in charge of a nurse. She was supposed to be what they call a *trained* nurse; but I am sure her education must have been neglected, for she didn't even know that babies sometimes get thirsty. She gave me my food regularly, but never a drop of water for days and days. I didn't miss it much at first (though mother had always given me several drinks every day) but after a while I became terribly thirsty. I fretted and fussed and cried by turns, but nurse didn't appear to know what was the matter with me; in fact, I heard her tell the maid that she thought I was a very bad-tempered baby. I tried to tell the maid that I thought I had a very stupid nurse, but she didn't understand me. Well, I suffered on, until one night about a week after mother went away things

reached a climax. I felt I couldn't stand it any longer; in fact, I was half crazed with thirst. I screamed and *screamed* and SCREAMED until I drove nurse nearly to distraction. She offered me food, she put a hot-water bottle on my stomach. She did everything that could possibly be done to a baby except to give it a drink of water! Needless to say, I continued crying. Nurse concluded that either I was ill and required a doctor, or else I was wicked and required punishment. How the case would have been decided I do not know, for just at this point (about 10 p. m.) mother appeared on the scene. She took me up in her arms while she asked nurse a few direct questions about the state of my health; and then to my infinite relief, she sent for a glass of water, saying, "Perhaps the little chap is thirsty." I drank what in my eagerness I didn't spill. Except that nurse looked a bit ashamed, I have no remembrance of anything further; for my head fell over onto mother's shoulder, and I was fast asleep.

"But apart from these two experiences, Jim, I can't recall any trouble worth mentioning. In fact, I think I am one of the luckiest youngsters in town! And in spite of the bad character nurse gave me, mother declares that I am a wonderfully good baby! I suppose she knows."—*Selected.*

Symptoms, Grave and Trivial

BY THE NURSE

YOU will have difficulty, dear young mother, in making this distinction, so I am ready now to help, if possible, with a few suggestions. Babies and young children never give up until they are really ill. They seldom sham disease, and they will get up just as quickly as possible. So it is very necessary to guard the beginning as well as the ending of any sickness.

Fever

A flushed face does not always indicate a fever. The child may be flushed from

excitement, sleep, and so forth. On the other hand, there may be a rise of temperature when the hands and feet are cold. It is always best to provide yourself with a clinical thermometer, and learn how to use it in your home. Then it will assist you to arrive at the exact body temperature. Always take the temperature of children below five or six years of age in the armpit, groin, or rectum. The armpit and groin register nearly a degree lower than mouth temperature, and the rectum one degree higher.

It is not alarming for a young child to have a temperature of 101° when taken in the rectum. This is not high for a young child at any time. In taking a rectal temperature (it is always the most accurate way) turn the child on the side, and after shaking the thermometer down well below 95° , oil the thermometer bulb with vaseline, and insert for two inches, allowing it to remain from one to five minutes.

When the temperature runs very high, there is usually accompanying the fever some brain complication, as rolling of the head, talkativeness, and restlessness, which are grave, particularly when these symptoms continue for a long period.

A child has fever from the slightest cause, and this symptom is therefore not so alarming unless it continues for a long period. On the other hand, a child may have high fever when the hands and feet do not indicate it. This is usually a serious symptom.

Fever can usually be treated by yourself at first by giving an enema and a full hot bath, accompanied with frequent and copious drinks of cold water. If the fever continues high after the treatment, it is best to call a physician.

Cough

A cough is dry, moist, or croupy. When dry, it indicates the first stages of bronchitis, and requires poulticing to make it looser. A moist, loose cough is found in the later stages of bronchitis and in the later stages of pneumonia. It is serious only in this way; the child always swallows what is coughed up, and the mucus coughed up from the lung goes into the alimentary canal to produce trouble there. This necessitates the giving of castor oil, olive oil, or something to carry the mucus through the body quickly. In pneumonia this discharge of phlegm is abundant, and must

not be allowed to remain long in the body.

A croupy cough is more alarming than dangerous. It demands immediate action, and is soon over. A compress of cold water will give relief before a physician can be secured.

The Cry

As a young child cannot explain its feelings by talking, it must do so by crying. One gradually learns by experience to know what all the varied cries mean. A cry of hunger is usually fretful, and ceases when the child is satisfied. A cry of indigestion is like the cry of hunger. It is not eased, however, by feeding, but is usually worse. The cry of pain is sharp. The legs are drawn up, and other signs of distress are manifest. If the pain is in the ear, the child puts a hand to its ear. If the child falls asleep from exhaustion, it wakes soon with a scream. A cry of temper is prolonged and violent. The arms and legs are thrown about, and the body becomes stiffened. The cry of habit ceases when the child is satisfied with its doll, rattle, or any object it desires. When the brain is affected in high fever, the child may cry out when moved, or may cry out shrilly in the night, or may utter a short, suppressed cry if pain is produced by coughing, as in pleurisy or pneumonia.

Convulsions

are always grave, and a physician should be called immediately. While a convulsion may be the result of some condition readily remedied, there is the danger that it may be a complication of more serious trouble.

Stomach and Intestinal Trouble

become serious so soon that it is well to seek advice early. A very large majority of cases do not recover from these too numerous complaints.





Abstracts

For Baby's Troubles

For a Burn

CARRON-OIL should be kept on hand for burns. Make it by shaking equal parts of lime-water and olive-oil together until they form a milky-looking emulsion. Apply on a clean cloth. Vaseline, olive-oil, butter, or lard can be used until the other is ready, or for a slight burn.

For a Cut

Bathe a cut with hot water; if bleeding much, pack on baking-soda and bandage rather tightly; if blood comes in spurts from an artery, tie firmly between the cut and the heart, bandage the place, and send for a doctor.

Sick Stomach

If sick stomach comes from overeating, stop all food, and give a teaspoonful of lime-water in milk every half-hour. Feed thin milk two hours after vomiting stops. If there is diarrhea and vomiting, send at once for the doctor.

Loose Bowels

Give a teaspoonful of castor-oil; but if it is possible to do so, get the doctor at once, especially in the summer, for a diarrheal condition may in a few hours get so serious that even the doctor may not be able to do anything for the child.

Constipation

Feed between the regular feedings sweet cream, orange juice, prune sirup, or strained oatmeal gruel made from long-cooked oats.

Eczema

Avoid all soap over eczema spots, clean with olive-oil, and if the surface is moist and angry, dust with talcum powder, preferably the borated talcum. Keep the child from scratching the spots. In case of eczema, one can almost be certain that there is something in the diet that needs correcting.

Heat Rash, Stomach Rash, Hives

For any such eruption first give a dose of castor-oil, then dab moist baking-soda over the irritated skin and let it dry on. Repeat this often if there is itching. Give orange juice between feedings.

To Remove a Splinter

Heat the end of a needle red hot; when cold, pick out the splinter with it. Drop a little peroxid of hydrogen on the place.

A Dog or a Cat Scratch

Wash the wound and drop peroxid of hydrogen on it. Always keep this in the house (and bandages, too), as it is very cleansing and healing. A four-ounce bottle costs but ten cents.

Contagious Diseases

Mothers should know how to distinguish contagious diseases from ordinary heat rash or a rash caused by indigestion. If there is any doubt, call a doctor. Some grow worse so rapidly that the patient gets beyond help before the doctor sees him. I have personally known two lovely girls to die because the parents did not know for a week that their daughters had diphtheria.

Diphtheria

This comes on suddenly, with fever, sore throat, vomiting, and pains in the back and limbs. On examination the throat shows white spots. Children less than a year old or nursing babies seldom contract the disease. It is very contagious, and one should step aside when the patient coughs. The eyes as well as the mouth take the germs. In severe cases of croupy cough, examine the throat for white spots. Membranous croup is one of the worst forms of diphtheria.

If a child has been exposed to diphtheria or the disease is present in the neighbourhood

have him gargle his throat every day with peroxid and water or salt and water; if the child is too young to gargle, wash the mouth with a clean cloth dipped in a peroxide solution.

If the baby is already sick from diphtheria, send for the doctor, and get a room ready to keep the child separate from the rest of the family. Remove all unnecessary furniture. Make a pail of water milky looking with creolin, and go over the floor and furniture with a damp cloth wrung from the water. Washing-soda or soap can be used if creolin is not at hand. While waiting for the doctor, inject warm water into the bowels to clean them out.

Scarlet Fever

Scarlet fever is also very serious and very contagious; sometimes the case develops so fast that the patient dies in a few days. Others have it very lightly. All should be kept isolated, and stay in bed while the rash is out. Later the skin dries and peels, and the child should stay alone until the doctor says it is no longer likely to transmit the disease.

Scarlet fever comes on suddenly; the child complains of sore throat; sometimes this symptom is very severe. Vomiting usually is severe at first. The rash appears in fine, bright-red pimples about the third day, first on the front of the neck and around the armpits. The chin, nose, and mouth are free from rash. A physician should always be called, as dangerous complications occur.

Measles

This disease is usually considered mild, but often there are complications that make it dangerous, and even fatal. The patient should stay in bed, in a partly darkened room, with the eyes shielded from the light, until the rash is gone. The purplish-red rash appears first

on the face, the spots being about the size of a split pea. The eyes and nose run, and there is a cough.

Whooping Cough

starts with an ordinary-sounding cough; after the disease progresses, there are a number of short coughs followed by a prolonged whooping sound. In light cases there is little of the whooping, but it is just as contagious as in severe cases. If there is much vomiting, feed a few spoonfuls of milk between coughing spells. Keep the child out-of-doors as much as possible, bundling him well when the weather is bad. Avoid heating exercise, for this is sometimes fatal.

German Measles

The rash of German measles resembles that of measles, but is rose-colored and disappears a minute after pressure. The glands back of the ears and under the chin swell about the time the rash appears. It is the mildest of all these diseases, and needs no treatment. Keep the child indoors while the rash is out.

Mumps and Chicken-Pox

Mumps, with the swollen glands under the angle of the jaw, and chicken-pox, with its watery-looking blisters, are both mild diseases. Keep the child indoors.

Soothing Syrups and Teething Powders

"The practice," writes Dr. Walsh, of London, "of dosing children with teething, soothing, and cooling powders or syrups, baby's friend, and so on, is extremely common. The main drugs contained in preparations of this kind are opium and its derivatives, and calomel, both of them deadly drugs when given to infants. Thus death has been known to follow the administration of one drop of laudanum to a child seven days old (Taylor). Some of the

Send Them to Bed with a Kiss

O MOTHERS, so weary, discouraged,
Worn out with the cares of the day,
You often grow cross and impatient,
Complain of the noise and the play,
For the day brings so many vexations,
So many things going amiss;
But mothers, whatever may vex you,
Send the children to bed with a kiss.

The dear little feet wander often,
Perhaps from the pathway of right;
The dear little hands find new mischief
To try you from morning till night;
But think of the desolate mothers
Who'd give all the world for your bliss,
And, as thanks for your infinite blessings,
Send the children to bed with a kiss.

For some day their noise will not vex you,
The silence will hurt you far more;
You will long for their sweet childish voices,
For a sweet, childish face at the door;
And to press a child's face to your bosom,—
You'd give all the world just for this.
For comfort 'twill bring you in sorrow,
Send the children to bed with a kiss.

—*Selecte*

soothing medicines sold for children contain morphia, which is obviously more dangerous than laudanum. Other dangerous drugs, such as acetanilide, sometimes enter into these patent medicines for infants. No medical man would dream of giving acetanilide to children. In many instances the teething powder sets up convulsions in babies, and leads to internal pains and gastro-enteritis. Among the poor it may be doubted if there is any more common cause of infantile convulsions than the mercurial teething-powders."

Influence of Room, Light and Fresh Air on the Growth of Children

To show the influence of room, light, and fresh air on health and growth, the following figures are given concerning the height and weight of boys in Bourne Village, England, as

compared with those in Birmingham slums. Bourne village has 840 houses, distributed at the rate of only nine to the acre; at the time of making up this table, the population was 4,000.

WEIGHT OF BOYS (POUNDS)					
Age, years	..	6	8	10	12
Bourne Village	..	45	52.9	61.6	71.8
Birmingham slums		39	47.8	56.1	63.2

HEIGHT OF BOYS (INCHES)					
Age, years	..	6	8	10	12
Bourne Village	..	41.1	48.3	51.9	54.8
Birmingham slums		41.9	46.2	49.6	52.3

The death rate (average of five years) was for Bourne Village 5.5 and for England and Wales 14.9 per 1,000. The infant mortality (average of five years) is for Bourne Village 68, and for England and Wales 121.8 per 1,000 live-born children.

Obedience In a Crisis

AS I neared my friend's house the blinds were half drawn and the quiet somberness of the place evidenced the fact that sorrow reigned there. The little five-year-old son was hovering between life and death after a long and stubborn illness.

The nurse, trim and capable, came out of the side entrance and started down the street ahead of me. Evidently she was out for a short walk after her long hours of watchful duty. She and I were old friends and I quickened my step to overtake her.

"How is Wilfred?" I asked, dreading the answer.

"No better," She said. "The turning point will be reached tonight. By morning he will be better or dead."

I tried to voice my sorrow.

"Yes, there is nothing sadder than a sweet young life going like that," she agreed, "and to think that it might have been helped so easily!"

My expression must have shown my lack of understanding, for she went on, "He was not a very sick child at first. The case was not considered at all dangerous, but it needed a great deal of care and treatment. If he had had the right medicine and quiet from the

first he would be playing out-of doors to-day instead of lying in that pitiful condition. You see he was a very spoiled child. He would not take bitter medicine because he had never been made to do anything that he did not want to do. Neither his parents nor the doctor nor myself could persuade him to mind, and when it was necessary to force his medicine upon him he would fly into a perfect tantrum, causing his temperature to rise, and so weakening him that we did not dare do all we should have done for fear of the consequences of his behaviour. He had always gotten what he wanted by crying for it, and it was too late, when he was sick, to teach him to do differently. The result is that only now, when he is too weak to fight for his own way are we able to give him the proper treatment, and now he has only one chance in many to pull through."

She hesitated, then turned to me impulsively: "If mothers could only be made to realize," she said, "what a great help discipline is in time of sickness, I am sure that they would be more careful about letting their children have their own way all the time. In little things it may seem not to matter so much, but in a case like Wilfred's

obedience not infrequently means life, and disobedience death. The mother who has lost her child's confidence by saying of a dose, 'It will not taste bad,' when she knows the contrary to be true, will find it hard to regain his confidence. Confidence and obedience are not to be established after illness begins but must be the result of the child's whole training. Aside from all the other advantages of good discipline, it is a mother's greatest asset in fighting the dangers of disease."

My mind suddenly barked back to a passage in my much thumbed Shakespeare:

"Now as fond fathers,
Having bound up the threat'ing twigs of
birch,
Only to stick it in their children's sight,
For terror, not to use, in time the rod
Becomes more mock'd than fear'd: so our
decrees,
Dead to infliction to themselves are dead;
And Liberty pinches Justice by the nose.
The baby beats the nurse, and quite athwart
Goes all Decorum."

—*American Motherhood.*

The Baby in Hot Weather

MORE babies die in very hot weather than at any other time, and that is perfectly true of babies in the crowded parts of large cities, and of babies who are artificially fed. Among the very poor, an ignorant mother is often a careless one; she leaves milk uncovered, and uses it after it has become stale, and does not wash the nursing-bottles thoroughly.

But many infants die whose mothers are intelligent enough and conscientious enough to see that the child's food is clean and wholesome. They die in spite of frequent changes of clothing and of proper feeding, and they die of nothing except the heat. In a long and intensely hot spell, the strongest little baby will show unmistakable signs of exhaustion, and many of the weaker ones will succumb.

We have all experienced that feeling of complete languor that overcomes us at intervals on a very hot and sultry day. We stop working if we possibly can, use a fan, get a drink of cold water, sit in a breeze if we can find one, and "cool off." The poor cradled baby cannot do that; it must either lie on a hot mattress or be held in warm arms, and it suffers until its vitality is exhausted. The first thing to do in such a case is to get the baby into the open air, and keep it there. A

small string hammock in an open window, a basket on the roof, a baby carriage at the doorstep—anything is better than a stifling room that stays hot for hours after the temperature has begun to fall outside.

Do not let the baby lie directly on a mattress or pillow. Use a large, clean sheet of paper for a sheet—paper is a nonconductor of heat—and cool it with a cold-water bottle or two. A cold-water bottle in summer is just as useful as a hot-water bottle in winter. If the outside air is very close, fan the child until a breeze comes up; do not carry it into the house when it grows dark—the cool night air is exactly what the baby needs. Above all, do not neglect to protect the baby from flies and mosquitoes with a yard or two of netting.—*Selected.*

IN the morning, when you awake, accustom yourself to think first upon God, or something in order to His service; and at night also, let Him close thine eyes; and let your sleep be necessary and healthful, not idle and expensive of time, beyond the needs and conveniences of nature; and sometimes be curious to see the preparation which the sun makes, when he is coming forth from his chambers of the east.—*Jeremy Taylor.*

Hygienic Infant Feeding

BY W. HOWARD JAMES, M.B., B.S.

(With this article we introduce to our subscribers, as special contributor to HERALD OF HEALTH, Dr. W. Howard James, M. B., B. S., Medical Superintendent of the Warburton Sanitarium, Victoria, Australia, who has most graciously accepted our invitation to act as such for this magazine. His interesting and instructive articles will undoubtedly receive a warm welcome from our large circle of readers—ED.)

NOW that we are in the summer season it is important that mothers should pay especial attention to the feeding of their infants. The mortality among artificially fed children in the summer season is serious, due to the development of disease-producing germs, and to the composition of the artificial being so different to that of the mother's natural milk. The mother's milk as it comes from the breast is not only free from bacterial growths, but it has to a slight extent the power of destroying these injurious organisms. Cow's milk, however carefully the milking and the after care of the milk, always contains germinal matter. Fortunately the digestive juices of the child will, under normal conditions, destroy these organisms unless they are

excessive in amount. Cow's milk again, it must be remembered, is prepared by nature for the development of the calf, a very different animal both in size and composition to the child being, and, consequently, it varies

considerably from that of human milk. The calf grows more rapidly than the child, and requires more proteid and mineral matter; and again the calf, on account of having a relatively smaller surface from which heat is

given off, requires a smaller amount of fat and sugar. The plan is generally adopted in feeding children to dilute the cow's milk with water, and thus bring the proteid and mineral to approximately the same percentage as in human milk, and to add cream and sugar to increase the proportion of the heat-producing ingredients. But although the same ingredients are found in the cow's milk as in human milk they, with the exception of the sugar (milk sugar), have different chemical properties, consequently cow's milk can never, even with the

greatest skill, be properly humanised. The proteins in milk consist of casein and albumin. The albumin is much more digestible than the casein, and is much more suitable for the delicate membranes of the child's alimentary

Two Women

One chose the valley's sheltered, safe retreat,
Where Love, who led her, shielded her with
care,

And baby-kisses kept her own lips sweet,
And life was centered in the home-nest
there;

Yet from the heights she had not dared to
gain,

Down to the level of her life, there swept
At times a breath so rare that longing pain
And keen regret across her heart-strings
crept.

The other chose the heights. Serene and
proud

Gleamed her white brow beneath its crown
of bays;

Her arms were empty; but men's heads were
bowed,

Admiring, as she went her lofty ways.

But rose-lights oft would tint the mountain
snow,

And children's voices mock her barren
breast;

And yearning toward the valley's warmth and
glow,

Her heart would own the sheltered life the
best.

—Jessie O'Donnell.

canal. In cow's milk there are four parts of casein to one of albumin, but in human milk the proportion of the two is equal. Not only so, the casein itself is actually different in the two forms of milk. Cow's casein leaves behind a substance called paranuclein, which is to the child quite indigestible; human casein does not. Again, human casein is richer in sulphur than cow's milk. The acid of the stomach causes the casein of the cow's milk to be thrown down in large flocculi, curds, which are not readily digested; but with the human milk the flocculi are very fine, and readily dissolve on the secretion of more acid. In regard to the important ingredient of milk fat, in the human milk there is more oleic acid, which has a lower melting point and is more digestible than the fat in cow's milk. Not only so, the fat in human milk is in much finer droplets, and is much more digestible and more easily assimilated than that of cow's milk. There are no less than 30,000 millions to 50,000 millions of fat globules in one cubic inch of milk, and yet the total weight of that huge number is less than nine grains. Again, human milk fat contains much less of the volatile fatty acids than is found in cow's milk. The mineral ingredients in milk are of great importance in the building up of muscles, bones, and blood. Phosphate of lime is wanted for the bones, phosphate of potash for the muscles and blood. These salts are of much greater value when they enter the body combined with organic matter than in the free mineral form. Human milk is particularly rich in organic combinations of these salts, thus lime water or other chemical preparations of salts cannot be proper substitutes for them. In human milk these salts are almost all in organic form, but in cow's milk less than half are thus combined. Human milk is similar to yolk of egg, and the embryo of young plants in its high proportion of organic phosphorus. The child again has a much greater development of brain and nervous tissue than the calf. Lecithin is a special

proteid of brain tissue, consequently we find in the human milk double the percentage of the amount contained in cow's milk (3.05 per cent of the proteid in human and only 1.40 per cent in cow's milk is lecithin). We thus see that a truly "humanised" cow's milk is a chemical impossibility. Statistics undoubtedly prove the great superiority of the human milk in the bringing up of children. For instance, in Derby during 1900 3 Dr. Howard found the—

Death rate among breast-fed babies	
was	69.8 per 1000
Death rate among hand-fed babies	
was	197.5 ..
The deaths from diarrhoea among ..	
breast-fed babies was ..	8.6 ..
The deaths from diarrhoea among ..	
hand-fed babies was ..	51.7 ..
In Brighton 1903-5 Dr. Newsholme found that of 121 infants who died from epidemic diarrhoea:—	
The breast-fed amounted to ..	6.5 per cent
Those fed on cow's milk ..	36 ..
— <i>"Nutrition,"</i> page 100, by Charles E. John, F.I.C., F. C. S.	

It cannot be too strongly emphasised that the rearing of children on their natural food, the human milk, is by far the best method, not only as far as the life of the child is concerned, but also in regard to its future health.

Infant Feeding with Cow's Milk

Unfortunately, however, many mothers find it impossible to breast-feed their children, and some modification of cow's milk is found necessary. The points that have to be remembered in connection with cow's milk are: (1) It contains rather too little fat; (2) too much casein; (3) too little albumin; (4) rather too little sugar; (5) twice as much mineral matter as in human milk; (6) that it forms large, coarse clots that disturb the infant stomach; (7) and contains dirt of various kinds, including numerous micro-organisms. These divergencies, except the last named contamination, correspond to the differences in the requirements of the young infant and the young ox respectively.

Condensed Milk

Some, on account of not being able to procure cow's milk, are compelled to use condensed milk. Unfortunately, most of the condensed milk used is prepared from sweetened whole milk, and when diluted to strength recommended makes a very poor food for infants. Dr. Louis Starr says: "Infants fed upon condensed milk (meaning the sweetened variety), though fat, are pale, lethargic, and flabby, and though large are far from strong; have little power to resist disease; cut their teeth late, and are very liable to drift into rickets before the end of the first year." Dr. Eric Pritchard is even more emphatic: "I have never yet seen an infant fed for six months uninterruptedly on condensed milk who did not present unmistakable symptoms of rickets." Many of the sweetened condensed milks are prepared from skimmed milk, and are very poor in fat. Infants, however, thrive when fed on the condensed, *unsweetened* whole milk. If one part of the unsweetened condensed milk is added to two parts of water, the resulting fluid fairly corresponds to a good sample of pure cow's milk. To dilute the sweetened condensed milk in this proportion would leave the fluid altogether too sweet. Pearmain and Moor write: "The following table shows the character of the liquid—it cannot be called milk—that is produced by following out the directions on the labels of half a dozen of the best brands of (*sweetened*) whole cream milk:—

Sweetened Whole Milk	Dilution recommended for household purposes	Fat in such product	Dilution recommended for infant's use	Fat in such product
A	1-3	2.6 per cent	1-5	1.8 per cent
B	1-5	1.6	1-14	0.7
C	1-5	1.6	1-14	0.6
D	1-6	1.4	1-15	0.7
E	1-5	2.1	1-14	0.8
F	1-5	1.7	1-14	0.7
G	1-5	1.7	1-14	0.7

When it is remembered that human milk contains on an average 3.5 per cent of fat, it will be seen how unsuitable the sweetened condensed milks are for children. They also

are lacking in every other constituent of milk except the sugar, and that exists in injurious amounts.

The unsweetened condensed milks can be highly recommended. There are four good varieties on the market: "Ideal," "First Swiss," "Viking," and "Hollandic." They have the disadvantage of not keeping well after the tins are opened. Small tins are thus advisable. These milks, however, are difficult to obtain.

Proprietary Foods for Infants

There are many proprietary foods on the market, and all claim to be the best food for infants, and perfect substitutes for human milk. The statements, however, are only made for the purpose of selling the article. Many of these foods contain unaltered starch, a greater proportion than the ordinary infant can well digest. All, or almost all, are especially deficient in fat and also in proteids. Most of the proprietary foods are prepared from desiccated milk, to which milk sugar, malted flour, etc., have been added.

The nearer these foods conform to the composition of dried human milk, the more suitable they are as infant's food. We will compare the percentage composition of some of the better known preparations with that of dried human milk:

Food	Water	Proteid	Fats	Carbo-hydrates	Mineral matter
	Per cent	Per cent	Per cent	Per cent	Per cent
Dried human milk	—	12.2	26.4	52.4	2.1
Allenbury's No. 1	5.7	9.7	14.0	66.85	3.75
Allenbury's No. 2	3.7	13.8	9.0	70.8	2.70
Glaxo	3.5	22.2	27.4	41.0	5.90
Mellin's Food	6.3	7.9	trace	82.0	3.80
Savory and Moore's Food	4.5	10.3	1.4	83.2	0.60
Benger's Food	8.3	10.2	1.2	79.5	0.80
Allenbury's Malted Food	6.5	9.2	1.0	82.8	0.50
Neave's Food	6.5	10.5	1.0	80.4	1.60
Frame Food Diet	5.0	13.4	1.2	79.4	1.0
Robinson's Groats	10.4	11.3	1.6	75.0	1.70

These figures are taken from "Food and the Principles of Dietetics," by Robert Hutchison.

It will be seen at a glance that all are deficient in fat when compared with dried human milk with the exception of Glaxo, and also all are deficient in proteid except Allenbury's No. 2 and Glaxo. Glaxo contains an excess of proteid. Many of the foods, such as Mellin's, Benger's Food, Savory and Moore's are used with the ad-

dition of milk. These foods are farinaceous, and are prepared mostly from cereals (usually wheat), of which the starch has been partly or wholly transformed into dextrin or malt sugar. In Mellin's Food the starch is completely dextrinised.

The deficiency of most of these foods in proteid and fats should always be recognised in the feeding of infants, and that deficiency made up with separated cream and some albuminous food, such as Albulactin.

How to Spoil the Baby

A BABY can be so "spoiled" before it is twenty-four hours old that it will take weeks of training to overcome the bad habits already formed.

Upon the care and attention given the baby the first day of its life depend to a great extent the requirements of the next few months. As soon as it is born, it should be wrapped comfortably and laid on a pillow until the nurse has time to dress it. Then the baby should be bathed, dressed, given a teaspoonful of warm water, and put to bed.

The less a baby is handled, the better for its health; the more it is allowed to lie quiet, the better will be the condition of the nervous system. Movement of any kind excites the nervous system. Rocking is as exciting to a new-born baby as is "shooting the chutes" to an older person. Excited nerves crave more excitement, and this means more care for the mother.

How Not to Spoil the Baby

Before a baby is many hours old it will cry. The tendency is to pick it up, cuddle it, rock it, and fuss over it generally. This is entirely wrong, if the mother would be saved hours of unnecessary work in the future. If the baby cries, it should be examined to see that there are no pins pricking the tender flesh, no annoying wrinkles in the clothing, nor anything materially wrong, then

it should be given a drink of water and turned in a different position.

It may cry for a time at first, but if it finds it will not be taken up it will go to sleep again. One can prove that a baby often cries just because it wants to be held by taking it up once or twice and noting how quickly it becomes quiet. It takes a baby only a few days to learn if it will be held every time it cries; it takes only a few days to establish a habit of rocking it to sleep.

Many mothers are made slaves to their babies because they think the baby is too young to be disciplined. They become drudges who continually rock back and forth, or who walk the floor day and night. Their health and happiness are lost. They do not derive any comfort, only care, from the presence of the little one. This should not be the condition. A well baby should not usurp the entire time of his mother. He should be able to amuse himself the greater part of the time. He should be trained from the first to go to sleep with no one near, not to require rocking or other excitement.

The baby should not be held except when being fed or bathed. The remainder of the time he should lie quietly in bed and require little attention. The more attention one gives a baby, the more is required. This does not mean that the baby should be neglected in any way, but he should not be pampered and "spoiled."—*Dr. Edith B. Lowry.*

The Background of Our Children's Lives

BY DOROTHY CANFIELD FISHER in *Today's Magazine for Women*

ALL the modern world of experts is wrangling to such an extent over the relative values of different systems of education that we plain, ordinary parents might be excused for a very great bewilderment of mind on the subject. But there is one fundamental truth to which we may hold fast as a clue through the labyrinth, a truth with which educational experts have nothing to do. The truth is that if our children are provided with the right kind of home backing, the queerest of "modern, expert" education will do them no harm; and if their roots are set in the wrong kind of home soil, no amount of expert educational pruning and trimming and training will make them what they ought to be.

Now it is a providential thing that the question of the sort of home our children shall have is as much within our control as it is vital. . . . We now know that if we happen to have plenty of money and time and strength, it is all very well to amuse ourselves by embroidering the baby's petticoats and trimming the little caps with ribbon, but that these fascinating occupations have nothing whatever to do with the welfare of the child, and are simply done to please ourselves. We know that what the baby needs and must have, though the heavens fall, is that his milk shall be absolutely clean, his bottles sterilized, and his feet warm,—conditions which can be met quite as well in a gypsy encampment by the roadside as in the palace of a king.

But we have not yet so clearly in our heads the equally vital difference between the essentials of moral and intellectual life for older children and those trimmings and embroideries of existence with which, for the sake of gratifying our own vanity, we are apt to torment ourselves in the effort to obtain them for our boys and girls. We do not with sufficient vividness understand that the essentials for them are not a handsome

nursery, or fashionable clothes, or expensive schooling, or well to do playmates, or a plethora of toys, or a succession of costly "amusements," or a life of physical ease,—all conditions which luckily for our children, it is not possible for us all to secure.

The real essentials, which any of us can have by taking thought, are peace and harmony among the adults of the family; an atmosphere of purposeful, cheerful industry throughout the house; an attitude of loving intelligence and clear-sightedness toward the children; and for them a life of intellectual freedom and physical activity. Now these again can be secured as easily in a little five room house in town or village, as in a millionaire mansion, and in my opinion far more easily. For instance, certainly self-indulgence and laziness can be avoided better in a home where the adults expect as a matter of course to do a reasonable amount of real work than by any amount of verbal exhortation or "manual training" in an atmosphere where the adults expect to do nothing but what pleases them. . . .

These conditions in life, while highly desirable for all of us, are absolutely necessary for the health of children; just as fresh milk, clean dishes, and warm feet are good for adults, but vitally essential for the health of babies. Of course some babies do worry along on fly-infected milk and filthy nipples, and grow up somehow into adults with ruined digestion and lowered vitality. So in a home where irritability reigns, and the adults practice self-indulgence as consistently as their incomes will allow, and deal justly by the children whenever they happen not to feel too tired and nervous to do so, the children do grow somehow, with warped and crooked moral natures, into one or another of the various life failures so tragically frequent.

But if any mother is content with such a life for her children because it is unfortunately such a common one, or because it requires a great effort to furnish them with a different existence, I sincerely hope I shall never meet her. If I do, I shall advise her strongly to send her children to an orphan asylum, for I am convinced that the most perfunctory of paid "matrons" would be better for the children. . . .

Most mothers are not prevented from giving their children what is best for them by selfishness, but only by dire confusion of mind, like the tired young mother who sat on my verandah the other day, making tucks by hand in her little girl's dress, and was so exhausted by the consequent eyestrain and fatigue that she slapped the little child for

unintentionally overturning a vase of flowers. Of course few of us in these enlightened days slap our children to relieve our own nervous tension (?) but do we not allow ourselves to become so tired and harried by life that we are almost constantly out of sympathy with, for instance, the incessant, heaven-sent instinct of childhood for incessant activity? Are we not always telling our children to "keep still" or "do be quiet," or not to "litter up the house so," or "don't do that," simply because their blessedly healthful busyness, with its consequent noise, is the last straw for our overstrained nerves?

In this connection the thing for us to remember is that when we are in charge of children, we *must* not have overstrained nerves. We must not be irritable, or unjust,



WHILE THE AYAH SLEPT

or unintelligent, not even once. We must keep ourselves in a general condition of clear-headed sanity and sound nervous health which enables us, for instance, to distinguish rationally between childish acts which are really naughty and those which are merely inconvenient for the adult routine. We must be well enough, and self-controlled enough, and happy enough ourselves . . . to set a constant example of sunny acceptance of life even though full of minor annoyances. . . .

Everything else is of less importance for the children than the colour of the home background. The family can live . . . on oatmeal porridge three times a day; the children can go with holes in their stockings and with uncombed hair; the house can be unswept, the beds unmade, and the mother dressed in a cheap print wrapper. Any of the dreadful things we usually think of as "impossible" is infinitely better for the children's moral health and present and future happiness and usefulness than a mother with an irritable voice, and the habit of scolding to let off the steam of her own bad temper, or of repressing unjustly the innocent activities of her children.

Fortunately, few of us have to make so decisive and radical a choice as this between overfatigue and actual slovenliness. But every one of us, if we have children to bring up, and have our wits and consciences in good working order, must make some such choice every day. None of us, even the most fortunate, can have everything.

When we have only ourselves to choose for, we are responsible only to ourselves if we select the trivial, superficial good of life,—like fashionable clothes, or elaborate food, or a handsome house,—and deny ourselves the greater good,—like peace of mind, intellectual growth, content of heart, and leisure to savour the sweetness of life. But when we have children, ah, then we are responsible for our choice to God, to society, to our own souls! We must not, we dare not, choose badly. First of all, we must have

the essentials to feed our children's hearts and minds, and then when these are provided for, we may be permitted to spend whatever strength, money, and time we have in embroidering their petticoats and trimming their caps.

It is ignoble to creep behind the self-pitying excuse of a life so hard that we cannot keep good-natured or clear-headed under its burdens. Who makes it hard? Do we not ourselves make it hard, by not contenting ourselves with the radiant, satisfying, plain essentials of life we can have for the asking, and by exhausting ourselves by clutching at various "trimmings" which are certainly not worth, even for ourselves, the sacrifice of any of the vital things, and which are, in the life of the children, quite unimportant?

What are the homes where children love to visit? The grand ones full of servants and idleness, and exquisite, breakable bric-a-brac, and elaborate toys, where every one is dressed finely from morning to night? Any healthy child would, if the chance were given him, run with all his might from a home of that sort, to a house full of plain, hard-working, good-natured people, not too busy about their various undertakings to allow a child to "look on" and to "help." And yet, consciously or unconsciously, the model on which we are endeavouring to form our homes is the first and not the second of these types.

Let us without illusion face the fact that when we drain our pocketbooks and exhaust our nervous strength to supply our children with good clothes and elaborate desserts and well-furnished houses, we are forcing on them not what is good for them or what they in any way need, but what our own moral cowardice needs to protect us against our neighbours' opinion of us. . . .

Yes, the question of the background of our children's lives is in our own hands; and we need not hope that the most enlightened systems of public or private education can repair the damage done if that background is not a worthy one.

The Two Year Old

MUCH of baby's health during the second summer depends on the simple digestible foods he eats. Until he is two years old he should receive little food except the juice of oranges, or fresh, ripe grapes, well-cooked cereals, toast, dry bread or biscuits with fruit-juice or clean milk over them, roasted potatoes, or lightly cooked eggs.

At two years of age baby should use his teeth. Feed him oranges, cooked apples, ripe plantains, mashed potato, young beans or peas, spinach, finely cut lettuce, and simple puddings. No meat, and only fruit or one vegetable should be taken at a meal; a dessert may be allowed at dinner. Better feed a little scantily during the hot weather. Do not feed a child of this age at night, and do not give him much milk to drink. It makes fat and unfits the child to stand the heat.

In case of illness, stop the solid foods until the child is better; give toast and milk or milk and lime-water alone; half an orange or a few biscuits once between the three principal meals are enough. Give the stomach a chance to rest.

Germs cause some bowel trouble the second summer. Allow baby to be out, but see that a clean place is selected in which he may play. If possible select a nice, grassy, shaded spot that the sun reaches every morning and fence it in, or place a large box there for baby's play place. Let him live out doors every minute possible, but under shelter during the heat of the day or if raining or wet.

Dress baby very lightly. Have summer dresses very thin. No petticoats are needed. If white ones are used for away-from-home wear, they should be very thin. Little jackets of outing flannel are nice for cool days.

Drawers are cooler than diapers, and as easy to wash. Socks and low shoes are cool. Bare feet often get cuts, but for a baby not

walking they are best on hot days. Baby can go barefooted in a play box.

Hats and caps are not necessary except to shade baby from the sun on a trip. The washable ones are coolest and most serviceable.

If baby seems overheated, give several tepid sponge-baths during the day under a sheet. This will reduce a fever; often a dose of castor-oil will clean the system and reduce a fever. Fever with vomiting and diarrhoea, in the summer, is very serious. Get a doctor quickly in such cases.

Baby's First Six Months of Trouble

(Concluded from page 149)

and put it to the breast at once, in order to soothe it. Food taken by the child under such circumstances is hindered in its digestion, because the delicate nervous organism is temporarily disorganised by the fall, and the digestive powers are disturbed. Hence the food is vomited, or if it is retained, there may follow fever and convulsions. It is much better, in case of accident, to withhold all food until the shock is past, and in the meantime to give the child warm water to drink. The wound, if there is one, should be treated by bathing, first with hot water, then with cold water. In general, it should be remembered that it is decidedly injurious to the child to soothe its agitation or passion or fear by feeding it. Any intense emotion of this sort temporarily paralyses digestion, and all food is for the time not utilised by the body, and is a positive injury.

If a nursing mother is agitated or angry or grief stricken she should not attempt to nurse her child until the disturbing emotions are overcome, for milk secreted under such circumstances has poisonous qualities. The child will do far better to be given warm water at the regular feeding times until all danger from this source is past.—*A Mother.*

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