THE BABY'S FIRST FOOD

BY DR. FLORENCE L. McKAY.

Good fortune attends the baby who has the advantage of maternal nursing. This good fortune applies not only to himself but to his mother as well.

Why is it an advantage to the baby? It gives him greater chances to live during the first year. Five bottle-fed babies die to one breast-fed baby during the first year of life. Also it has been found that the longer the period of breast feeding the greater are the chances to live.

It gives him resistance to disease.

It is believed that there are certain protective qualities in mother's milk which are transmitted to the baby, increasing his powers of resistance. Breast-fed babies are thus less likely to have rickets, pneumonia and other diseases of the lungs and summer complaint. Eleven bottle-fed babies die of summer complaint to one that is breast-fed.

A bottle-fed baby, if fed under constant medical supervision, may make excellent gains and appear to be as well as a breast-fed baby, but those babies fed under medical supervision are comparatively few. Artificial feeding without medical supervision is very likely to produce pale, flabby babies who succumb to any illness to which they may be exposed.

Why is it an advantage to the mother?

In the first place it is far easier and it is a timesaver. It saves all the fussy care of the feeding bottles and of the nipples; of the modification of milk and its pasteurization; of bothering to stop to warm the milk and prepare the bottle before giving it to the baby at each feeding; and of the worry about the change of milk in moving from one place to another. It is cheaper. It is also usually productive of a better baby that is far less trouble, and thus saves the mother much time and worry.

Are there any disadvantages?

The only possible disadvantage to the mother is that it perhaps keeps her tied a little more closely to the baby's feeding schedule, thus allowing less freedom.

This, however, though an advantage to the baby in that he gets more of his mother's time and attention, can usually be reduced to a minimum, particularly when the baby is fed on a three-hour or four-hour schedule. Many physicians allow a mother to give an occasional bottle instead of breast feeding when she wishes to be away from the baby for a longer period.

THE MOTHER'S REQUIREMENTS.

Sometimes the excuse is given that the mother is not strong enough to nurse her baby or to have good milk. It is generally believed by specialists that all mother's milk is good milk—that is, that there is very seldom any fault in the quality though sometimes there may be a scanty supply, but this can be quite easily overcome.

Also in order to have plenty of milk the mother must be very careful as to her own diet and hygiene. Under this care frail mothers often find themselves in better health during the nursing months than usual, so this supposed disadvantage often proves to be an advantage.

It has been proved that nearly every mother can nurse her baby if she really desires to do so and firmly believes in her ability, and if she and her doctor work in co-operation toward this end.

There are very few reasons for discontinuing breast feeding; these are pregnancy, tuberculosis and occasionally some acute illnesses. The baby should not, however, be removed from the breast in an acute illness unless the doctor so orders, as there are many sicknesses in which the baby can be nursed as usual for at least a part of the time.

If, in an acute illness, the removal of the baby from the breast becomes necessary, it is usually temporary and breast feeding may be continued as the mother convalesces.

What must a mother do to be able to nurse her baby

She must begin to prepare before the baby comes. During this period she should see that she has the best possible medical and nursing supervision and that she takes the best possible care of herself.

Proper diet is important. It is necessary for her to have milk, fruit and green vegetables daily. This gives not only the vitamins but also mineral salts which are necessary for the formation of the baby's teeth and bones.

She should have more rest and sleep than are usually demanded in her daily routine—at least eight hours at night—preferably nine—and an additional rest period of at least half an hour once during the day.

It is also important that waste material be properly eliminated. The habit of a daily bowel movement should be regularly established.

She should drink plenty of water—six to eight glasses a day—and take frequent baths in order to keep the skin in good condition for eliminating waste products. The breasts should be properly supported when they become heavy and pressure by the clothing should be avoided. She should have a moderate amount of recreation and should be free from worry or emotional strain.

Any of the danger signals, such as headache, dizziness, nausea, disturbances of sight, swelling of the feet, bleeding, constipation or pains in the stomach, should be reported immediately to the doctor.

She should go regularly to the doctor for observation and examination, even though she feels well, and she should make up her mind that no matter what the feeding method has been with other babies, she is going to feed this one mother's milk and that it is not selfishness but for her baby's good to consider her own health above all else. Mother first, baby next and family last.

In order to maintain the proper quantity of breast milk after the baby comes there are in addition to maintaining the mother's good health certain things to be remembered about methods of breast feeding that will be helpful.

Regularity is of greatest importance. The baby should be fed by the clock. The intervals should not vary in length. They should be either three hours or four hours, depending upon the doctor's advice. Usually after the baby is three months old the four-hour interval is advantageous, and some babies do well on the four-hour period even from birth.

It is equally important that the breasts be completely emptied at each nursing. This regular complete emptying of the breast stimulates it to produce more milk. If there is a lessening in the quantity of the milk supply, the breast should be completely emptied after the baby has finished nursing.

The mother can learn to empty the breast herself by manual expression, which her doctor can teach her.

The baby should be nursed in a quiet place where both he and the mother may be undisturbed .The mother should either sit in an easy-chair in a comfortable position or may lie down if she prefers and can keep awake. This gives her additional rest periods of fifteen to twenty minutes regularly.

The baby should be kept nursing throughout the nursing period and not allowed to stop to sleep unless, as seems to be possible for some babies, he can sleep and continue nursing at the same time. If the baby stops nursing, starting to pull the nipple away or expressing a little milk into his mouth will usually start him going.

There may be times when the quantity of milk becomes less, but this should in no way cause the mother alarm because it can easily be made to return to normal. The first period when this is likely to occur is when the baby is about two weeks old, about the time that the mother begins to assume her duties. At this time she should be under the doctor's supervision.

It is very important for her not to overdo, to have sufficient rest and to have plenty of fluids in her diet.

There are other periods when the mother may not be in her usual health or when worry or excitement may be the causes of the lessening of the quantity of milk. Rest and care of the mother are then important for her to regain her usual physical condition.

When the breast milk does become scanty it is important not to take the baby from the breast but to give him his regular feeding at the regular hour and have him completely empty the breast.

If he then still seems hungry an additional feeding of a few ounces of milk modified according to the doctor's orders should be offered, but always after the breast feeding.

An important measure in the method of breast feeding is the care of the mother's nipples in order to prevent soreness, cracking and the discomforts that go with it. Nipples should be washed before and after feeding with boiled water.

The hands that touch the nipples should always be thoroughly scrubbed. The nipples should be constantly protected by a clean piece of linen. If they become dry or crusted the application of a little mineral oil may help. By these simple precautions much trouble can be avoided.

Remember that as a rule every mother can nurse her baby if she really wants to; that it is far better for the baby and also an advantage for the mother; that if all mothers would nurse their babies there would be a great saving in infant lives for the whole nation.

Breast feeding is of vital importance to each one of us—at least once in our lifetime—and every baby should be given his chance. The right to mother's milk is every baby's birthright.

The Unexpected, as Usual.

"Yesterday Smith pointed a revolver supposed not to be loaded at Jones and pulled the trigger."

"Such things are terrible! What was the result?"

"Nothing—it wasn't loaded."

Australia can raise bonny babies, too. This is Mary Patricia Wilson of Melbourne, who won a £100 prize in the recent Empire contest.

THE CHILDREN'S HOUR

THREE BABES IN THE WOODS.

What a splash it was when the queer log ship on which Jackie Rabbit, Willie Woodchuck and Johnnie Muskrat were sailing along in the moonlight, hit the old stump. Into the water they went, those three sleepy little fellows.

But in a wink they were wide awake and splashing around in the water to find the old log. Of course, right then the Old Man in the Moon hid himself behind a big fleecy cloud (I think it was to hide the smile on his face) and in the dark they couldn't find the log.

"I can't swim any longer," puffed chubby Willie Woodchuck.

"But you must, Willie," said Johnnie Muskrat. "Wait, I'll help you."

"I'm getting tired, too, and one ear is full of water already," said Jackie. "We can never reach shore."

"Keep swimming," cheered Johnnie Muskrat. "I'll help you too in a minute."

You know Johnnie Muskrat was the champion swimmer of Woodland. Willie Woodchuck couldn't swim much because he was too fat, and Jackie Rabbit's big ears always go full of water and then he couldn't swim either. But in the dark Johnnie Muskrat couldn't find his friends.

Then something happened. Johnnie stubbed his toe. Heaps of times he had done this when playing pom-pom-pull-away and hop-skip. But to stub his toe when swimming meant only one thing, that he was near shore.

"Oh! Ho!" shouted Johnnie so loud that it frightened Jackie and Willie so badly that they forgot to swim and sank. But hardly was the tips of their ears wet, when up they jumped.

"We're right on shore," they shouted, both surprised and tickled.

So it was that three soaked little Woodland boys climbed upon the bank of the river, just where they did not know, but a long way from home.

"I want to go home," whimpered Willie Woodchuck.

"So do I," answered Jackie Rabbit with a homesick choke in his throat.

"And so do I," said Johnnie Muskrat. "But we'll just have to wait until daylight for we don't know where we are. If we start out in the big woods we will be lost."

"I suppose we will have to wait until morning, but I wish I was home. Let's build a fire and dry our clothes," said Willie Woodchuck.

"But we haven't any matches," said Johnnie.

"I can build a fire without matches," said Jackie Rabbit.

So he gathered some dry leaves and twigs and with a couple of sticks which he rubbed together, as Father Rabbit had taught him, they soon had a blazing fire.

Dancing flames and pretty sparks made them feel more cheerful and as they dried their clothes they planned what they would do on the morrow.

"Don't you remember the story that Teacher Fox told us at school. We're just like the Babes in the Woods," said Jackie Rabbit.

So the three curled up on a bed of leaves and were soon fast asleep.

Treatment of Polluted Water.

When wells have become polluted from unsanitary seepage or drainage the cause should be found and removed and preventive measures taken so that the trouble should not recur.

The water so polluted should be sterilized before being used for drinking purposes. Sterilization may be accomplished either by boiling the water or by the addition of a suitable disinfectant. The disinfectant most suitable for this purpose is a hypochlorite solution. This hypochlorite solution may be prepared and applied as follows, so says Prof. Dan Jones, O. A. College:

Stock Hypochlorite for Water Purification.

1. Mix one-half pound of chloride of lime (33 per cent. available chlorine) with one pint of water.
2. Add sufficient water to make one gallon.
3. Dissolve 13 ozs. of sal soda crystals in two quarts of lukewarm water.
4. Add sufficient water to make one gallon.
5. Mix these two solutions in a barrel or crock and allow the milky solution to settle over night.
6. Pour off the clear liquid from the white sediment into a jug and fill into bottles, well stoppered, and keep cool in a dark place. This "stock hypochlorite" will contain approximately the equivalent of 3 per cent. of chloride of lime or 1 per cent. of available chlorine.

Application—Mix one ounce of this stock solution to five gallons of water that is to be used for drinking purposes. After mixing allow to stand for half an hour before use.

The solution may be added in small quantities of water after it has been drawn from the well or the quantity of water in the well or cistern may be estimated and the necessary amount of the solution poured direct into the well and stirred in.

Farm well waters in Ontario suspected of being polluted will be tested upon application to the Bacteriological Laboratory, Ontario Agricultural College.

Mistakes in Concrete.

Because of the permanence of concrete, mistakes are not easily rectified after the mortar has set. The familiar admonition, "Be sure you are right then go ahead," can certainly be applied with conviction to concrete construction.

Perhaps more concrete in the small job and placed by layman hands fails because of dirty sand and gravel than for any other reason. Particles which are covered with a film of foreign matter cannot bond with the cement, consequently the result is weak and falls down when a natural load is imposed.

Much concrete is spoiled by the frost before it has set thoroughly.

There are many pamphlets and handbooks on the use of concrete. It should behoove every farmer and every person who might use concrete to secure a copy. The creed of concrete is simple and easily learned. But the rules of concrete positively are not elastic. They must be observed to the letter.

Home Education

"The Child's First School is the Family"—Froebel."

Terror Hang-Overs From Childhood—By Manthei Howe

The women were grouped about the tea table. The talk had drifted to "fear." One of the younger women turned to Grace Maitland, a beautiful white-haired woman.

"Miss Maitland, did you really stay out in the woods in your camp, alone? Did you walk along that beach alone at eleven o'clock at night?"

"Why, of course." Miss Maitland deftly broke her slice of cinnamon toast. "I have done that many times; I have never been afraid, in that way, in all my life."

"I'd die of fright before I got half way to camp, let alone staying there by myself all night," shivered the first speaker.

Thelma Thorsen, a well known musician, set her teacup down thoughtfully. Her eyes were hungrily envious as she stared at Miss Maitland.

"Do you know," she remarked, "I think that would be as near heaven as one could hope to get on earth—to have no fear. Not to fear the dark, not to fear silence, not to be dependent on other people, just NOT to be AFRAID. It must be truly wonderful. I confess I envy you."

Miss Maitland was surprised and a bit abashed before the intensity of feeling displayed by Thelma Thorsen.

"You probably are just as unafraid as I, Thelma," she replied a bit lamely. "You've never put yourself to the test."

"Oh, but I have!" exclaimed Thelma. "That's why I know! All the while I am suffering from fear because of the dark I know perfectly well that I am being silly but I can't help it. That fear is stronger than I; it is a terror hang-over from childhood. There was an older girl who used to tell me that ghosts lurked in the dark and that they tapped on the windows. Since then I've learned that those ghost taps, the dread of which from that time on made the darkness intolerable to me, were but the rattling of dry branches against the window pane. My mind has long known the explanation perfectly well, but to this day if I am in a dark room and hear a tapping sound, my heart jumps into my throat and I am shaken with terror. Then, instead of being punished in a rational manner when I did wrong the threat was held out to me that the brownies would take my best doll if I misbehaved or the Snickerbosh, a fictitious bogey in our household, would get me."

Thelma Thorsen's blue eyes were cold as ice as she related those memories of a terrified childhood. "My mother," she continued, "probably meant to be kind; she was 'tender-hearted' and did not have the courage to exact obedience except by such threats. She never knew what torture she inflicted, but I have never ceased to suffer from the effects of her method; my childhood was fear-ridden, and my life to-day is less efficient and worth-while because of it."

"I think it is due to my mother's wiser method that I have never known fear," replied Miss Maitland quietly. "My mother was one of the bravest persons I ever knew. She had no fear of mice, lightning, dark, tramps nor any of the dozen and one bogey-ideas that most women have and pass on to their children, nor would she permit anyone to frighten us."

"Lucky you," smiled Thelma tremulously, as they gathered up gloves and purses.

Wheat Sprouted Before Harvest is Injured for Seed.

Winter wheat is less valuable for seed purposes if it becomes sprouted before it is harvested. Experiments were conducted in the Field Husbandry Dpt. of the Ontario Agricultural College in which different varieties of winter wheat which had been more or less sprouted in the fields, were tested for germination. The comparative injuries caused by sprouting before harvest is indicated by the following average percentages of the germination of the threshed wheat: Skin over germ, unbroken, 94; skin over germ, broken, 76; sprouts one-quarter inch long, 30; and sprouts one inch long, 18. The sprouted seed not only gave lower germination but the plants produced were uneven in growth.

This information may prove very valuable in some sections of Ontario where rains have been frequent at the time of winter wheat harvest this autumn.

Late Blight of Potato.

The damage done by this destructive vine disease is largely dependent upon weather conditions. During cool or wet seasons it spreads rapidly, doing great destruction to the potato foliage if not checked through the timely application of Bordeaux spray.

The first symptoms of the disease show up as small, irregular, yellowish green spots on the leaves which quickly turn brown, and may cover the leaf in two days. On the under surface a white mildew-like growth appears bearing the spores which spread the disease to other plants. With climatic conditions just right a crop may be destroyed in three or four days. One infected plant will infect a field. If the weather is wet and cool watch for symptoms and, if noted, spray with Bordeaux at ten-day intervals.

Winter Rye.

The rye crop in Ontario is grown on approximately 100,000 acres. It is not an important crop when compared with oats and wheat on an acreage basis. The increase in acreage as a grain crop has been very slow, due to the difficulty generally experienced in harvesting a heavy crop. At the Ontario Agricultural College the variety known as Petkus has headed the list for productiveness. The average yield per acre per annum of the Petkus winter rye surpassed the next highest variety by four bushels in a seven years' test.

Use the Hoe.

There is one sure way of getting the weeds, that is with the hoe. If the cultivators have done every bit that they are capable of doing, and the plowing and fitting have also been done well and timely, the hoe will have light work. But one of the most difficult things the farmer has to contend with these times is the timeliness of his work. He must work against the weather and mostly shorthanded. There are few indeed who are able to do every task on the farm just when it should be done and in the best possible manner. It is a question of doing the best he can under the circumstances.

The circumstances have been such on the farm this year as to leave many rather weedy fields. After the weeds get big it is too much for the cultivators to produce the desired effect, and the hoe must be resorted to. It is indeed a very efficient implement. It would be well if it came into more general use on many Ontario farms. It is greatly needed as a supplement to the cultivators.

Perhaps you cannot find time; there are too many more important tasks that must be done, and you are very much averse to hiring it done. We all are, after these last few years experience. But it will pay to hire, if it is necessary, and get the weeds before they get the crop. The increased yield of corn or beans or potatoes that we can expect if the plant food and moisture that would otherwise go to produce weeds, be diverted to the benefit of the crop will more than offset the cost of cutting out the weeds. And besides, there is more satisfaction to be had from a clean field than from a dirty one.

Resenting the Charge.

Cousin Poorthing — "You know, cousin, we have common ancestors."

Cousin Newdollar—"There may be some common ancestors in your branch of the family, but there are no common people in mine."

Dates of Sowing Winter Wheat.

On the experimental plots at the Ontario Agricultural College two varieties of winter wheat have been sown at different dates in each of ten years, starting on August 26th and allowing one week between each two dates of seeding. The average results show decreases in the yields per acre from the seedings which took place later than September 9th, the reduction from September 9th to September 30th being 13.5 bushels per acre per annum. The highest returns were obtained from the seedings of August 26th in four years, September 1st and 2nd in two years, September 8th and 9th in two years, and September 15th in two years.

Personal Proof.

It was the first night Johnny's mother had persuaded him to go to bed alone.

"My dear," she said, "the angels will watch over you."

Suddenly a shrill voice came from above. "Ma, are you sure the angels are here?"

"Yes, yes, of course, my dear"

Then after a few minutes, "Ma, oh, ma, the angels are bitin' me!"

A detachment of Royal Canadian Engineers hauling pontoons together for the formation of a bridge in their recent field-day manoeuvres.