

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.

TOO MANY HOME CARES

One Reason Why so Many Women Are Weak and Run-Down.

The work of the woman in the home makes greater demands on her vitality than men realize, and there is always something more to do. No wonder women's backs ache, and their nerves are worn out. No wonder why they get depressed and irritable, suffer from headaches, and always feel out of sorts. But of course all women are not like that. What is the difference?

A woman with plenty of healthy red blood in her veins finds work in the home easy; her vitality is at par. This points the way to health in women who feel run down and depressed. Make new rich blood. You can do it with Dr. Williams' Pink Pills. These pills have the marvellous property of building up the blood and toning up the nerves. That is proved by the case of Mrs. H. Eppinger, Scott Street, Vancouver, B.C., who says:—"Dr. Williams' Pink Pills brought back my health and strength and restored my nerves to normal condition after other medicines had failed. It was after the birth of my second child that I became so anaemic and nervous that I thought I would lose my mind as well as my strength. I tried several medicines, but got no relief until I was advised to try Dr. Williams' Pink Pills. After using a few boxes of these I could see a change. I felt stronger; my appetite was better, I slept better, and my nerves were stronger. I continued the use of the pills for some time, and again found myself a well woman, and I can sincerely say that my health has since been the best. I can cheerfully recommend the pills to all weak, run down women."

You can get these pills from your druggist, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Why He Didn't Reprove Them.

At a service recently conducted by a well-known minister, a pewful of young people behaved badly during the first part of the proceedings, whispering, fidgeting and giggling. The minister did not reprove them directly, but during the notices he said, "You will, I hope, excuse an interpolation at this point. While I have been standing in this pulpit to-night I have been reminded of some words of advice one of the professors gave to the students when I was in college. 'Be very chary of reprovng people publicly for behaving badly in church,' he said. 'Once when I was in a pastorate I paused in my sermon and administered a severe rebuke to a young man who was constantly talking and giggling and shuffling about. After I descended from the pulpit at the end of the service one of the officials of the church came to me and said, 'I think you were ill-advised in speaking severely to that young man, because the poor fellow is an idiot.' I was much chagrined to know that unwittingly I had added affliction to one who was already too sorely afflicted; and ever since then I have always refrained from reprovng those who behave badly in church, lest I should be reprovng another idiot."

"I will not say why I have recalled these words of my dear old tutor and will only add that they impressed me so much that I have never yet publicly reprovng bad behavior in church. The offertory will now be taken."

For the rest of the service the young offenders behaved perfectly.



Behind and After Him.

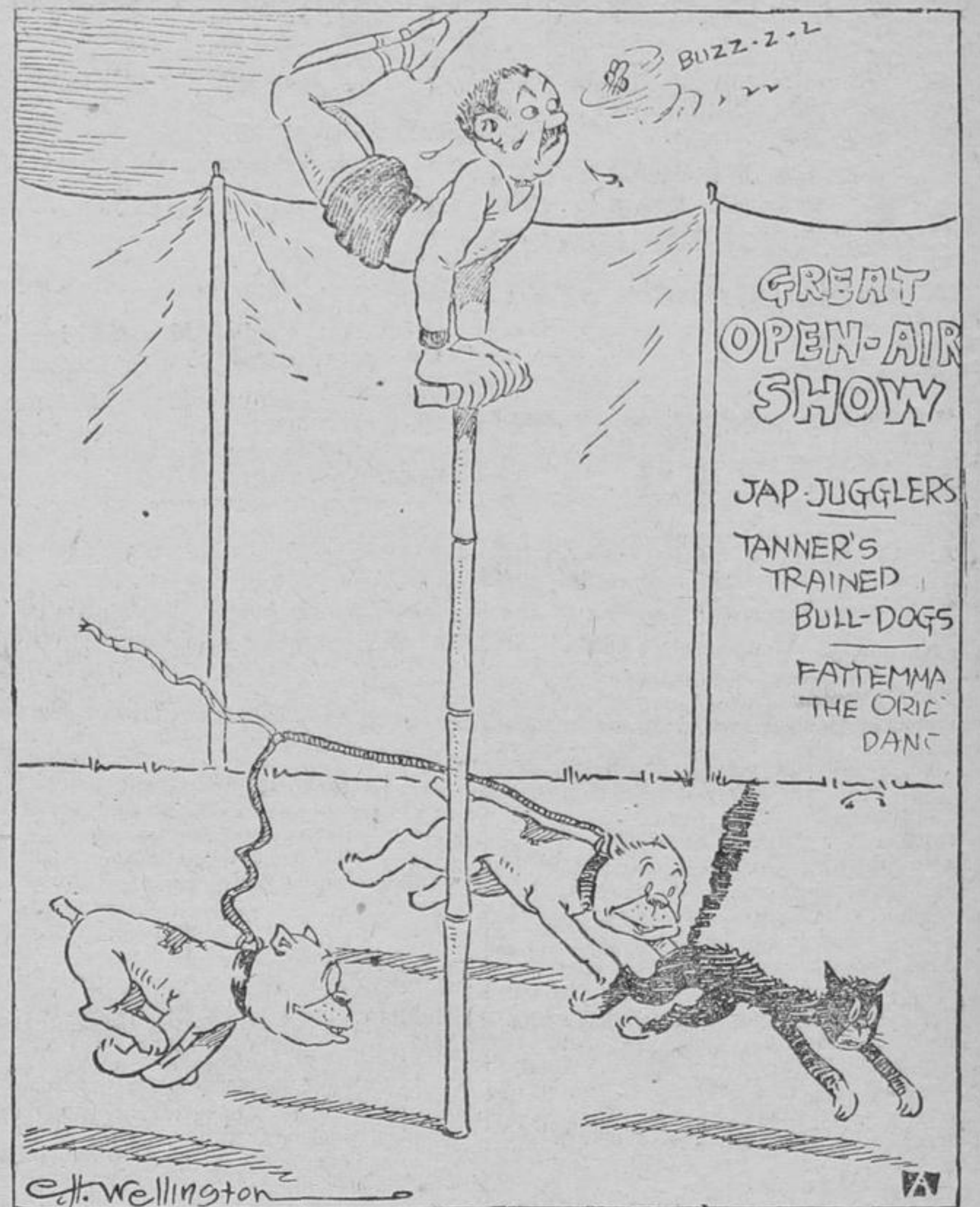
"Tom says he has a number of citizens behind him in his business operations."

"Yes—trying to catch up with him, I hear."

There is no room for salesmen like the one in the story who reported to his sales manager a number of interviews with prospective customers. He said he didn't get any orders but that each one was a feather in his cap. The sales manager wired back, "You've gathered enough feathers; fly home."

Among the curious things accidentally swallowed by human beings are open safety-pins, staples, small pieces of jewellery, small toys, and the metallic tip of an umbrella.

—AND THE WORST IS YET TO COME



Frankie's Reason.

As Frankie stood beside his mother, who was making some purchases, the grocer told him to help himself to a handful of nuts. But Frankie shook his head.

"Why, what's the matter?" asked the grocer. "Don't you like nuts?"

"Yes," replied Frankie.

"Well, go ahead and take some."

Frankie hesitated, whereupon the grocer put a generous handful in Frankie's pocket.

When they left the shop, his mother turned to her small son and asked: "Why did you not take the nuts when the kind man asked you?"

"Cause his hand was bigger than mine!" Frankie replied.

Aeroplanes are used for transporting racing pigeons. Hundreds of birds were recently brought from Belgium to London by air.

Claws on its wings as well as on its legs enable the hoatzin, a South American bird, to climb trees like a cat.

Birds of the Night.

Nighthawks and whippoorwills work chiefly at night, when most other birds are off duty, and at daybreak their work is taken up by the swifts and swallows. These birds are provided with big scooped mouths, and as they swing through the air over wide areas of country they scoop up almost unbelievable numbers of insects.

Homing pigeons probably are closer to the human family than any other form of winged life. The birds have remarkable intelligence. They mate in pairs, and the female of each union has exercised her right of suffrage to the extent that the male helps her in hatching out the eggs and in caring for and feeding the young.

Journeys in British Guiana which usually take six weeks by river are now to be done by aeroplane in three hours.

One of the most important things a salesman can learn is how to treat the customer who does not buy.—Frank Farrington.



Making wash day pleasant—

THE hardest part of wash-day, rubbing, rubbing, rubbing, has given way to the new method of soaking the clothes clean with Rinso. This wonderful new soap gently loosens the dirt and a thorough rinsing leaves things white and glistening as you never could get them before.

Only spots where the dirt is ground-in, such as neck bands, cuff edges, and the like need a light rubbing, and a little dry Rinso rubbed on these spots quickly makes the dirt disappear.

Rinso is sold by all grocers and department stores



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