Expectant Mother

Mothercraft Nurse Outlines Daily Routine During Pregnancy

"It is wiser to put up a fence at the top of a precipice than to maintain an ambulance at the bottom."

"The normal woman is never safer, healthier, happier, or more uplifted than during pregnancy. Life should run bright and full at these times: if the habits are simple, sensible, regular, and active, there is no ground for worry or anxiety as to childbirth. The expectant mother who takes proper care of herself, and avoids invalidism, is safeguarded all through. Nature can always be relied on to do her part kindly and surely, if the mother does hers," declares Mothercraft nurse.

"From the time of "conception" up to the time of what we call its "birth" the baby is a living, growing being, entirely dependent on its mother. All that the past can do for the baby, all that "heredity" can do, has been done nine months before its birth.

During the first nine eventful months of life in the womb the health of the mother is the health of the baby. The unborn babe is warmed by the mother's warmth, and fed with her blood. If the mother fails to take proper exercise and to breathe pure air she brings on indigestion and constipation, and tends to suffer headache, neuralgia, and weariness, because her blood becomes impure and poisoned. The most delicate and sensitive parts of the unborn child are its rapidly growing brain and nervous system; naturally these suffer most, but impurity of the mother's blood leaves no part of the young organism undamaged.

A baby fed for the first nine months of its life on impure blood (whether the impurity is due to the mother suffering from indigestion and constipation or to her taking alcohol) comes into the world handicapped.

The first duty of every mother is to spare no pains to keep herself strong and healthy and her blood pure, for the sake of her child. Indeed, she owes this duty to herself also, because if the mother is in good health before the baby is born she need have no anxiety that anything will go wrong at the time of birth." (Extract from The Expectant Mother and Baby's First Months by Sir F. Truby King, C.M.G., M.B., B.Sc. (Public Health Edin.)

She should see her doctor early in pregnancy, also her dentist. Her husband should be interested. So much health and happiness comes from sensible co-operation and life is easier when we take our responsibilities seriously.

Fresh air—Day and Night.

Sunshine—An important essential of life.

Exercise—An expectant mother should never shut herself indoors, but go out for a walk every day. She should carry on a normal life. A daily rest should be taken.

Water—Plenty of water to drink in between meals. Water helps in removing waste products from the body. Each organ of elimination must be kept in good working order if she is going to be healthy and have a pure blood stream.

Diet in Pregnancy—The mother and child's health depends so much on proper diet. Fresh fruit and vegetables, whole wheat meal flour, whole grain cereals, milk, butter, eggs, cheese and fish. Minerals are as important as vitamins. Care must be taken in cooking vegetables. Cook in very little water or in casserole, if cooked in water, use as little water as possible and do not throw this away but use as a soup. It contains valuable mineral salts. It is an excellent idea to take some raw apple or other raw fruit at each meal.

The Health of mother and child depends on good prenatal care." — Published under the auspices of the Canadian Mothercraft Society.

Parting Guest

I know I welcomed winter
With a delighted smile;
He was a zestful, keen guest,
I loved him—for a while—

But love is only transient,
It passes like a song.
Winter wore his welcome out
By staying far too long.

And such bewitching sunshine
Entices me today;
It has a touch of April
And just a hint of May.

Even my white hyacinth
And golden daffodils
Take on an added beauty
From sunny window sills.

So I speed my parting guest
With an impatient frown,
March wind, will you hurry, please,
And show him out of town!

Montreal, —K. A. Mackinnon.

Mr. Rudyard Kipling's strange Christian name was taken from the village of Rudyard, Staffordshire, where at a picnic his father and mother first met.

Try this fresh fragrant Green Tea

"SALADA"

JAPAN TEA

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Rainbow Gold

by

E. C. BULEY

SYNOPSIS

Dan Prescott and Gordon Westerby find gold in the arid bush of Australia. They stake their claim and start the long journey to the coast.

Westerby has a fiancee, Gladys Clements in England, but when they arrive in Sydney he marries a pretty blonde.

Gordon forwards a photo of Dan to former fiancee, Gladys Clements, in London and when Dan arrives she believe he is Gordon. Eve Gilchrist, a typist, obtains work in Medlicott's office, the broker who is floating the mine. Eve and Dan fall in love but when Eve is confronted by Gladys she believes in Dan's duplicity.

It was at Karachi that Amherst saw his opportunity, and suggested to Dan that it was worth grasping.

"I know this bit ahead of us, and the wind and the weather are just right for night-flying," he said. "With a bit of luck we can gain a lap on the standing record; but we must let them know we are coming."

"Suits me," Dan agreed. "Just whatever you say."

Their safe arrival at Calcutta, and their prompt departure from that point, woke the newspapers of Great Britain. Brief and cautious messages had previously recorded the progress of the flight of Amherst and a passenger, Prescott's name being carefully suppressed. After what had been published in London, it was better to be on the safe side. It was generally supposed that Dan was escaping from the consequences of his misdeeds.

But at Calcutta Amherst gave vent to some of his new found enthusiasm for his companion on the trip.

"Prescott running away?" he repeated indignantly when one newspaper made the suggestion. "Let me tell you, sir, that he's not the man to run away from anybody or anything. I don't know why he's in a hurry to get to Sydney. I never asked him, and I shouldn't advise you to ask neither. But the object of this flight is to get him to Sydney as soon as possible. He's paying for it, and he has no other idea in his head except getting there. Have you got that?"

"Flying records?" he continued, prompted by another question. "Mr. Prescott isn't interested in that. He doesn't know what the existing record is, and he doesn't care. And there's another thing. When we get to Port Darwin, if we ever do, I'm through. I'll turn her nose around, and go to bed for forty-eight hours. But Mr. Prescott hops into another bus that he has ordered by cable to Australia, and drives right ahead to Sydney. He'll get there, too; he's an iron man."

"Maybe he's flying to the deathbed of some friend," the reporter suggested idly.

Dan, who was at work on an overhaul, and not supposed to be listening, lifted up a haggard face at this.

"It might be a death-bed all right, if he doesn't behave himself," he said, and that was as far as he went in the way of explanation of his haste.

By the time the two adventurers reached Singapore Dan Prescott was a world-famed figure. He was the man who was, in a simple and practical way, showing the British Empire how the gaps of time and space could be bridged. He was a bold pioneer, doing for the first time what those of the next generation would accept as the merest matter of course.

There was a great crowd to welcome them on their landing at Singapore. Their luck had not only been good, but phenomenal. The wind had always been favourable, and—perhaps as a result of Amherst's precautions and Dan's tireless industry—no mechanical trouble of any kind had ever threatened their advance.

There were cables for both men; cables for Dan from Medlicott and from Cairns. The news that sufficient capital had been obtained to meet all requirements, and that Slade had been instructed to prepare for a big push immediately on Dan's arrival left him quite unmoved. The report of Cairns, explaining the changed attitude of the "Record-Courier," he did not even read to the end. He was not interested in Gladys Clements, or in the steps proposed to punish his detractors.

"Bad news, old son?" Amherst asked, scanning Dan's gloomy face. "You look pipped, somehow."

"News is all right," Dan said sombrely. "When do we push off from here?"

He had been hoping though he did not admit as much even to himself—that Eve might have relented and sent him some message of encouragement and goodwill. If not in her own name, she might have got Medlicott to put a few words in, just to show that they were still friends.

Clearly, Eve had meant it when she said that she never wished to see him again; that he no longer existed for her.

And all the time Eve, away in London, was smiling bravely in the attempt to hide what she really believed was a breaking heart.

She moved in a whirlwind of activity and joyful bustle. All about her were people openly triumphant and wildly optimistic, and all this commotion centred about the man she loved, and had dismissed so summarily. And, what seemed to the girl so utterly cruel and inhumanly inconsiderate, not one of her associates was able to spare a thought for her predicament.

Medlicott, for instance, who had been at such pains to show her that she had been unjust and hasty in her treatment of Dan, and who had laid so much stress on the importance of a reconciliation without loss of time. This very Medlicott now dictated to her a cable to Dan, composed without any regard to cost, and had not troubled to include one word referring to Eve.

Mr. Cairns also employed her as a secretary, and he in turn dictated lengthly communications, all referring to the course he was taking with Gladys Clements and the "Record-Courier". But it never seemed to strike the lawyer that Dan's relations with another girl might be a matter of some importance. He blandly ignored that side of the question although Eve knew he was well posted as to the reason of Dan's sudden flight to Australia.

(To Be Continued)

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BABY'S KNITTED SET PATTERN 1177

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Pattern 1177 comes to you with directions for making the sweater and cap in an infant and one year size (both given in one pattern); illustrations of the set, and of all stitches used; material requirements.

Send 20 cents in stamps or coin (coin preferred) for this pattern to Needlecraft Dept., Wilson Publishing, 73 Adelaide W., Toronto. Write plainly PATTERN NUMBER, your NAME and ADDRESS.

When The Buffalo Wore Two Coats

(From the Regina Leader-Post)

The Leader-Post's inquiring reporter took a half hour off to interview a number of old-timers on the present state of the weather compared with the old days. Here are some of the views:

Ezra Peters, Lemon Hill, Sask.: "She sure stayed down pretty steady in January, but it ain't nothing to what it was in '92. I was hauling cord wood from the valley that Winter and the wood froze right to the sleigh rack so we had to burn the rack because we couldn't get it away from the wood. Yes, sir, that was a cold Winter and the next Summer we had a great crop of wheat, mosquitoes and bill collectors."

Beniah Bentley, Spruce Crik, Sask.: "Weather, did you say? Yep. I see it's pretty cold all right, but not like it was back in '82, when I was riding herd west of Wood Mountain. Me and Ike Weever shot a buffalo bull that Winter and the son-of-a-gun was wearing two buffalo coats. And, by cripes, he needed them."

Ira Swatfoot, Moose Mountain: "To tell you the truth, young feller, I think she's been pretty cold the last couple of weeks. It pretty near froze my mother-in-law stiff in January, but we didn't notice much change in her. But I was out one day there a couple of weeks ago, and I sure would have froze my ears off if it hadn't been that I had froze them off completely back in the cold Winter of 1907. Having no ears now, and knowing enough to keep my nose out of other people's business, I get along pretty well now, Winter and Summer. Good day."

Henry Woolbottom, Goose Gulch, Sask.: "Weather? What weather? Cold weather? Who cares? I ain't been out of the house since Christmas. If you're looking for weather, go outside and get it. I'm staying in"

Early to Bed Undergoes Revision

EDMONTON, — A group of University of Alberta students here believe they have found the secret of scholastic success. They go to bed at 7 p.m. and arise at 1 a.m. From then until lectures start they study.

"There is always a tendency to criticise sovereigns till they have been able to forge their own greatness."—The Dean of Windsor.

Daily Newspapers Being Issued By United States Government

From the New York Times

The initial issue of the first official daily newspaper of the United States Government rolled from the giant presses of the Government Printing Office the other day.

Edited, published and circulated by Government personnel, it is devoted exclusively to the rules, orders, regulations, specifications and judicial interpretations of the executive branch of the Federal establishment.

A special appropriation of $100,000 is available from the recent Deficiency Bill to finance the venture through the remainder of the 1936 fiscal year, which ends June 30 next. The daily is officially styled The Federal Register and is in the same format as The Congressional Record, the closest approach heretofore in American history to the official gazettes of other great capitals.

The Congressional Record, however, is devoted exclusively to the transactions and debates of the House and Senate and appears only when Congress is in session. It is published by and for Congress and never has been offered as an official record of government. By contrast, The Federal Register undertakes to present in official, authoritative and uniform manner the multifarious decisions of the 130-odd Federal administrative units.

It will be a formal journal, devoted exclusively to official texts. Editorial comment is specifically forbidden by the statute creating the enterprise. News of matters beyond the administrative and quasi-judicial agencies is to be limited sharply to the official utterances of department or bureau chiefs, as transmitted formally to the Federal Register Administrative Committee, composed of the Archivist of the United States, an Assistant Attorney General and the Public Printer.

The Register will appear daily throughout the year except on Sundays and Mondays and days following holidays.

The initial run was 15,000 copies. About 4,000 copies are required in the Government departments and agencies, principally in their legal divisions. The remaining copies are for sale at 5 cents a single copy, $1 a month by subscription or $10 a year.

A survey by the American Bar Association showed a wide potential demand for such a daily record among attorneys, newspaper editors, scholars and business men.

New orders, the survey of the Association disclosed, aggregate approximately 200,000 words monthly in simple text. Perhaps an equal volume of interpretations, rulings and decisions follows each month's orders.

Henceforward all current orders will be published daily in official text in the Federal Register. As rapidly as possible the existing body of administrative law will be codified, department by department and bureau by bureau.

"It is quite clear that if all the world is rearming we cannot be defenceless."—Mr. Lloyd George.

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