

I'm a thin little baby, I kick and I squeal;
"She's a bad baby, every one said,
But not at the clinic they say: "Not at all!
She's not being properly fed."

Nothing Is Good As Mother's Milk

MOTHER'S milk is the normal food of all young animals, and in each species the milk is adapted to the growth needs as well as to the digestive powers of the young of that species. Unlike most young animals, the human infant is born long before the time at which he was intended to dispense with maternal nourishment, for a child does not develop teeth or the ability to take solid food until many months after birth.

An infant deprived of mother's milk, to which the partially developed digestive system is adapted, must be fed with the greatest care and intelligence. There is nothing "just as good as mother's milk." Breast feeding depends largely on the care the mother takes of herself before birth. She should have good food and care during pregnancy; skilled assistance at confinement; rest and good care during lying-in period. After birth she should have ample nourishment diet and plenty of liquids; attention to constipation; sufficient sleep and rest; outdoor airing, gradually increased exercise and recreation.

All good food can be turned into milk but milk in the mother's diet is the best milk producer.

Breast milk can be modified to suit the baby. Mother's milk if scanty and inadequate, even on plenty of food and drink, should be conserved and supplemented by bottle feeding. Some breast milk is much better than none and should be jealously guarded during the first six months of an infant's life. The danger period comes in the early months. Artificially fed infants die during the first year of life in a far greater proportion than those that are breast-fed for at least the first six months.

If breast milk does not agree with the baby do not wean him until you have tried: Improving the quantity of the milk by attention to the mother's diet, intake of liquids, and details of her daily life; feeding the baby at regular four-hour intervals; shortening the length of stage feedings; giving one half to one ounce of boiled water before each nursing. If breast milk is scanty, giving some diluted cow's milk after one or more feedings.

If breast milk is supplemented by bottle milk it is better to give both at one feeding rather than alternate the two. The breast is apt to dry up if the child does not nurse at least every four hours.

Mothers' Forum Devoted to Babies And Their Welfare

THE lung test is an important part of the eugenic test given every Wednesday at the Parents' Educational bureau in the Multnomah county courthouse, by which the little folk are graded according to their physical fitness.



Breast-fed babies should be fed just as regularly as bottle-fed babies, for in this way the stomach has regular periods of rest and proper habits are started early. A well baby does better if nursed only every three hours than when fed more frequently. Many infants do best on a four hour interval. During the early weeks of life two night nursings between 8 p. m. and 6 a. m. may be needed, but as soon as possible not more than one night nursing should be given. Some very vigorous babies will sleep through

the entire night without nursing, but most infants require one night feeding until the end of the first year. Wake the baby during the day time to nurse, and see that he does not sleep or play while at the breast. The average length of time for a nursing is from 10 to 20 minutes. Occasionally vigorous baby gets enough food in less time. Weaning should be gradual and should be completed by the end of the first year. Therefore, when the breast milk begins to fail or by the ninth month in

Assistance to Mothers Is Offered

PORTLAND has the good fortune to have a well conducted bureau for the education of mothers and the testing of babies, the Parents' educational bureau with headquarters at 551 Courthouse, which is operated by the Oregon Parent-Teacher association, filling a great need in the lives of thousands of mothers and babies.

The objects of the bureau are set forth as follows:
To bring young wives and husbands (1) a knowledge of prenatal influences, (2) a knowledge of infant hygiene, (3) literature and private consultation in regard to babies, adolescence, sex hygiene and the training of the children.

To show (1) by eugenic tests, correct standard of measurements for babies and to suggest such treatment as will correct defects shown by the tests, (2) to demonstrate by lectures the proper care of the babe, including the food and clothing. In short to be the clearing-house of information for parents on better babies, eugenics, sex hygiene, food for infants and the guiding of children.

The bureau was established April 21, 1913, with the idea of giving a permanent bureau for the information and education of parents. During the past year, May 1, 1914, to May 1, 1915, 6640 visited the bureau. Many of these were young wives and expectant mothers, needing comfort as well as information. Eugenic tests are held each week. From November 1, 1913, to May 1, 1915—2162 babies have been examined. These tests are tests, not contests, no prizes being given. The object is purely educational, to show the mother not where her baby is perfect, but where it may need care for proper development.

A series of practical talks and demonstrations have been conducted at headquarters each week.

In any case, begin part bottle feeding. Orange juice diluted with water may be given to a nursing baby after the third month and should be included in the diet by the end of the first year. By the tenth month a small amount of well cooked cereal, such as farina, may be given once a day before a feeding.

Almost automatic in its operation is a new cabinet for quickly developing X-ray photographs for dentists' use.

Steam Is Best Remedy for Croup

CROUP is an alarming but practically never fatal disease. It is most frequent between the sixth month and third year. Attacks are liable to occur three nights in succession, though the child in the daytime usually appears well. Toward midnight the breathing will become noisy, especially the indrawn breath. There will be a tight, hoarse, barking cough. The child may awaken and terrify and struggle for breath, sweating and showing signs of great prostration. In three or four hours the attack wears away and the child falls asleep.

If the breathing becomes difficult, a doctor should be sent for. Ordinary cases a cool-headed mother can handle herself. Do not let the child be frightened by your agitated manner, especially when beginning to use steam, which is the

I'm a cry baby; I cry all the time.
And they shake me to make me be good!
But the nurse at the clinic says another must
stop
This giving me grown peoples' food.

best remedy. As soon as noisy breathing or the croupy cough is noticed, if possible before the baby awakens, make a tent over the baby by completely covering the crib with a sheet, or by placing an open umbrella over baby's head and draping this snugly with a sheet. Now fill the tent with steam. To do this put boiling water in a "croup kettle," keep it boiling over its alcohol lamp beneath the crib, and conduct the steam into the tent, a little distance from baby's face, through a long spout. If you have not a croup kettle, use an ordinary tea kettle the same way, adding to the length of the spout by fastening a funnel of paper or cloth to the spout. Allow baby to breathe steam till relieved.

Something of the same arrangement can be made with umbrella and sheet for a tent by moving baby into the kitchen, where a kettle of water is boiling. Remember, though, that steam direct from the spout scalds like boiling water. Keep baby back where the vapor is warm, not dangerously hot. A safer way, if the house is piped with hot water, is to take baby into both filling tubs, etc. Keep baby in this warm, moist air till breathing is normal again. In the meantime warm the bedroom so baby

will not catch cold, change to dry clothing, tuck baby in bed, then cool the bedroom gradually.

Should the child appear to be choking with croup, vomiting will relieve it. Some physicians advise the giving of 10 drops of ipecac every 15 minutes until vomiting occurs. Another way is to give one teaspoonful of hot vaseline, hot castor oil or hot goose fat; of course, not so hot as to burn the child. Vomiting usually follows as soon as the child has swallowed the dose, but if not repeat the dose as often as necessary.

Very often cloths wrung out of hot water and applied to the child's neck will relieve croup. Be careful not to scald the tender skin.

If diphtheria exists in the neighborhood the physician should be summoned

on observing the first croupy symptom, because of diphtheria of the larynx (or membranous croup) is sometimes mistaken for ordinary croup. It usually comes on more gradually than real croup, and is, of course, very dangerous.

Except for two or three days following the attack of croup, keep croupy children outdoors as much as possible. Harden by bathing neck and chest daily with cold water. Keep feet dry. Have child examined for adenoids and enlarged tonsils. Unless weather is unusually cold or raw, keep the bedroom windows all ways open. Keep the bowels open and give castor oil after an attack. Feed an abundance of nourishing food, but let the supper be light. Croupy children nearly always suffer an attack if the supper is heavy or indigestible.

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