

The child is father of the man.—Wordsworth.

Mothers' Forum Devoted to Babies And Their Welfare

Never shall thou the heavens see.
Save as a little child thou be.—Lanier.

Watch Should Be Kept on Weight

GENERALLY speaking, a 7½ pound baby, normal and healthy in every way, will weigh twice as much, or about 15 pounds, by the fifth month, and three times as much, or about 22 pounds, at one year. But weight varies greatly, even among healthy babies of the same age. A baby should be weighed every week. Loss of weight is serious, and a failure to increase in a well baby usually indicates that the food should be strengthened. Do not count ounces too closely, as immediately after a feeding or bowel movement there will always be a few ounces difference. During teething, and while establishing an infant on a new food the gain is usually slow.

During the first month, however, it is not a bad idea where possible to weight the baby on sensitive scales immediately before and after nursing. This is to determine whether the baby is actually nursing or faking. Occasionally a new born baby will get the nipple under its tongue and it does it will receive little or no nourishment and will suffer from lack of food similarly as if it were starved. Experienced mothers are not often deceived, but there are some exceptions even with them. In the case of a first child the new mother is most likely to be deceived. The appreciation in weight should be about 3 ounces after the nursing is concluded.

Weight and development have much to do with a baby's stomach capacity and food requirements. The stomach capacity at birth is usually two or three ounces. This increases rapidly the first three months, but slowly the fourth, fifth and sixth months. A strong, big 4 months old baby often requires the food of a five or six month child, both in strength and amount. When the baby stops gaining, feed more, or increase the strength of the milk part.

"Drooling," which is one of the first signs of approaching dentition, frequently begins as early as the third month. Bites should be worn, and change as soon as damp. Absorbent cotton worn between the wool shirt and the baby's bosom helps also to protect the lungs.

The teeth are deep seated, and the child may be teething long before the teeth appear. A baby may be nervous, restless at night, peevish and feverish, as the teething jaws will ache. Often it will sleep with eyes partly open and eyeballs rolled up. Vomiting, loose bowels, skin eruptions, and loss of weight are common but very serious ailments of the teething period. Never neglect a disorder because a child is "teething."

Instead, treat it promptly. If there is loss of appetite offer food regularly, but do not force the child beyond its inclination. If the child is strong and decomposes quickly use lime water and use a drop or two of milk of magnesia to each feeding. This small amount will not act on the bowels, but will help overcome acidity.

The average child cuts its first tooth at seven months. Usually there are six teeth at 12 months, 12 teeth at 18 months, 18 teeth at two years and all 20 at two and one half years. Babies differ considerably in the time and order of teething, but if the teeth do not start coming before one year it is well to see a doctor, especially if the child has been slow in sitting up. It may have rickets. Any long illness is liable to delay teething.

It is highly desirable, if the mother is healthy and her milk good, to nurse the baby nine or 10 months, or longer, if by so doing the baby can be breast-fed through a hot summer. Most babies, however, rather lose than gain by being nursed 18 or 14 months, because the mother's milk by this time is usually not very nourishing. Most American mothers find great difficulty in nursing their babies for even three or four months. Weaning should be gradual not sudden. Doctors advocate giving the baby one or two bottles daily almost from the start. This accustoms the child to the bottle, allows the mother time for needed recreation, and prepares for emergency, such as the mother's enforced absence or sickness.

New Renaissance To Reflect Living World, Says Critic

"The new Renaissance will not deal with the literature of dead nations, but with the facts of a living world," declared Dr. Ernest Martin Hopkins, president of Dartmouth college, in a vigorous vespers address at Reed college Sunday afternoon.

"Mind your own business" and "every man for himself and the devil take the hindmost" are slogans of a past age, according to Dr. Hopkins. "The new Renaissance is passing. The present world demands cooperation, mutualism. There is a demand for service to the community and it is the duty of the college to encourage and develop this idea. Group prosperity is contingent upon cooperation in opposition to individualism."

The Reed chapel was filled with students, faculty and regents of Reed and many Dartmouth alumni. Dr. J. Earl Thornton, county auditor, will seek the nomination for a second term. Miss Pearl Benjamin, for two years deputy clerk, has been appointed city clerk to succeed Eugene Taylor, who resigned, and has chosen as her assistant Miss Elva Becker, now employed in the county treasurer's office.

Women of Yakima Are Taking Active Part in Politics

Yakima, Wash., March 22.—Mrs. Lillian Busch, for five years bookkeeper in the county treasurer's office, will make the race for nomination for county treasurer on the Republican ticket. Mrs. Frank Clemmer, deputy in the clerk's office, will seek to succeed her husband as clerk of the county. Mrs. J. Earl Thornton, county auditor, will seek the nomination for a second term. Miss Pearl Benjamin, for two years deputy clerk, has been appointed city clerk to succeed Eugene Taylor, who resigned, and has chosen as her assistant Miss Elva Becker, now employed in the county treasurer's office.

R. P. Parker and William E. Burns, both married, were instantly killed when the car they were driving left the road three miles above the Naches power plant of the Pacific Power & Light company and plunged over the hillside into the Wapato canal. The canal is concrete lined. It was necessary to turn the water out of the canal before the bodies were recovered.

Yakima is to entertain the 1920 state convention of the triple alliance, according to D. C. Coates, president of the alliance, about the middle of June. It is estimated that 400 to 500 delegates will attend.

MISS MARY BLOSSOM, one of the most valued workers at the Portland Educational bureau, giving a lively youngster one of the eugenics tests. This bureau is a valuable agency that offers opportunity to parents to ascertain positively the physical condition of their babies.



Pathetic Story Of Real Life Like Fiction

FROM a middle western city comes a tale of mother love, secrecy and mental anguish such as are often told in story books, but seldom enacted in real life. The wife of a Chicago millionaire adopted an infant from St. Vincent's orphanage four months ago. The baby was rolled into a fur robe where she hid at night, just like the story brings them to the home of its new mother. The mother was too ill to see her friends, and a little later there was an announcement that this new baby was a bright little girl and was "doing nicely."

There was no whisper about an orphanage or the heartbroken little mother who had to give up the baby because she couldn't give it what it should have—a father and a few of the other necessities of life.

Big boxes of dainty things began to pour in at the home that had so long been babyless. Little silk quilts with satin roses on them, lacy hoods and dresses and satin booties arrived.

Then a pretty nurse who was a cunning white ruffian on her hair, the one thing the baby would condescend to smile at, was secured to care for her, and the mother, baby and nurse went to California for the winter season.

In the California hotel where the trio lived there were other rich women and other nurses with their little caps that evoked smiles from other very young babies.

When the new mother left Chicago she had cautioned the sisters at the orphanage: "No one must know—ever—that this is not my baby." The sisters promised.

Almost the first person the new mother saw in the big hotel was a nurse she had seen at St. Vincent's. It was this nurse who brought the news home to the sister. "I wouldn't have told for the world," she said, "but I think she feared that I might and she didn't want anyone to know it was not hers, so she took the baby and they all left next day for Chicago."

"But the mother didn't get half the fright I got," the nurse added. "Two miles away from her the real mother of that baby, who has herself taken up nursing, was caring for the



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Mothers-to-Be Are Advised On Diet

THE food of an expectant mother need not differ materially from that to which she has been accustomed, provided that her diet previously has been chosen with due regard to its suitability. Any food or drink which causes distress, or even discomfort, because of indigestion, should be avoided at all times, but with this exception an expectant mother may safely follow the dictates of her appetite as to the choice of her food. Most women will "spoon" what is bad for them and what they crave will not be harmful.

There are, however, certain general principles that she should take into consideration. One of these is that the excretory organs—the bowels, the kidneys and the skin—should be kept in the best possible condition, because during the period of expectancy the mother must get rid of not only her own waste products but also those of the unborn child. It will be found, therefore, that a light, laxative diet, which is at the same time satisfying and nutritious, will tend to keep her in health. An ideal diet includes a relatively large proportion of liquids, a small proportion of meats, and a correspondingly generous proportion of fresh fruits and vegetables. Most physicians agree that meat should not be eaten often than once a day, but allow a wider latitude in the choice of other foods.

It is well to understand that the accumulation of waste products in the system is the cause of various minor ailments during the expectant period as well as some of the more serious complications. Since liquids help the bowels, kidneys and skin to throw off these waste products and therefore do away with some of the sources of danger at this time, it is important that liquids should form a large part of the diet of every expectant mother. The proper amount to be taken in 24 hours varies in different cases, but at least two quarts of liquid are needed, and sometimes three quarts. Much of this should be in the form of water. Specifically, expectant mothers will need to usually drink from four to eight glasses a day.

Other liquid foods are cocoa and chocolate, soups and broths, buttermilk and sweet milk. The last named is especially valuable in the diet of expectancy, since milk not only contains all the elements of a perfect food, but is valuable for stimulating the kidneys to healthful action. Also, if the habit of drinking milk is established during this period it will be an excellent preparation for maternal nursing. Every effort should be made to cultivate the taste for milk, for there is no other one food so indispensable to the mother of a nursing baby.

Labor Party Breaks With Autocrats of A. F. of L., Says Kohn

By Mildred Morris
Washington, March 22.—(I. N. S.)—The labor party will hold a convention in Chicago July 4 "to declare its independence of the old parties and the autocratic clique that rules the American Federation of Labor," William J. Kohn, a member of the executive committee, and head of the New York city branch of the party, said here today.

Candidates for president and vice-president will be nominated. Kohn, who is leader of the "rebel group" in the federation, said: "We had planned to hold our convention at the same time and in the same place as the convention of the American Federation of Labor. On hearing our plans the executive council of the federation selected Montreal, Canada, as the federation's meeting place. Next year, in order to get away from us, they will probably select some place in Europe."

Horsemen's Day at Hermiston Success; Made Annual Event

Hermiston, March 22.—Horsemen's day at Hermiston, Saturday, was a decided success. The weather was ideal and a large crowd attended. The boys' hitching contest was won by Henry Allen of Hermiston, with Laird Donaldson of Columbia a close second. Three tied on guessing the aggregate weight of three horses. The guesses were 3900 pounds, which was the combined weight of a pound.

The winners are Ervin Thomas, P. F. Ward and A. Lundenburg. In the pulling contest for teams of 3000 or over, J. H. Savoy of Hermiston won first and Fred Laughlin of Stanfield second. In the pulling contest for teams under 3000, John McElroy of Hermiston won first and Charles Ware of Butter Creek second.

It was decided to make Horsemen's day an annual event, and County Agent Benson was appointed to name a committee on arrangements.



A BOON to all Portland babies is the exclusive Baby's Boudoir Shop. It holds baby's comfort above all else. There is a method to the planning and cutting of the little garments shown there that is found in no other baby garments made in Portland. Beauty and daintiness is carefully sought, but above all else great care is taken that little articles of baby's wardrobe shall put no restraint upon the growing body. Provide for your baby's happiness by outfitting it at this pleasant Baby's shop.



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Doctor Scoffs at Influence on the Unborn Child

THE popularly accepted pre-natal influence theory was scoffed at by Professor Edmund S. Conklin, head of the department of psychology in the University of Oregon, in an address given by him before the women of Salem recently. He told of a number of absurd instances to illustrate his point. One was of a baby who had a diamond shaped growth upon its head, the result, as one old woman informed the mother, of her card playing propensities.

He said that the old theory of looking at beautiful pictures, statues, reading pleasing literature and listening to good music was all very well and commendable at any time, but that these things did not "mark" the unborn child.

He spoke briefly upon evolution, explaining that the characteristics of innate love of the open fire, and the peculiar response to the moon, were but the outcome of generations of life in the open.

"There is no nervous connection between the parent and the child," he declared. "Poison in the circulatory system produces defective children—feeble minded parents never producing other than feeble minded offspring."

"The mental life is closely associated with the chemical life of the human system, and other emotions throw poisons into the chemical system and affect the unborn child. Too much emotion along any line is liable to affect a child's digestive system, or other organs, disastrously."

Dr. Conklin said that it is possible to alter the natural temperament by proper environment, as continual influence gradually breaks down the undesirable traits in a child. Proper reading, writing and speaking gradually show results, although the natural trend is never entirely overcome.

He culminated his talk with interesting accounts of incidents of the "foetus child fantasy."

Dr. B. F. Pound followed with a very profitable discussion concerning the care of children's teeth.

To My Mother
My little baby lies along my arm,
And looking at her there the glad tears press,
And, like a tidal wave of tenderness,
The years of love since I lay cradled go—

Unfathomed love enfolding me from harm—
Return and flood my life. For now I know.
—ANN DEVOORE.

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Even five dollars a month saved from now till your son is of college age will mean a large part of his tuition and incidental expenses. Begin to save, and let this home bank be your helper.

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Malnutrition will not only stunt the growth of his body, but the growth of his brain as well. MILK is the one best remedy for malnutrition.

The under-nourished child cannot compete at school in either study or sports with the children who drink plenty of MILK.

Is your child under weight? Milk is the best weight-giving food. A quart a day will help him grow normally and keep up his energy.

Drink a quart a day

