

"Swat flies." They are a real menace to the baby, who cannot defend himself against them.

Mothers' Forum Devoted to Babies And Their Welfare

Excessive Heat Menace to Infants

BECAUSE of the way in which babies went down before the summer heat, a rich merchant of Brooklyn was led to establish milk stations in that city about 26 years ago. Infant deaths decreased rapidly with each year that these milk stations supplied poor mothers. By the multiplication of infant welfare stations, visiting nurses and various forms of educational work for mothers, New York city has lowered its "summer peak" with the result that its infant mortality was reduced from 111.6 infant deaths per 1000 live births in 1911 to 93.1 in 1916.

Excessive heat is a grave menace to the health and life of babies. They must battle not only with the immediate weakening brought about by heat, but also with a possibly infected milk supply. In hot weather the public milk supply is easily infected with disease germs which multiply with tremendous rapidity. If the milk supply is poor, the dangers are enormously increased by the heat. Even if the milk is clean when it reaches the home, it can be kept so only by great care. Unfortunately, the public milk supply is often not adequately protected from dirt; many families have no ice; and many mothers lack knowledge of how to take proper care of the milk in the home.

Hot weather is thus a time of great hazard to infant life. However, it is in the decrease of deaths from the summer diarrheas that the most striking work for the reduction of infant mortality in this and other countries has been and is being done. The methods of reduction in this field are now well understood. They consist essentially in such things as:

1. Insistence upon breast feeding for at least the first six months of the baby's life.

2. Instruction of the mother in the best methods of infant care, particularly breast feeding, and, later, artificial feeding.

3. Improvement of the milk supply and the spread of popular knowledge regarding its care and use.

The work necessary to reduce infant mortality is being done by a large number of children's health centers throughout the country by means of an increasing number of public health nurses and by the distribution of free educational literature on these subjects. The result is shown in the constant though slow reduction of the infant death rate in later months of the

LEFT to right—Robert D. Bloomfield, son of Mr. and Mrs. O. L. Bloomfield, who scored 100 per cent at two and a half years; James Lovell Jr., son of Mr. and Mrs. W. Lovell of Astoria, who scored 91½ per cent at 15 months.



Photo by Bushnell

Messenger Boys Buy Automobiles To Do Their Work

Chicago, April 26.—(U. P.)—Messenger boys have a new alibi for slow deliveries—"the car got stalled."

Seven messenger boys here use automobiles in delivering telegrams—they own the cars themselves—it was learned today.

They are paid 85 cents an hour and time and a half for overtime. James Dempsey, one of the automobile messenger boys, said the seven boys bought their automobiles with money saved from their wages.

year by comparing the rate for 1916 with that of 1910. Practically all the reduction so far made is with respect to digestive disorders.

Love Expressed

O mothers, like me, who are weary, And often too hastily chide, Keep not your fond word for the sleepers.

Nor wait for the darkness to hide The love welling up from the heart-spring

When kneeling your darling beside, Let us give of our best in the daytime; Let mother-love brighten and bless The pathway the dear ones must travel.

Too soon will life's burdens oppress; Let their be the joy to remember Mother's smile and her tender caress.

—Mary K. Buck.

If infant mortality is to be controlled the work for that purpose must begin in the pre-natal period, and must include proper medical and nursing care for the mother at the time of child-birth.

Infants Like Plants Need Sunshine

SUNSHINE is as necessary for the baby as for the plant, and a baby deprived of it will pine and droop just as a plant does; therefore the room in which the sun shines for the longest period of the day should be chosen for the nursery.

The room should have a constant supply of fresh air, as the baby will be much less liable to illness than when he is deprived of it. To "air" a room at intervals by opening the windows is well, but a far better plan is to have a continual stream of fresh air flowing through. To do this the windows must be opened on opposite sides of the room in order to secure a cross draft, which is always necessary to real ventilation. When the outside temperature is so extremely low that a comfortable temperature can not be maintained with the windows open, outside air should be frequently admitted by opening wide the windows on opposite sides and flushing every part of the room for a few moments. In severe weather it is a good plan to air the nursery whenever the baby is taken into another room. In all the mild months the windows should be kept constantly open night and day.

The overwhelming importance of fresh air to children is strikingly shown in a recent English report on the mortality, by different age groups, among the inhabitants of well-ventilated and ill-ventilated houses in the same towns. The families chosen were of similar income and social status.

The general result of this investigation was to show that in the group comprising children under 5 years of age not only were the deaths from disease of the respiratory tract, such as pneumonia and bronchitis, far more frequent in the badly ventilated houses, as might have been expected, but the deaths from diseases caused by defective development and malnutrition were 40 per cent higher in the poorly ventilated houses than in those which had thorough ventilation, showing the great importance of fresh air to all young children.

The Riches of Motherhood
Don't wear the crown of motherhood? Then praise Him for His gift so good—For hands that cling, and little feet To guide, and for His use make meet. And to thy trust be true, dear heart, Since rich and prosperous thou art.
—Ella S. White.

Recording of Child's Birth Important

IS your child's birth recorded?

It is important that it should be: To prove his age and citizenship; to prove his right to go to school; to prove his right to work; to prove his right to an inheritance; to prove his right to marry; to prove his right to hold office; to prove his right to secure passports for foreign travel and to prove his mother's right to a widow's pension.

The drafting of thousands of men for military service has emphasized the need for more complete birth registration. Young men have been confronted with the necessity of furnishing proof of age and citizenship, and have found proof lacking on account of faulty laws or imperfect enforcement of the law.

The birth registration area comprises 20 states and the District of Columbia, and includes over half the population of the United States. In these states 90 per cent of the births are recorded.

Connecticut, District of Columbia, Indiana, Kansas, Kentucky, Maine, Maryland, Massachusetts, Michigan, Minnesota, New Hampshire, New York, North Carolina, Ohio, Pennsylvania, Rhode Island, Utah, Vermont, Virginia, Washington, Wisconsin.

The law requires that the baby's birth be reported by the physician, the nurse, or midwife in attendance to the health officer, or town clerk, who reports it to the state board of health. If you are not sure that this has been done for your baby, write to the state board of health, and if they have no record they will send you a blank, on which you may record the child's birth, yourself. It is not too late at any time, and may be very important for him in the years to come.

His Pipes Needed Cleaning
From the Youngstown Telegram.

A minstrel singer, visiting in the home of local friends not long since, entertained the family of his host with several songs, greatly to the delight of three small girls in the household.

After a song or two the minstrel observed in theatrical parlance: "My pipes seem to be a little stuffed up." The smallest girl left the room and soon returned with a box, which she handed the minstrel. "What are these?" he asked; "throat lozenges?" "No," the child replied; "they're papa's pipe cleaners."

Give the baby a fighting chance—feed him well, let him sleep and don't fuss him—and nature will do the rest.

Way to Dress In Comfort Is Told

THE first purpose of clothing is to keep the body suitably warm in order to maintain an even circulation of blood and keep the sweat glands active. On this account it is wise, except in summer, when the heat of the weather keeps up a free perspiration, to wear sufficiently warm clothing, and to wear it so evenly distributed over the whole surface of the body that the various parts are kept at approximately the same temperature. Clothing, of course, must be adapted to the demands of climate and season.

Nowadays it is possible to have maternity clothing which is not only perfectly healthful, but both comfortable and pleasing without being conspicuous, so that the prospective mother need not deny herself the pleasure of going out among her friends. Any large pattern book will afford the necessary models, and such garments can be readily reproduced by the home dressmaker in whatever materials one may have at hand. The present fashion, which has waist and skirt fastened together at the belt and the skirt very full, is a very light-weight petticoat, is distinctly advantageous to the woman preparing a maternity wardrobe. Union undergarments with or without neck and sleeves according to the weather; a maternity waist or corset without bones; side elastics fastened to the corset or waist, are suitable to this condition. Thus clothed, there will be no dragging skirts, nothing to bind the abdomen and breasts, and no garters to impede the circulation and cause varicose veins.

The ordinary corset should be discarded early in the expectant period. The present day "straight front" corset, which is so great an advance upon any previous model in general hygienic qualities, is, nevertheless, not adapted to the enlarging breasts and abdomen of that period. There are, however, models which are intended for this purpose, and unless a woman decides to do without a corset entirely, it will add greatly to her convenience and comfort if she provides herself with one of the proper sort. In the later weeks an abdominal support will often be found helpful.

Since there is nothing that more effectively disturbs the nervous equilibrium than painful feet, it is especially important to give attention to their care at this time. Comfortable well fitting shoes are a first requisite. As the natal day approaches the feet sometimes swell, so that larger shoes are necessary for comfort; and since there is danger of falling or of turning the ankles when high heels are used, it is better to give them up for this reason and, also, because high heels throw undue pressure upon the lower part of the abdomen, which is already under a strain.

Teachers to Aid in Keeping Records of Retarded Children

Portland teachers have been added to the general staff for the survey of mental defectives, delinquents and dependents, which the University of Oregon and the United States public health service are making for the state legislature. The importance of securing a complete census of all retarded individuals is noted on survey cards distributed among the teachers. Superintendent of Schools D. A. Groat announced today the appointment of Miss Ida M. Manley of the Aetna school center to coordinate the work in Portland. Dr. Chester L. Carlisle of the United States public health service is in general charge. He has office for state at the university and for Multnomah county at room 622 courthouse.

"For the purposes of the survey," reads an announcement, "every child who is over age for grade is considered retarded, counting that to be 'at age' for his grade he should enter the first grade at 6 to 7 years, second grade 7 to 8 years, third grade 8 to 9 years, and so on up to the eighth grade at 13 to 14 years."



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years. Teachers are asked to prepare lists of retarded children with name, age, present grade and cause of the retardation, including feeble mindedness.

He Likes 'Em That Way
From the Cleveland Plain Dealer.
Representative Bell of Georgia sent a number of eulogies on dead members of

congress to a constituent and received a warm letter of thanks for his trouble. "Send me all of those eulogies that you can get," the correspondent wrote. "I'm always glad to hear of another dead congressman."

Mournful numbers—the balance on the wrong side of the sheet.



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Shoes are popular in style and workmanship.

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Largest Children's Department in the Northwest

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LADD & TILTON BANK

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