

Daily Bath Held Infant Necessity

Routine But Important in Baby's Life; Water Above Body Heat

A daily bath for the baby is a routine performance until the child reaches an age when he can attend himself to the daily dip in the tub. For the first few weeks the tiny baby may be bathed in a basin or a bowl; in a short time he must have his own baby tub for use.

The mother may find it convenient to give the bath before the mid-morning feeding. Never bathe a baby within an hour after feeding. Sometimes it may be more convenient to give the bath at night, just before the baby's bedtime. The water for a young baby's bath should be slightly above body heat; that is, about 105 degrees F. As the baby gets older the temperature may be slightly lowered. A bath thermometer that floats is useful, but if none can be had the mother may test the temperature with her elbow.

Water Must Be Tested

When the water feels neither hot nor cold it will be comfortable for the baby. It should be tested after the baby is undressed and ready to be put into the water. Never add hot water to the bath while the baby is in the tub. Never put the baby into the bath while the tub is standing on a stove or heater; he might be seriously burned in this way. Never bathe a baby close to the kitchen stove. Never leave a young baby alone in the tub.

Before beginning to give the bath the mother should wash her hands clean and see that there are no pins and needles in her clothing to scratch the baby. The room should be comfortably warm—about 75 degrees F.—for a young baby. It is not wise to have it so hot that the baby perspires, as there is then danger of his being chilled when taken into another room where the temperature is lower or if the room is cooled rapidly.

Take off all the baby's clothes and wash his face and scalp. Wash the face with water, but no soap, with the small soft cloth

Keeping Baby Well Is Constant Problem; Medical Supervision Is Advised; Regular Weighing Wise

The large majority of babies are well when they are born. The universal problem is how to keep them well. Preventing illness in babies is frequently much easier than curing it. Many diseases of babyhood are much less common today than they used to be because modern science has found out how they can be prevented. Some diseases can be prevented by feeding the baby properly and by giving him plenty of direct sunlight and some by vaccinating or innoculating him with a protective substance. Some diseases can be avoided only by keeping the baby from contact with them and by keeping flies and other insects away from him, for these carry disease; and sterilizing all artificial food and everything that he is likely to put into his mouth.

Regularity in the care of the baby and the establishment of routine health habits are necessary if he is to be kept well. The daily round of bathing, dressing, feeding, sleep, outdoor life (including sun baths), play, exercise, and elimination must be always regular.

Medical Supervision Needed

To keep a baby well there should be continued supervision by a doctor trained in the care of babies. The mother can not know nor recognize many of the early signs of trouble because she is not trained to do this and because she is too near the baby and sees him too often to realize that any change is taking place. The doctor, who sees the baby once or twice a month, looks at him with a trained eye and can see whether he is as rosy as usual or is becoming a lit-

tle pale, whether he is active as he should be, or whether he shows other early signs that are the forerunners of trouble. A mother can not know just when her particular baby needs to have his food changed or increased, nor when it is the best time for her baby to be protected from diphtheria and vaccinated against smallpox. Such things as these the doctor will know, and his advice is of the greatest importance to every mother who would keep her baby well. The doctor's supervision of a baby should begin as soon as the baby is born.

Regular visits to the doctor should be made for three purposes: (1) weighing (weekly); (2) advice (monthly); (3) health examinations (every four months).

Cod Liver Oil Must Be On Diet For Five Years

Cod liver oil should be given to all children regularly until they are five years of age. They should be given two to three teaspoonful daily from fall until June 1. Even in summer time some oil should be given children to keep up the taste for it. Cod liver oil is a great preventative for rickets but it also has food value. Children who live in hot climates will need less cod liver oil than those who live in rainy, damp countries.

First Year Often Most Vital Period

No Habits by Child When He Is Born; Training Extremely Vital

The first year of life is probably the most important because it is during this period that the baby grows fastest and undergoes the remarkable development that transforms him from a helpless little being into a baby who laughs, plays, stands, and tries to talk.

Not only does a baby grow a great deal during this year, but he learns a great deal. He learns to eat and sleep at regular times and to eat a number of new foods, to hold up his head, to sit up, to stand, and possibly to walk; he learns to handle objects, to reach for them, and pick them up; to know what various things around him are used for, such as spoon, cup, bed, ball, blocks, and to use some of these without help; to know one person from another; to know and use a few words. He learns also whether crying will get his mother to pick him up whenever he wishes, or whether crying is useless as a means of getting her attention. He learns to be part of a family group and to accept new experiences every day.

The Baby At Birth

At birth the average baby weighs about 7 pounds and measures 20 to 21 inches in length. He has a good pink color; he squirms and wriggles when handled, pulls

up his legs, stretches them out, clenches his fists, puckers his face, and cries lustily. He sucks and swallows food and sleeps. He has no habits at birth. Habits are formed only by doing the same thing over and over again. Immediately after birth he will begin to form habits, which is they are the right kind will be useful to him all his life. Regularity from birth on is of first importance.

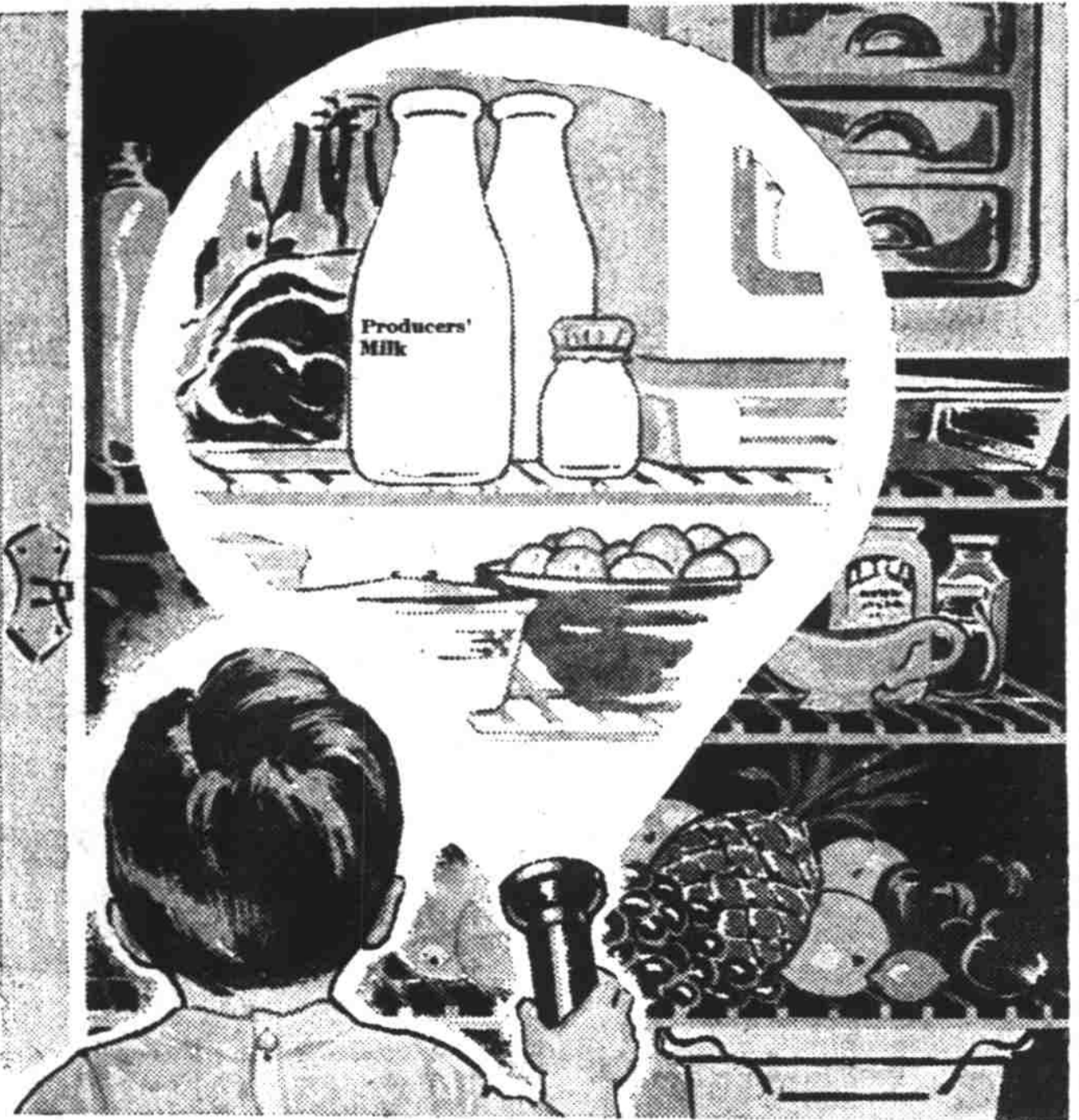
Through training in regularity of feeding, sleeping, and elimination (emptying the bowels and bladder) the tiny baby will receive his first lessons in character building. He should learn that hunger will be satisfied only so often, that when he is put into his bed he must go to sleep, that crying will not result in his being picked up or played with whenever he likes. He will begin to learn that he is part of a world bigger than that of his own desires.

At Feeding Time

Every effort should be made to have baby in a peaceful frame of mind at feeding time.



KIDDIES simply WON'T stay away from PRODUCERS MILK



Try and hide it—if it's PRODUCERS' MILK the kids will find it anyway! They like its rich luscious cream content. And PRODUCERS' MILK is safer, purer and more beneficial!

ORDER SOME NOW — PHONE 4616

PRODUCERS MILK CO.

173 S. LIBERTY

"Salem's Finest Dairy Products"

My Mother Buys From

Schreder's Cash Grocery



She Likes the Friendly Service of

A Home Owned Store

She likes to know that she can depend on the unvarying quality of the goods she buys—and that Mr. Schreder will give Sonny or Sister just as good service as she gets.

FOODS THAT PLEASE THE YOUNGSTERS AT PRICES THAT PLEASE MOTHER!

SCHREDER'S CASH GROCERY

On-the Corner . . . State and Commercial Sts. Phone 6606