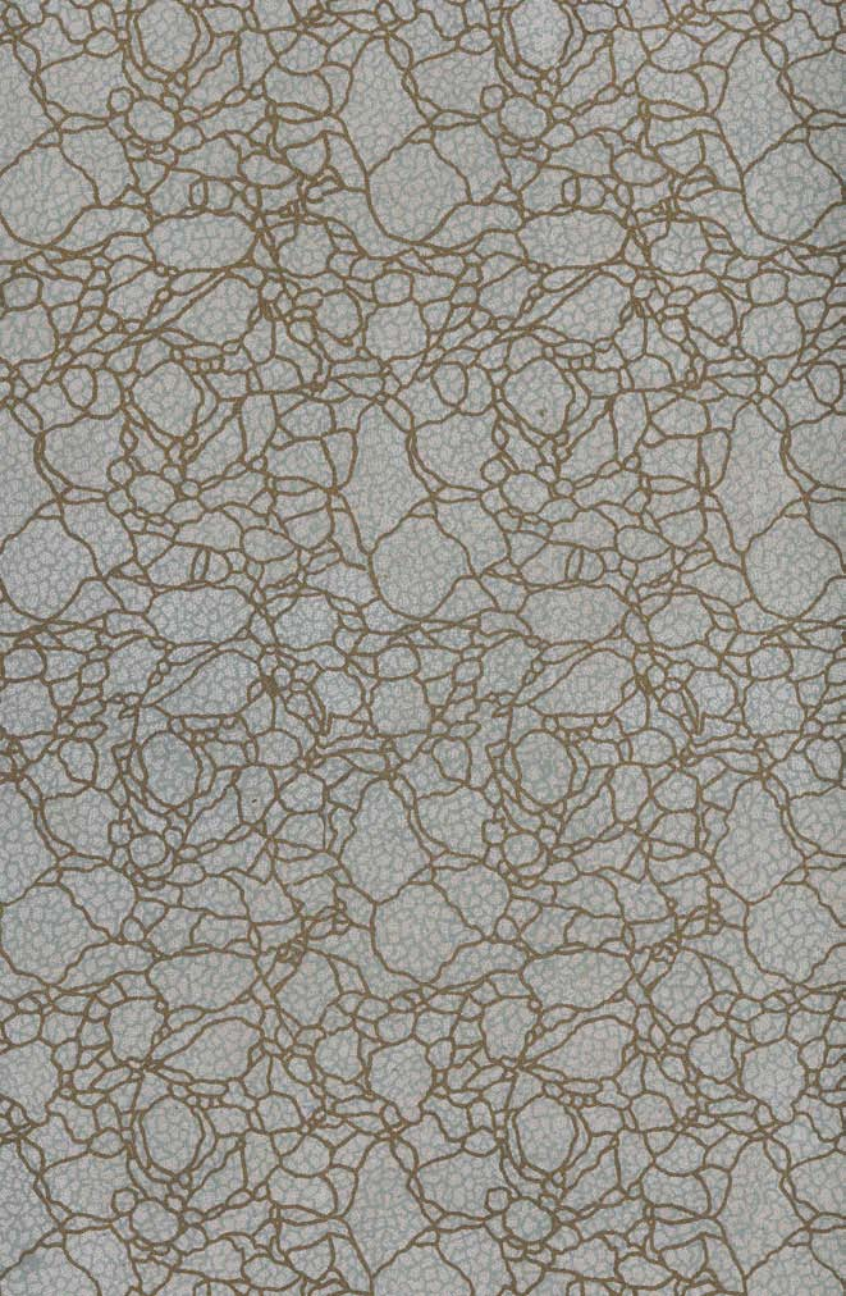




The Indiana
BABY BOOK



THE INDIANA MOTHERS' BABY BOOK

A BRIEF TREATISE FOR MOTHERS UPON
PREGNANCY, PREPARATION FOR AND
MANAGEMENT OF LABOR, THE
CARE OF MOTHER AND
CHILD, AND BREAST
AND BOTTLE
FEEDING

Second Edition

DISTRIBUTED FREE
BY THE
INDIANA STATE BOARD OF HEALTH

PREFACE.

This book is printed and distributed **free** to Indiana mothers by the Indiana State Board of Health. It is a brief compilation, and its object is to give **simple and plain instructions** concerning **pregnancy, childbirth** and the **care of babies**. That a demand exists for such instructions is evidenced by the large number of letters received at the Board of Health office from mothers of all ages, asking for information.

One mother in her letter says: "My baby is not flourishing. He does not grow and cries a great deal. The doctor gives me medicine which quiets him, but I know something more can be done, and won't you please tell me if you can? Perhaps he did not have a good start." It is to supply a demand of this kind that this book is offered, and it is intended that **it shall supplement and aid the physician**, not in the least degree prescribing medical treatment.

A law passed by the Legislature of 1919 authorizes the publication and distribution of this little book. The law was passed because the vital statistics show that the birth rate is diminishing, especially in American families, and because of the **increasing inability** of the American mother to nurse her baby, and because it is true that the average baby of these days does not have the strength and vital force of the average baby of past days. It is hoped this book will be useful and be an addition to the forces for the betterment of the State and nation.



*The greatest blessing for a child
is to be born of healthy parents.*

Indiana Child Creed

Every child has the inalienable right to be born free from disease, free from deformity and with pure blood in its veins and arteries.

Every child has the inalienable right to be loved; to have its individuality respected; to be trained wisely in mind, body and soul; to be protected from disease, from evil influences and evil persons; and to have a fair chance in life. In a word, to be brought up in the fear and admonition of the Lord.

That State is delinquent which does not ceaselessly strive to secure these inalienable rights to its children.

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PART I

I.

PARENTAGE.

The holiness and beauty of motherhood have ever attracted the attention of the world. The supreme accomplishment of woman is motherhood. There is no beauty or honor like unto it. The mother who has given birth to and reared a family of healthy, well-trained children, has done the greatest possible service to God and to mankind. Healthy children can only be born of healthy parents.

Only those should become parents who are healthy and who are free from hereditary taint. The feeble-minded cannot be legally married in Indiana; for, with a few exceptions where injury or acquired disease have done the harm, feeble-mindedness is hereditary.

Brain fever or a blow upon a child's head may cause feeble-mindedness, but the vast majority of feeble-minded are born of feeble-minded parents, or of those who are tainted with this defect. Hare lip, club feet and similar physical defects are, like red hair or blue eyes, always hereditary. Those possessing inherited, and hence transmissible physical and mental defects, should never become parents, unless it is thought desirable to multiply the physically and mentally defective.

Weak and sickly people, and those who have tuberculosis or syphilis, should never become parents. It is contrary to Indiana law for such to marry.

II.

PREGNANCY.

The care of the baby begins with pregnancy. An overworked, worried, sick or underfed pregnant woman cannot have a healthy, strong baby. A mean, drunken, cruel or brutal husband, or one who does not do his utmost to give good and tender care to his pregnant wife, is a low specimen, he is devoid of manhood and the law should **deal severely** with him.

Signs of Pregnancy. Cessation of the "monthlies" is usually regarded as the first symptom of pregnancy. This symptom is quite reliable in women who are "regular", yet the stoppage of the monthlies may be caused by anemia (lack of blood), and anemia results from many diseases. Excessive fatigue or excessive excitement or fear of pregnancy may cause stoppage. **Nausea** and **vomiting** may be signs of pregnancy, but they are not reliable symptoms, for they proceed from many causes. **Salivation** may be caused by pregnancy, but it is an unreliable symptom, for it, too, has other causes. **Breast changes** are almost certain symptoms, for it is rare indeed that noticeable changes in the breast do not occur by the second month of pregnancy. **Quickening**, which means movement of the child in the womb, is not usually noticed until about the middle of pregnancy. **The**

duration of pregnancy is about 270 days. Conception generally occurs in about one week after the menses stop.

By counting forward 280 days from the beginning of the last monthly period, a probable date for the beginning of labor is secured. **Care during pregnancy** is very necessary to secure healthy offspring even when parents are healthy. From the beginning of pregnancy the mother should be under the care of a physician. Every rule necessary to preserve health and vigor must be followed. The diet must be simple, only plain foods should be eaten. Rich foods, like meats, pastry, rich desserts, confectionery, etc., must be eaten in reasonable moderation. The teeth should be brushed at least twice daily and be examined by a dentist and all necessary repairs made, as this is of the greatest importance. The expectant mother should chew her food unusually well. Highly seasoned foods, which are always irritating and constipating, also pickles and salads, except in very small quantities, must be avoided. If the mother finds that any dish or article of food disturbs her in the least she will be unwise to continue it. The pregnant mother is living for two souls and two bodies; the responsibility is very great, and failure to carry this responsibility wisely is a sin.

Exercise must not be neglected, for it will greatly benefit both child and mother. Light household cares give exercise and are beneficial. Much running up and down stairs must be avoided. Work at the washtub or

ironing in a hot room on a hot day will be likely to bring complications, and so will heavy sweeping. Fresh air, and more fresh air, with sunshine, are of the greatest importance to secure health. Good health is impossible without freely breathing of fresh air. The home should always be well ventilated and sunshine admitted. It is foolish and a great mistake to tightly close any room and keep out the life-giving air. The pregnant woman must live out of doors a great deal. She should go out every day, even if the weather is bad, but, of course, well protecting herself with proper clothing. **She should sleep in a bed by herself in a thoroughly ventilated room.**

The clothing throughout pregnancy should be loose-fitting. The regular corset should be put aside, or if worn, must be very loose. A special support, called a maternity corset, should be worn after the third month. This corset is much like an abdominal support, and should be worn at certain times upon advice of the physician. Great care should be taken to see that the clothing does not compress the abdomen or have a downward pressure upon the womb, or press upon the nipples.

Bathing must not be neglected. A clean skin and open pores are absolutely necessary for good health. If accommodations and circumstances permit, a daily bath should be enjoyed. In any home it is possible to have a tub bath and enjoy its benefits. A bath twice a week in winter and daily in summer is the least that should be thought of. Baths should be taken at an agreeable temperature, not too hot, for when too hot a healthy

reaction is not secured. Hot baths or sweat baths should only be taken upon the advice of the physician.

During the last two months of pregnancy, a hot sitz-bath not lasting over five minutes, may be taken with advantage. Every third night is often enough to take a sitz-bath.

Nervousness not infrequently appears during pregnancy, and to prevent it, a quiet and unexciting life must be led. All home surroundings should be pleasant. The pregnant woman must have wholesome entertainment and be kept cheerful. Indigestion and other disturbances of the intestinal tract cause most of the nervousness from which we suffer, and this is another reason for eating the right food, in right quantity and in the right way.

Complications sometimes arise during pregnancy, and when they do, the physician must be called immediately. Whenever any of the following conditions occur don't do any self-doctoring, for much harm may result: 1, severe and persistent headache; 2, severe and persistent backache; 3, swelling of feet, hands or legs; 4, dizziness and spots before the eyes; 5, scanty, red or odorous urine; 6, any appearance of blood; 7, sudden or severe pains in the abdomen; 8, sickness at the stomach and vomiting if they are at all severe; 9, persistent constipation; 10, frequent bad dreams or nightmare or sleeplessness or excessive drowsiness.

Medicines should always be prescribed by a physician. Don't do self-doctoring. Don't take patent medicines. It long ago was said: "He who doctors himself

has a fool for a doctor." Most people have remedies to recommend for all ills. Listen to such people patiently and kindly, thank them, and then do what your family physician says. A very few emergency medicines might be kept, such as a small bottle of ammonia water stoppered with a rubber cork, and also a bottle of spirits of camphor and a bottle of castor oil. For fainting or alarming dizziness, place a few drops of aqua ammonia on cotton or on a handkerchief and hold to the nose. Two to six drops given in two three swallows of cool water will act as a stimulant and help revival. For constipation do not fly to drugs and patent medicines. There are times when laxatives and cathartics must be used, but on the whole they are harmful. A high medical authority says: "Constipation, the bane of civilization, is generally the result of the neglect of the bowels and of wrong eating, and cathartic medicines have through abuse become a plague."

Pay attention to the bowels. Be regular in habit. Be sure to have at least one good movement every day. Eat little meat. Don't eat highly spiced food. Eat fruits and vegetables freely. Drink very little coffee and tea, or better, don't use them at all. Drink freely of pure cool water. Of course milk, cleanly drawn from healthy cows, is a wholesome drink as well as a food.

Pregnant women should not take beer, wine, whisky, sleeping medicines or drugs of any kind unless the physician orders them. All drugs are dangerous and must be used intelligently and wisely. Send a sample of urine

(4 to 6 ounces) to your doctor regularly every month until the last month and then twice a week.

The following dietary is recommended during pregnancy and nursing.

Soup—All kinds.

Fish—Fresh fish of any kind, boiled or broiled. Raw oysters and raw clams.

Meats—Chicken, beef, ham, or bacon, veal, lamb, tender lean mutton. Red meats should not be allowed. All meats in great moderation.

Cereals—Hominy, oatmeal, farina, cream of wheat, rice, mush, shredded or toasted wheat biscuits, etc.

Breads—Stale bread, corn bread, graham bread, rye bread, brown bread, toast, crackers. Not fresh bread.

Vegetables—Potatoes, onions, spinach, cauliflower, asparagus, green corn, green peas, beans, celery, lettuce and other salads with olive oil.

Desserts—Plain puddings, custard, junket, ripe raw fruits, stewed fruits, ice cream. Very little pastry and no rich desserts.

Drinks—Tea and coffee very sparingly, never more than one cup a day; better leave out altogether. NO ALCOHOLIC BEVERAGES, BEER, ETC. AT LEAST TWO QUARTS OF WATER A DAY. Milk, butter-milk, cocoa, malted milk.

Care of the Breasts—Don't use anything to toughen the nipples. They should be kept soft and elastic, and this may be done by once daily rubbing them gently with sterile lard, olive oil or vaseline. Use the thumb

and forefinger in a way similar to the act of nursing. Don't put poultices or lotions on the breast unless the doctor directs them.

III.

PREPARATION FOR LABOR.

In our present state of civilization a skilled physician should attend every case of labor. Of course there are instances when this is impossible, and then we must do the best we can. A skilled nurse should also be present, when it is possible to have one. Over ninety per centum of the cases of the awful "childbed fever" develop under the hands of the neighborhood midwives. The majority of cases of laceration of the neck of the womb and of other disasters also happen under them.

Childbed supplies should be ready a month before the expected confinement. It is plain feeble-mindedness not to have on hand at delivery such supplies as are necessary. The following articles are recommended:

1 quart boric acid water. (1 oz. boric acid in 1 quart boiled water. Keep in a bottle or fruit jar.)

2 ounces of pure chloroform.

1 pint of alcohol.

4 ounces of powdered boric acid.

- 2 ounces carbolic acid.
- 2 ounces vaseline.
- 2 pounds absorbent cotton.
- 2 pounds cotton batting.
- 1 fountain syringe.
- 3 bed pads.
- 1 bedpan.
- 4 pieces of carbolic or lysol soap.
- 1 or 2 nail brushes, 5 cent kind.
- 3 yards of rubber sheeting or oil cloth cut in two pieces.
- 100 gauze sponges.

Boil 5 gallons of water for ten minutes and keep in quart fruit jars. Scald the jars, the tops and rubbers and can the water as fruit is canned. This is **sterile** water and ready for use when needed.

Gauze sponges are easily made out of gauze. They are cheap and very useful. Tear gauze into strips three inches wide and roll into rolls one inch or even two inches in diameter. Loosely sew together. Drop these sponges into paper bags, tie the bags, and bake in an oven for thirty minutes at a temperature not exceeding 220 degrees. The sponges will then be sterile, and the bags must not be opened until the sponges are needed.

Leggings are useful, adding greatly to the comfort of the patient. Out of bleached or unbleached muslin make a pair of loose stockings long enough to reach to the hips.

Nightdresses, at least three. They must be clean, and ready for use.

Sheets, at least six, must be at hand and ready for use.

Towels, at least six, must be at hand, clean and ready for use.

Salt Solution. Pour four level teaspoonfuls of ordinary table salt in two full quarts of water, boil for ten minutes, and then strain while hot through clean flannel into a two-quart fruit jar. The jar, the top and rubber must be clean and well scalded. Label Salt Solution.

How to Sterilize. Sheets, nightdresses, towels, leg-gings, pads, etc., should all be sterilized, if childbed fever is to be certainly prevented.

A good steam sterilizer may be made by first placing two clean bricks in the bottom of an ordinary clothes boiler; upon them place a smooth, clean board fitting the shape of the boiler pretty well and which has several holes bored in it. This diaphragm could best be made of galvanized iron. The cover of the boiler must fit well, but if it does not, then place two layers of cloth under it and over the top edge of the boiler. Now put in water to the depth of four inches, then put in the articles to be sterilized, packing them moderately. Place over the stove and heat to boiling for thirty minutes. The steam will penetrate the articles, kill all germs, and thus render them sterile. The heating should be done for thirty minutes for three successive days, being sure each day

that four inches of water is in the boiler. Before being placed in the sterilizer, the towels, nightdresses and other articles to be sterilized should be made into packages and wrapped in cheese cloth and tied with cotton string. After sterilization, the packages should be dried in the oven and placed on a clean shelf and covered with paper, or better, placed in large paper bags.

It is true some people are too poor to buy the supplies here recommended, but those who are able should supply them without fail.

IV.

MANAGEMENT OF LABOR.

Always have a physician present if possible. Don't fail to engage him ahead of time. The perils of childbirth are many, and only those of experience and skill should think of conducting a case of labor. It is sad and most regrettable, but true, that some physicians are not clean, not well informed and not conscientious. Such will neglect precautions against accidents and infection and are a menace to the health and lives of mother and child. Don't employ a dirty doctor. **We say again, always, when possible, have a physician present to manage a case of labor.** However, there is always a possibility that the physician is away or can't come because

of other urgent medical duties, or labor may come on so rapidly that he can't get there in time. For these reasons, every husband and wife should know at least a few things concerning labor management. If it is possible, a trained nurse should always be engaged in time and be on hand a few days before labor is expected. When a nurse is present she will take the place of the physician before he arrives.

The first stage of labor can always be foretold by the expectant mother even if it is her first child. During this stage, which is before the coming of the hard bearing-down pains, the patient may assume any comfortable position. It is well for her to walk about the room between pains, lying or sitting in any comfortable position. Sometimes kneeling at the side of the bed during each pain gives some ease. No effort should be made to bear down during the first stage, as it does not aid in delivery and wastes strength. If the first stage is long and the pains severe, morphine or some other anodyne may be given, but only under the direction of the physician or by the trained nurse.

The second stage begins when the child commences to pass out of the womb. During this stage the patient must be in bed, and be sure the rubber sheet or oil-cloth has been placed beneath the under sheet, and a bed pan under the hips. If the labor is slow and the physician does not come and the pains are very severe, then drop ten drops of pure chloroform upon a handkerchief and let the patient hold it to her nose. Her hand

will drop away before complete sleep comes or before any possible harm can occur. In the second stage of labor the patient may bear down when the pains come. Comfort may also be given by washing the face with cold water and giving small quantities of cold water to drink. Rubbing the back between pains and also drawing up the knees, is helpful.

As soon as the child is born, wipe its face with a gauze sponge, absorbent cotton, or a clean rag, after dipping in boric acid solution. This solution is made by soaking 1 ounce of boric acid in one quart of boiled water for one day, shaking occasionally, and straining through two thicknesses of clean linen or muslin. Keep in a bottle or fruit jar. When the face is washed, burn the sponge or rag or throw into a slop jar; take a new one, dip into the boric acid solution and wipe the eyes very carefully from the nose outward, cleaning each eye with a separate cotton pledget and when through, again burn the sponge and all cotton pledgets or throw into a slop jar. Then gently wipe out the mouth with cotton or a rag drawn over the front finger. Dampen the cotton or rag with boiled water.

When delivered, the baby should be received in a soft flannel blanket, the cord tied near the body in two places about one inch apart, with a sterile thread or string and **when the pulse beat ceases** then cut between the two tied places with a pair of sterile scissors. Wash the cord end with alcohol and tie up with sterile gauze. When the cord is cut, wrap the baby in a warm blanket, place

it upon its right side with head slightly lowered, and, unless it is hot summer weather, place a hot water bottle or hot iron wrapped in cloth at its back.

The third stage. Don't permit the mother to become chilled. The room must not be close and stuffy, the mother and baby must have fresh air. Blankets or comforts may be hung or suspended in front of open windows or doors to protect from drafts. The placenta or afterbirth must now be taken away, the soiled bed pad removed and a fresh one put in its place, and the patient carefully and thoroughly bathed with carbolic soap and tepid boiled water. Always save the placenta or afterbirth to show to the physician should he not be present at the birth. Change the bed clothing, make the patient as comfortable as possible, make the room neat, let in sunshine and air and let quiet prevail. Neighborhood callers should not see the patient for one or sometimes two weeks after delivery, for quiet and rest are very necessary for her.

Complications of Labor. It is not desirable to try to give directions for the management of complications. Only a skilled, experienced physician is equal to the work. Fortunately, complications do not generally attend quick deliveries, yet they are sometimes present. If there is bleeding to any degree and the patient is becoming white and weak, **and still the doctor does not come, and bleeding to death seems probable**, then proceed as follows: The person who is to give the attentions must wash his or her hands and arms with soap and water,

wipe dry, and then rub with alcohol. Be careful to clean and cut the finger nails. Now apply vaseline to the hands and arms (use the carbolated if you have it), then slowly and carefully pass the hand within the vagina and scoop out the blood clots. As soon as this is done, give a hot vaginal douche of water as hot as the hand can bear. Press the lips of the vagina together so that the water is retained. Release the pressure every ten or fifteen seconds and continue to fill and empty until two to four quarts have been used.

In a very severe case when the blood is pouring out, don't hesitate, even with ordinarily clean hands, to pass a hand well covered with vaseline or sterile lard into the cavity of the womb, removing the afterbirth or parts of it, together with any blood clots. After this, with one hand grasping the neck of the womb, place the other on the abdomen and with both hands firmly but gently and slowly knead the womb until it contracts. If the bleeding continues, proceed to plug the vagina. Start some one at making cotton gauze pledgets or plugs of a size that when wet and squeezed hard will be from one inch to an inch and half in diameter. These should be boiled for a few minutes, and, if possible, placed in a solution of corrosive sublimate ("bichlorid solution") 1 of bichlorid to 3,000 of water. Place the patient across the bed with her hips well over the edge, have her lie on her left side with legs well upon the abdomen and the knees separated by a pillow. Now wash thoroughly between the legs, then insert four fingers

of the left hand deep into the vagina, holding the palm towards the back and pressing in that direction. With the right hand squeeze a pledget to remove liquid and insert high up in the vagina. In this way, insert enough pledgets (keep count of them) to fill the vagina completely and then apply a thick pad. Apply also a very tight broad band around the belly low down so that the womb is forced against the plugs.

If the patient has a small rapid pulse, feels faint and very weak, has difficulty in breathing; sighs much or little, desires more air and is white, then elevate the foot of the bed from twelve to twenty-four inches, cover the patient with warm blankets or surround her with hot water bottles or hot bricks.

Remember, the above directions are only to be followed in case of emergency when the physician does not arrive, or a trained nurse is not present.

WHAT MUST BE DONE IF INFLAMMATION OF THE EYES APPEARS.

If the eyelids of the infant become red and swollen, and are gummed along their borders, and if matterly discharge is mixed with the tears as the child sleeps or cries, an oculist or a physician must be called immediately. Each hour of delay increases the danger. While waiting, bathe the eyes of the child every half hour with

pledgets of cotton dipped in a solution of boric acid. Open the lids wide and allow the warm solution to flood the eyes and wash out any matter which may have gathered there. Wash your own hands before and especially well afterwards.

The child must not be fondled, and cotton or cloth which has been used about the eyes or face must be burned. All persons should be warned of the danger of catching the disease by getting the matter into their own eyes. Do not listen to those who say it will amount to nothing, or to those who say to bathe the eyes of the child with mother's milk (the milk is a means of spreading the germs of the disease). Such advice is bad; and the delay may result in blindness.

PART II

FAMILY REGISTER

Children born to	NAME.	PLACE OF BIRTH.	DATE OF BIRTH.
1.....
2.....
3.....
4.....
5.....
6.....
7.....
8.....



*These healthy children were born of healthy, normal parents.
Weak, diseased parents produce weak, diseased children.*

Little Children.

“There is nothing in all the world so important as little children, nothing so interesting. If ever you wish to go in for philanthropy, if ever you wish to be of any real use in the world, do something for children. We can dress the sore, bandage the wounded, imprison the criminal, heal the sick and bury the dead, but there is always the chance that we can save the child. If the great army of philanthropists ever exterminate sin and pestilence, ever work out our race’s salvation, it will be because a little child has led them.”

David Starr Jordan.

V.

THE CARE OF THE BABY.

(1). The following articles for baby's care should be collected or prepared at least a month before its birth is expected.

A shallow basket to hold the articles.

Six wash cloths.

A pin cushion containing assorted sizes of common and safety pins.

A cake of castile soap.

Six soft towels.

One box baby powder.

A baby hair brush and comb.

A bottle or tube of vaseline.

Several pieces of old linen, clean and sterile.

One bath thermometer.

One small hot water bag.

Clothing should be loose, its texture according to the season. All clothing should hang from the shoulders and not from the waist band. The articles coming next to the skin should be soft and not in the least irritating. Cloth made of fine wool with enough cotton to prevent shrinking is desirable.

24 diapers, 20 by 40 inches. These are folded to 20 inches square and then folded diagonally when used.

- 6 soft flannel abdominal bands with shoulder straps.
- 6 soft wool and cotton shirts.
- 6 skirts with shoulder supports.
- 6 dresses.
- 6 nightgowns with draw strings at bottom.
- 6 pairs stockings.
- 4 soft wool blankets.

Parents who cannot afford all of the above articles should buy as many as possible.

Baby's clothing should be changed daily. At night remove all day clothing and put on a nightdress. Place soiled diapers in a covered pail containing water, to each gallon of which an ounce of sal soda has been added. Baking soda may be used. Diapers must be washed in strong soap suds, then rinsed several times, using fresh water each time, then boiled, rinsed again, and if possible dried in the open air. The hands should be thoroughly washed with carbolic soap after washing diapers. This is to prevent the possible transference of pollution by polluted hands. Don't put lye in the wash water.

(2). **Immediately after birth**, as soon as the cord is tied and cut, cleanse it (the cord) with sterile gauze and wrap in sterile gauze soaked in alcohol. Then wrap baby in a warm, soft blanket, lay on its side, lower the head slightly and place a hot water bottle, hot iron or hot brick at its back. Be sure to wrap the bottle, iron or brick with a towel or piece of cloth and try it against your cheek for at least two minutes. Protect from drafts and strong light, but be sure there is plenty of

fresh air. No human being can grow strong in bad air. Examine the cord occasionally and if found to be bleeding tell the physician immediately.

(3). **The eyes** must be carefully cleansed with sterile cotton soaked in solution of boric acid. Over one-third of all blindness is from lack of care of the eyes at birth. The law prescribes a fine for physicians who fail to look carefully after the eyes of the babies they handle. If the eyes are the least bit sore at any time, be sure to tell the doctor. Don't doctor them yourself and don't put the matter off thinking they will get well.

(4). **Bathing** is next in order. The temperature of the room should not be far from 80 degrees. Lay the baby on its blanket on a table and rub all over with sterile lard. This softens the peculiar coating which is insoluble in water. Remove the lard with a soft cloth; then wash with tepid water and castile soap, mop or wipe gently but thoroughly with a soft towel and powder the buttocks, neck, armpits and groin with baby powder. Be very careful not to disturb the gauze dressing on the cord.

(5). **Care of the Cord.** Immediately after the bath apply the permanent dressing to the cord as follows: Wash the cord and the center of the belly with alcohol and dry with sterile gauze. Prepare three or four thicknesses of sterile gauze three inches square and from one side cut a slit to the middle or cut a round hole in the center. Draw this over the cord and place on top another gauze pad the same size as the first but without slitting

and no hole in it. Now apply the binder which is a bandage four inches wide reaching entirely around the body, or better, it should be a hemmed piece of soft linen, six or eight inches long having tapes at each end for tying around the body. Don't change this dressing until the cord separates, unless it becomes soiled. If it is found necessary to apply a new dressing, be sure to wash the cord and belly with alcohol as at first. The cord should come away about the fifth day. When it does separate, the navel must be washed daily with carbolic soap and tepid water and dusted with baby powder. If the place does not heal promptly, tell the doctor.

(6). **Nursing.** After the cord is attended to and baby is bathed and dressed and the mother made comfortable, then the child may be put to the breast. There is no milk until about the third day and the baby does not need food until the milk comes; but it may be put to the breast because sucking is helpful to both child and mother. The child secures a little fluid not at all like milk, of little food value, which is called colostrum, and has a slight laxative effect. The slight irritation which attends the sucking softens the nipples and has a good effect upon the womb and also upon the mother's spirits. Cleanse the nipple before nursing, also afterward, and dry thoroughly. This prevents cracking. The life of the child largely depends upon its being nursed by its mother, for eighty per cent of infant deaths occur among those fed on the bottle. It is very unfortunate, almost a calamity to a baby if it must be fed on the bottle.

(7). **The Bowels** should move three to six times in the first twenty-four hours. The first passages consist of a dark green matter called meconium. After the meconium is all discharged, the stools gradually become yellow in color, and there should be at least three movements in each twenty-four hours. If the movements exceed four, there is probably some digestive disturbance and the doctor must be informed. By the time the baby is four months old, it should be taught to use the vessel. This may be done by observing closely the usual time when the bowels move and just before the time holding the child on the vessel. By persistently attending to this for one week, the habit will be formed, and the child will hold its bowels and will cry, or, in other ways, signify its desire.

(8). **Sleep** is the sheet anchor of the baby's life. If the first month it does not sleep for about eighteen hours a day it is probably because its digestion is not good. After the second month it should have a good long nap morning and afternoon. Never give soothing syrup or any drug to produce sleep unless prescribed by the doctor. Don't give the baby medicines of any kind, not even catnip tea, unless by the doctor's orders.

If the baby is to have good health and good nature, regularity of habit, both as to the time of sleeping and nursing, is essential. Don't rock baby to sleep. Don't trot it. Don't shake and pat it. From the very first, simply place it in its little bed at its regular sleeping hours, and let it go to sleep. A baby should never sleep


in the big bed with its mother. It will be healthier and better in every way, not to be rocked to sleep, not to be long held in mother's arms. and to sleep in its own little basket or crib and out-of-doors if possible or at any rate in a room with all windows opened wide.

(9). **Bathing** daily is necessary for the comfort, growth and health of the baby. Don't fear that bathing will cause cold. Colds don't come that way unless the child is chilled, and there is no reason for letting it be chilled. The best time for the bath is in the morning, about thirty minutes before nursing. The temperature of the water should not be over 100 degrees and for strong healthy infants it should not be over 95 degrees in winter and 85 or 90 degrees in summer. The entire body should be immersed, a good quality of soap be used, the time should not exceed three or at the most five minutes, and the flesh quickly and gently dried with a soft towel. Frequently a hot bath will relieve restlessness and bring sleep.

(10). **Fresh air** must be given to the baby in plenty. Air is the first essential of life. To keep air from a baby is to do it harm. Put the baby out of doors when taking its nap unless the weather is very severe. Outdoor babies have apple cheeks, bright dancing eyes, enjoy good appetites and good digestion. Coddled, air-starved babies are sure to be weak and sickly. Don't fail to take baby out into the fresh air every day, even in very cold weather. When it rains all day, give baby his airing in a room with windows wide open. Don't

overclothe the baby. If it is sweating, except in hot summer weather, then it is overclothed. Don't cover the baby's face with a veil. Don't cover its face in any way with anything. Let it have a chance to see and breathe.

Be sure a certificate of the baby's health is legally recorded with the local health officer. The law requires this be done within thirty-six hours after birth. If the physician fails to report a birth within thirty-six hours his bill for services is outlawed. Acts 1911, page 234.



A Legal Record of Baby's Birth

A legal record of baby's birth is a matter of great importance. The law requires that every baby's birth shall be reported to and recorded by the local health officer. He sends the birth certificate to the State Board of Health, where it is very carefully preserved, for a legal record of birth is frequently needed by those who least expect they would ever have use for it. One good woman desired a transcript of the legal record of her child's birth to prove its legitimacy in court. She said, "I never dreamed I would be caught in such a predicament." Another woman desired the same to prove her child's right to property left by its uncle in Switzerland.

**Ask your doctor if he reported your
child's birth, as the law commands, to the
local health officer for legal record.**

VI.

FEEDING THE BABY.

The proper feeding of children is necessary for health and to bring them to healthy manhood and womanhood.

BREAST FEEDING.

Indigestion and bowel troubles are generally caused by wrong feeding. A healthy mother has healthful milk, and her milk never causes illness unless the mother becomes ill or the child is overfed with it. Sometimes babies are given diarrhoea by introducing diarrhoea germs from their dirty hands into their mouths. Babies put everything they get into their mouths, and so be sure that all playthings are clean and sweet. Rubber rings, rattles, and other toys are thrown upon the floor where dirty shoes have left disease-bearing dirt, and, if perchance the dirt contains diarrhoea germs, and through dirty hands or dirty toys the germs are transferred to the child's mouth, then follow colic, diarrhoea, dysentery, or other intestinal troubles, unless the baby's digestion is strong enough to digest the dirt and the germs.

By overfeeding, even with healthful breast milk, digestion may be disturbed, and then, if a few diarrhoea germs are accidentally taken in, baby gets sick.

The secret of keeping baby well is to keep him clean, give him plenty of fresh air, and nurse him regularly, being sure too much milk is not taken.

Mothers must not offer the breast every time baby is fretful or cries. At such times give cool pure water, giving the breast only at the regular set hours. If this rule were rigidly followed there would be fewer sick and fewer dead babies.

When your baby cries, learn the reason. Don't immediately conclude he wants to be nursed and then nurse him. He may cry or be cross because he is fed too much or some one may have given him sugar, candy, cake, or other food. A young baby should live on its mother's milk only. No other thing should be given, except boiled or cool water, and give it frequently. **It is a very great wrong to herself and her child for a mother to feed her baby artificially if she is able to produce healthful mother's milk.** Such a mother is a deserter from duty. Healthy mothers will always produce healthful milk. If a mother's milk disagrees with her child, and the child has had nothing else, then the fault is likely to be with the mother. Perhaps she is constipated; perhaps she has eaten too much and disturbed her digestion; perhaps she has eaten something which has disagreed with her; perhaps she is bilious; perhaps she is worried or very nervous; perhaps her teeth are decayed; perhaps she has beginning or even well developed consumption; or perhaps she is sick in one or more ways. Never stop feeding a baby in the natural

way until it is clearly proven that the mother cannot produce healthful milk.

To produce healthful milk, mothers must be kept well during pregnancy, and they must be kept well also during the nursing period. Their diet must be adapted to milk production, and be foods which they digest well and feel well upon. It is wrong indeed for nursing mothers to yield to capricious appetites and eat foods which are likely to produce indigestion and bad milk. The basis of a healthy milk supply is for the mother to take at least three quarts of liquids in each twenty-four hours. Tea and coffee, except in very small amounts, are very bad. Better for nursing mothers not to use them at all. Beer, ale, wine, and all alcoholic liquors are **bad, very bad**. The only healthful liquids are pure water and pure milk. A nursing mother should eat that which she is accustomed to and which agrees with her.

Cereal-milk-gruels are excellent for nursing mothers. Well cooked corn meal beaten up thin with milk, is a superior food. Corn bread broken up into milk is delicious, is a good milk producer, and most healthful. Any of the breakfast cereals, well cooked, and beaten up in milk are good. A mush made of whole wheat flour and beaten up with milk to make a gruel is very good. At least one-half of the liquid taken in twenty-four hours should be gruels. In addition to the liquids, nursing mothers should eat as much of other healthful foods at regular meals as their digestive capacity will permit. This means never to overeat. Don't stuff. No matter

how hungry, stop eating a little before there is a full feeling. Eat slowly and chew well. Intemperance in eating causes much sickness. If a nursing mother does not have appetite, she is ill, and a physician must be consulted. He will not usually try to create an artificial appetite with drugs, but will try to remove causes and bring about conditions which bring health. More food is necessary in some cases than in others. There is no fixed rule, but sufficient liquid must be taken to supply the required quantity of breast milk.

Digestion must be good. If it fails, cut down the quantity of food; chew better and longer than ever before; take plenty of fresh air; take outdoor exercise to a sensible degree, attend to the bowels. No matter what the household duties may be, the mother should take a daily walk and forget, for the time at least, the worries of the home. Worry and fatigue seriously affect the quality of the milk, and so do decayed teeth.

Constipation makes bad health, causes headaches and other sickness, as all well know. Never take cathartics unless all other methods for relieving constipation fail, and not then unless ordered by the doctor. Constipation may very frequently be cured by diet and by forming a regular habit of going to stool. If constipated, don't eat ham or bacon or embalmed meats of any kind. Eat sparingly of fresh meats, and eat freely of fruits, cereals and vegetables, drinking plenty of boiled and cooled water. Add ordinary wheat bran to the gruels which are taken. This will give roughage and help cure

constipation in mothers. Two or four tablespoonfuls of bran daily, taken mixed with the gruels, will be found sufficient. Never neglect to go to stool when a desire to do so is felt. Such neglect is a great cause of constipation. Establish a regular habit of going to stool. On rising in the morning drink two glasses of cool water, eat an apple or orange, or a dish of stewed prunes or other stewed fruit. Then, about twenty minutes after breakfast, go to the stool even if no desire exists, and try to have a movement. Keep this up day after day and relief is almost certain.

The breasts must be emptied at regular intervals to secure an even quantity and quality of milk. The milk from one breast should be given at one nursing; if the amount is insufficient the necessary amount of artificial food should be given.

Regular nursing at regular periods must be established at once. This is very important for the health of both mother and child. The position of the mother during nursing is important. If in bed, she should lie on the side of the breast that is nursed, her head and back supported by pillows. The baby's head should be supported on the mother's underarm with its body held close to her. Out of bed, the mother should be seated in a low chair without arms, the foot on the side of the breast to be nursed should be elevated on a low footstool or hassock, the baby's body resting on the forearm and her body inclined forward so as to bring the nipple to the baby's mouth. Before and after each nursing wash the