

# CHILDREN.

"Speak gently to the little child,  
Its love be sure to gain;  
Teach it in accents soft and mild;  
It may not long remain."

When I speak of a baby to the mothers of New Brunswick, each one thinks of her own sweet children. It may be that at this moment some of you have a dear, sweet, rosy baby in your home; and what in the wide world is more beautiful or more lovable? It may be others of my readers have only the memory of their babies, now grown to manhood and womanhood, yet it is still so sweet.

When a true mother looks upon her babe for the first time, her heart is full to overflowing with love and gladness. It is only as the weeks and months merge into years that she feels her responsibility more and more. So much depends upon the mother's training and influence, and to do for her children what she should, the mother must have the support and sympathy of the father. A man's duty to himself, his family and his country, is to keep the mother of his children well and happy. He can help the children through the mother, by giving her the affection, attention and care which nourishes the mother's mind and heart as well as her body, and makes her life worth living and her work worth doing.

Any woman expecting to become a mother should take the best possible care of herself during the months of pregnancy. Not alone for her own sake, but for the child's as well. Most women find the first months the hardest, but we who are mothers believe it is worth an effort on our part during the hard months, to have in the end a perfectly formed and healthy baby.

Every prospective mother should make a study of the right things to do during the months of pregnancy. The bowels should have daily attention. If possible have them move naturally by taking proper diet, exercise in the open air, and by drinking plenty of pure water between meals. Take a sponge-bath daily; this is of the greatest importance.

The diet should always be plain and wholesome. There are times, however, when women in this condition crave for some particular article of food, and if at all possible it is better to satisfy this longing, than allow the mental enervation arising, to continue.

Hours of sleep should be regular and long. Wear loose clothing throughout the entire period; tight lacing is especially injurious. In a word, whatever of Hygienic Law is of value to women in general, is of especial value to the woman who wishes to pass safely through pregnancy and confinement and become the healthy mother of a healthy child.

### Baby's Clothes.

Next to the skin it is well to have the softest, finest material, made of wool and silk. The binder is made of soft, all wool flannel,