

with the cream as before, and smooth with the tips of the fingers outward and upward. Now we turn our attention to the cheeks and see what we can do to cultivate a pleasing, rounded contour. Use cream as before, place tips of fingers at corners of mouth, smoothing upward and outward. If the cheeks are thin, massage gently with circular motion; if too fleshy, rub hard, which tends to make firm and reduce the flesh. The chin must have a little rotary motion all its own to preserve its firm roundness. For the lines coming below the ear, rub crosswise. If this treatment is persevered in, the results will be most satisfactory.—Selected.

Feeding Baby.—A large majority of the troubles of healthy-born infants are digestive troubles, many of them being caused directly by the mother, who, by too frequent feedings, may prove her child's worst enemy. The child is caught up and nursed every time it cries, to appease it, the warm milk doing this at first, but ultimately "adding fuel to the fire," since generally the child is crying from the effects of indigestion, and at this rate the family physician has finally to be called, and finds his duty rather in the line of correcting the habits of the mother than in drugging the little sufferer.

If a child regurgitates its milk, or, as the mother says, vomits nine times out of ten, it has been overfed and simply needs stomach rest. Since this is a frequent fault, and babies have to vomit so much, it is very fortunate they can do it so much more easily than an adult; indeed, it is their only salvation, under the circumstances.

Don't be afraid you will starve the little one by giving it, under such conditions, a few hours' rest, with absolutely nothing in the stomach. Babies don't starve easily, and this little stomach of about an ounce capacity, is very easily overloaded. Get an ounce bottle, note its size, and then remember that your baby, the first few weeks of life, has a stomach scarcely larger, and see to it that it be not overfilled, or even kept filled, with absolutely no chance to rest—a thing that would kill even yourself.—Selected.

Give the Baby a Chance.

Frank Barkley Copley.

"The hand that rocks the cradle—the hand that spoils the world!"

Most mothers know little or nothing about bringing up babies. When they have had two or three they gain some knowledge, but nothing to speak of. Woman's vaunted intuition is of little value in caring for children. The maternal instinct is not a safe guide.

Do you call these statements pretty strong? Well, do you realize that, whereas nearly every child comes into the world healthy, about two-thirds of them die before reaching the third year? But use your own observation. How many babies do you know that do not have to be hushed to sleep? How many do you know that are not habitually fretting and whining? How many do you know that are not howling at all hours of the night and day for someone to come and amuse them? Precious few.

But, you object, have not babies whined and howled and had to be hushed to sleep since time immemorial? Yes, that's true. Doesn't that prove it is perfectly natural? It does not. It simply proves that babies, since time immemorial, have been spoiled.

"Pooh!" says the mother; "what do you, a mere man, know about babies?"

The writer respectfully steps aside with finger pointed at the Babies' Hospital of New York City. That institution, since it was established eighteen years ago, has cared for nearly six thousand infants, and all the statements here made are made upon its authority. Thus they have the certitude of a vast experience, an experience that you, my dear madam, can never hope to equal.

Let it be known that this same Babies' Hospital, by reducing them to a science, has revolutionized the methods of caring for babies wherever there has been a disposition to receive the light. It is certainly remarkable, when you come to think it over, that, although men for ages have systematically studied the raising of dogs, cats, poultry, cattle and horses, it was not until a few years ago that any

scientific attention was paid to babies. But, young as the science of baby-raising is, it is already making giant strides. This is the age of the baby. The gospel is now being proclaimed to the far corners of the earth: Babies have rights.

BE REGULAR.

The new science is iconoclastic. It breaks some of our most-cherished traditions. What man, bearded and grizzled though he may be, can not pause in the midst of his hurried, workaday life and recall, not without emotion, the tender lullaby his mother used to sing to him? Yet the lullaby is denounced by the new science as a grievous error. You have often heard it said that the hand that rocks the cradle is the hand that rules the world. The new science boldly declares that the hand that rocks the cradle is the hand that spoils the world. Babies shouldn't be rocked.

Yes, it ruthlessly sweeps aside things about which cluster our most sacred memories, does this new science; but it has rewards to offer that more than compensate for the things it takes away. It saves the lives of thousands of innocents. It emancipates the mother from a thrall-dom that frequently wrecks her nervous system and brings her to a premature old age. It transforms the peevish, whining baby into a little creature all sunshine and smiles. Out of the baby it forms a child all sweetness and charm. In the child it inculcates habits of self-reliance that will stand him in good stead when he grows up to encounter the battle of life.

Will you not get into line with the modern ideas, all you mothers? Give the baby a chance—a chance to grow up healthy and strong, a chance to develop his own individuality, which is his most precious gift from God, and with which you have not a shadow of a right to interfere.

Begin training him as soon as he is born. Establish at once regular feeding and sleeping. For the first four weeks feed him every two hours between 6 a. m. and 6 p. m., once at 10 p. m. and once at 2 a. m. After a month he should be fed every two and a half hours between 6 a. m. and 6.30 p. m., with the two night feedings as before. When he is two months old he presumably requires stronger food and more of it, and from that time on he needs to be fed only every three hours from 6 a. m. to 6 p. m., with an additional feeding at 10 p. m.

Stick to this system though the heavens fall. A large amount of the fretfulness and moaning of infants is due to stomach disorders brought on by feedings at irregular intervals and in irregular quantities. Once thoroughly established, the system will be found to work admirably. Go into the Sloan Maternity Hospital in New York City, where it is in vogue, and you will see scores of newly-born infants wake up like clockwork at the hours mentioned, and where silence had reigned there will be a terrible rumpus until food is forthcoming. If your baby, however, should continue to sleep when the feeding time comes round, don't hesitate to arouse him. Keep him strictly to business during his meal, but if at any time he shows a disposition to stop short of the customary allowance, let him. Babies have rights. Their little "tummies" know better than you when they need rest.

DO NOT STERILIZE THE MILK.

Nothing has been found that will quite take the place of mother's milk. Therefore, a mother should nurse her baby, if possible. When it is not possible, the best substitute is pure cow's milk raw, after it has been duly modified in accordance with the age of the child. Raw milk, however, is unsafe for baby during hot weather, on account of the germs that are sure to develop in it. Pasteurization, therefore, must be resorted to in summer. But don't sterilize the milk. Sterilized milk is now under a ban. It has been discovered that in the process of sterilization the bone-forming qualities in the milk are destroyed along with the germs, and that infants fed upon it for any length of time are likely, not only to have soft bones, but rickets, scurvy, and the most distressing diseases of the joints. The difference between sterilized and pasteurized milk is simply in the degree of heat to which they are submitted, and the length of time the heat is applied. Pasteurization consists of heating

the milk to 150 or 160 degrees Fahrenheit for thirty minutes. Milk is sterilized by heating it to 212 degrees for one hour, or an hour and a half.

Give the baby a chance to form good sleeping habits. During the first few days of his existence he should sleep most of the time. As he grows older, his sleep during the day will gradually diminish, but until he gets to be a great big child indeed, he should continue to have fully twelve hours' sleep at night. By the time he is one year old, the normal baby will take two naps in the daytime, totaling from two to three hours. As he grows still older, he will take only one nap in the day, and this habit should be kept up until he is four or five at least.

DO NOT ROCK THE CRADLE.

Regular feedings will assist the baby's sleeping. If he doesn't go to sleep at once, let him alone. Supposing he does want to make use of his eyes for a while longer! That's his right. Under no circumstances ever try to coax him to go to sleep. Never sing to him, never rock him, never walk with him, never lie on the bed with him—never resort to any device whatsoever to put him to sleep, and you will never have to; if you do it when he is young you have taken the first step toward making the baby a little tyrant, and yourself his slave. Do it if you will, but when you get "all run down" from "taking care" of him, pray have the decency not to expect any sympathy. It is the baby who is entitled to any sympathy. Not only have you started him on the road to impudent selfishness, but you have unduly hastened the development of his brain, and seriously injured his nervous system. It is not even necessary that things should be quiet when the baby goes to sleep. Let the usual noises go on, and he will never have any difficulty sleeping among them.

But, you say, supposing the baby cries when he is put down for sleep? Ah! Now we've come to a highly-important part of our subject. Supposing the baby cries? Well, there are cries and cries. Crying is the baby's language; it is about his only means of expression. You, as a mother, must learn to understand him. Baby cries are divided into six classes—the normal cry and those of pain, temper, illness, hunger, and the indulgence of habit. Here are some hints that will help you to distinguish these cries:

Normal—Loud and strong, and the nature of a scream; baby gets red in the face with it.

Pain—Usually strong and sharp, but not generally continuous; it is accompanied by contortions of the features, drawing up of the legs, and other symptoms of distress.

Temper—Loud and strong, and usually violent; accompanied by kicking or stiffening of the body.

Illness—Usually more of fretfulness and moaning than real crying, although real crying is excited by very slight causes.

Hunger—Usually a continuous, fretful cry, rarely strong and lusty.

Indulgence or habit—Stops short when the baby gets what he wants, only to begin again when the object is withdrawn.

Now you know that the baby comes into the world with a cry. Pessimists interpret this as indicating the essential misery of life, but that's all nonsense. That cry is nature's wise provision to expand the little lungs to the utmost, and fill them with air. But here is the important point. The baby, if he is to have good, strong, tough lung tissue, must go on screaming from fifteen to thirty minutes every day. This is the normal cry. It is healthy and wholesome—the baby's exercise, in fact. If the mother interferes with it, she is simply ruining the child to humor her own nerves. Among the baby's rights is the right to a good old-fashioned, red-faced bawl, and please don't forget it.

But suppose it is the cry of pain? Well, find out what is making him uncomfortable. Is there a pin sticking in him? Is his clothing crumpled under his body? Is his napkin wet or soiled? Are his hands or feet cold? Has he got colic, earache, or constipation? If any of these things are to blame, you will only injure him by rocking, walking him, dancing him up and down, or giving him something to suck. Get at the cause and remove it. If necessary, send for the doctor. These remarks also apply to the cry of illness. As for the cry of hunger,

you must remember that a false appetite is often engendered by irregular feedings. You know what to do then if this cry is sounded abnormally.

LET HIM CRY.

And now as to the cry of temper and the cry of habit and indulgence. You don't have to be told, little mother, what these cries indicate. You know perfectly well they indicate you have made a false start. You know that blessed baby is crying for a light in his room, to be rocked, to be carried about, for a bottle to be sucked, or to be indulged in some other bad habit you have been the means of his acquiring. Well, the thing has got to be checked right here and now. What are you going to do? There is only one thing to do if you are satisfied beyond a reasonable doubt that it is the cry of temper or indulgence—don't go near the little darling.

"What! Let him cry?" Exactly. "But he will go on crying!" Well, God bless his little soul! Let him bawl it out if it takes one, two, or even three hours. "You don't really mean that?" Yes, I do. "But he may hurt himself." No, he won't. If he is a very young baby, you will see that his abdominal hand is properly applied, and then there will not be the least danger of rupture. And if he is more than a year old, there will be no danger of rupture under any circumstances. "But what will happen if he goes on crying for three hours?" That's easy—he will stop. And what's more, it is ten to one that the next time he cries from temper or indulgence he will keep it up for ten or fifteen minutes; and then, seeing it's no use, he will quit for good and all.

"Oh! but I never could stand to hear baby cry for three hours!" Why couldn't you? "It would break my heart. You don't know anything about a mother's feelings! I love him so." All Tommy-rot! If your husband is a man, he will step in and give you the sharp, quick word of command. If you can't stand this ordeal, don't lay the flattering unction to your soul that it is because you love your baby; it is only because you are silly, weak, and cowardly—the very qualities in you, no doubt, that have made the struggle with the baby necessary. Love isn't a sickening mush of concession. Love is firm. Love is just. Love has good, red blood in its veins. Looking ever to the ultimate good of its object, love frequently decrees suffering and anguish of spirit.

And I tell you what, my dear madam: Some day, for his bad temper and impudence, you are going to slap or spank that child you are now too tender-hearted to let cry. Yes, you are, just as sure as you are born. And you won't slap him in love, either! Think of the shame of it—you are going to beat the child for the evil qualities that you yourself instilled in him. You are going to beat him in anger, thereby making open confession that your mean, petty, starved nature has not enough moral force by which to rule him. Shame! Shame!

Give the baby a chance to have a healthy brain and nervous system. Do you realize that his brain grows more during his first year than in all other years combined? That means, don't ever play with him during his first year, or let anyone else play with him. "Kitchee-koo" cried the visitor. "Oh, 'oo sweet, precious 'ttle dear!" And poor baby gets poked in the ribs and tossed up in the air. Very bad. Baby may laugh, and baby may cry; but by and by will come the inevitable wail and sleepless hours to tell of the over-stimulated brain and the severe tax on the nervous system.

DON'T SHOW OFF THE BABY.

Too great emphasis cannot be laid on this matter of shielding the baby from excitement. Undoubtedly the temptation to show him off is very great—he is such a cunning little dear, and he has such pretty tricks. But decide now. Is it your desire to gratify your pride or promote your baby's welfare?

It is a great mistake to handle an infant any more than is necessary, not only on the score of his nerves, but on that of his bones. Baby's bones, you know, are soft; thus constant handling tends to destroy the shapeliness of his body. The greater part of his early life should be spent on the bed. When he gets tired of lying in one position, gently roll him over without picking him up.