



Better Canadian Babies



Question Box for Mothers

Answered by LAURA S. M. HAMILTON, M.D.

Mothers, have you become familiar with this new Department in which questions are answered regarding your children's physical welfare? What are your problems? Write to-day. Enclose a self-addressed, stamped envelope, and your request will receive personal attention by a physician whose advice will come back right into your own home to help you in your perplexing matters.

Question.—I am coming to you for help about my baby. He is my second child and is now three months old. He is bright and strong, but not very plump, and only weighed 6½ pounds at birth. I had to put the baby on the bottle at second month. At first I used pure cream, diluted with boiled water, sweetened with milk sugar, and a few drops of lime-water added. Then I began decreasing the amount of cream and adding more milk, until now I give him more milk than cream (about two ounces to a feeding), and dilute it with boiled water about half and half. Is this about the right proportion to use? This seemed to agree with my baby very well until lately. I stopped using lime-water and tried milk of magnesia in his feedings. This seemed to agree better, but his movements were thick and pasty, which didn't seem right either. What would you advise using?

I haven't been pasteurizing his milk as I have been reasonably sure of it being clean and fresh. It seems to agree better with him. For a time I prepared two feedings every day for the next morning (as my milk is not delivered until about nine in the morning), and pasteurized it, and kept it as cold as possible. But I found that my baby was always cross after these feedings. It is impossible for us to have ice, and in the summer the milk is not always fit for a baby's use by the next morning, so I decided to try Borden's Condensed Milk. I give my baby two—sometimes three—feedings of this a day, and so far it has agreed well with him. His feedings during the remainder of the day are milk prepared as I have said.

What is your opinion of condensed milk? Is it apt to disagree with fresh cow's milk, when used together? Would it be better to put the baby altogether on the condensed milk? Ought I to pasteurize his milk, and try to make him accustomed to it?

I expect to travel some distance this summer, and if it would be safe for the baby would prefer using condensed milk, as I could carry it with me, and it may not always be possible to secure fresh cow's milk. We also expect to be camping for some time, and fresh milk may be hard to get then. What would you advise me to use?

I did not have this trouble with my oldest boy, now four, as I was able to nurse him until he was eleven months old, and he could take milk easily. Is there any way in which I could have increased my nurse and enriched its quality? I am healthy and well, but quite stout, and anything I took for that purpose seemed but to make me stouter, while my nurse was as poor as ever.

Answer.—Loss of milk is very common among the women of this country. I cannot say why. The only remedy I have found of any use in cases where this is apt to occur is to arrange beforehand to have help during the nursing period.

You have been too haphazard in feeding your baby. The materials of food are good but wrongly proportioned. Get Holt's book and feed according to age. It would be useless for me to give you a schedule, for the amounts must continually be changing

and by the little expense of the book you have all your changes clearly laid out for you.

The baby's motions, as you describe them, show some indigestion. It is not safe in this weather to run any risks. I do not approve of condensed milk, except for a very short time, under some peculiar circumstances.

Don't pasteurize the milk if it is clean and agrees with baby fresh.

Boil the milk for your trip, using

not cooked enough. His little bowels are very good, but sometimes he has three or four movements a day for a week or two. What do you think the reason?

His grandma dearly loves to have him, but she loves to feed him everything, and I do hate to tell her not to. What am I to do?

I cannot go away at all, and I seldom do, except to church, as I have no one to leave him with but grandma. He sleeps alone with window open all the

One other thing you can do. If ever he is fed by other people again and is ill therefrom, promptly send for those good friends to help you in your vigil with him, and invite them cordially to do all, or at least assist in, the extra washing entailed by the upset. All this may sound rather absurd to you, but I am in earnest. If a little of this impertinence of feeding or poisoning other people's children were met in just this or some similar plain way, intelligent, earnest young mothers would have less trouble, and a considerable percentage of illness, if not mortality of infants, would be avoided.

I would not give baby "flour browned in a pap"; rather bake pieces of bread till light brown or yellow, and give him that to chew. Use more lime water to help teeth. Read one of the former Journals, either April or June re teeth, and don't worry, they'll come all right.

Of course, enter him in the Journal Contest anyway.

If you cannot trust your friends to carry out your methods with your boy, don't on any account leave him with them. It may seem a nuisance now, but it will save you endless trouble and anxiety later.

My own experience is that, having once announced your platform about such things—good-naturedly, albeit firmly—people first consider you a mild, harmless lunatic—later a person of some mentality, and then one to be referred to whose advice and experience are worth having.

Meantime you have a healthy, bonnie boy—of your own.

Answer to A.B.C.—Now for that bug-bear, constipation. I'll give a list and you can try one or all, taking them in turns or combinations.

For constipation:—Diet, drink water, fruit juices, milk, buttermilk.

Eat whole wheat bread or made from coarse meals, vegetables, fruit, fresh or dried, as stewed prunes, figs, or raw or stewed dates. Dates are very helpful. Drink, if possible, in small quantities, six glasses of water daily: two in the morning, two at night, and two during the day.

A helpful remedy is: 1 lb. figs; 1 lb. prunes; 3 quarts of water; a few senna leaves, if desired, and a little brown sugar. Wash and cut up fruit and stew with water till reduced to about one half quantity. Then strain roughly through colander. Bottle while hot and drink one-half cupful one hour before food.

As your baby's health is in no way affected by the birth-mark you refer to, I would not advise your having anything done for it. Meddling is sometimes dangerous. Some time when you are in some large centre and have money to spare consult a good skin specialist; otherwise best leave it alone.

The better the general health, the better the milk. I have found that a good, simple iron tonic begun directly after confinement often helped the milk, by building up the mother's blood. You could ask your doctor for one. Mother's milk will not disagree with baby if both are normal.

For Better Canadian Babies Contest see page 33.



Ernest Attenbough of 88 Caroline St., Toronto. A fine boy of two years.



From Canada's far away Dawson City, Yukon, comes this photo of little George Brimston, one of our little "human bricks."



George Edward Spence, the son of Mr. and Mrs. Edward Spence, of Thamesville, Ont.

the usual formula, only substituting boiled milk. I would say the same of camping, but if you can avoid that camping with so small a baby I would strongly advise against the risk you undertake.

You seem to experience difficulty in keeping milk cool during the summer without ice. I enclose a diagram of the Japanese method, which I have worked successfully many times.

Question.—Please find enclosed an envelope in which I would like some questions

answered about my baby boy age ten months.

I am a mother at twenty-three and so must be very inexperienced and foolish. What do you think? But baby is a dear, fat, healthy boy. I always turn to the Question Box the minute the Journal comes, and I think it is getting better every month. Somehow I think I know you, and am asking many things.

I live in the country, so baby has nice, fresh, clean cow's milk. I began to get him used to a cup at eight months and at nine he was weaned altogether. If he wakened in the night I gave him a drink from a cup of milk and he was satisfied and went to sleep again. At first I gave him barley water and milk but since a month old I have been giving him a cup of milk with about a teaspoonful of limewater in it. Do you think that all right? I find it hard to get a change for his meals and I feed him every three hours. They seem to come very often and it is usually milk, oatmeal, gruel, browned

flour made in a pap, cream of wheat, and sops. I also give him a dry piece of bread to chew quite often, sometimes orange juice and once a soft boiled egg. Do you think I am feeding him properly? I did give him some arrowroot biscuits, but read in last Journal they were too starchy and

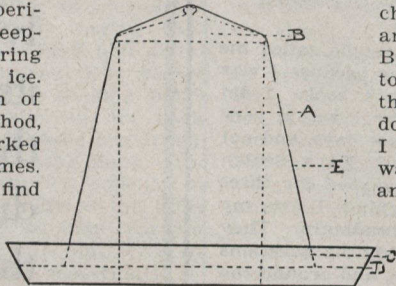
time. He looks so healthy with pink cheeks. I sent for an Entry Card taken at one year, and will then hurry with Score Card to have it in by the 20th of Sept. He weighs 22 pounds now; chest 20 inches; head 20, and I forget his length. But the pet hasn't a tooth in his head. Is there anything I can do to make them grow? I did not have any till I was over a year, and am afraid he will not.

He stands up himself and plays in a packing box on the verandah, almost all the time. He is very sturdy and strong.

Answer.—I am very glad to hear from you of a baby so happily situated as yours seems to be. Why is twenty-three necessarily an age of ignorance? Many of your ques-

tions would be answered by Dr. Holt's book, which I would suggest your getting at once. You may order it at the T. Eaton Co. for 75 cents. Take the schedule of food for a baby a month or two older than your boy, and feed according to that. My only criticism of Dr. Holt is that his schedules are not quite plentiful enough for a normal Canadian boy baby, that has not had indigestion. You have fed your baby well, and weaned him splendidly, but you are feeding him a little bit heavily now, which accounts for the frequent movements at times. But get Dr. Holt's book and you will be all right.

Then take that book and thrust it, and the Journal (having first persuaded, in whatever manner you know best, your husband to support you), obstinately before your good mother-in-law, and any one else that interferes. Say the baby is your baby. You have borne him and suffered for him, and you propose to bring him up as you deem best for him.



JAPANESE METHOD OF COOLING

A—A large stone jar or crock.
B—Tight cover.
C—Pan or dish two to four inches deep, e.g. milk pan.
D—Water one inch deep.
E—Thick wet cloth wrapped all round and over jar and dipping into water on all sides.
Stand whole arrangement in a draught and keep one inch of water always in pan.
By evaporation of the water, the cloth keeps moist by soaking up the water in the pan. The interior of this crock is always cool enough to keep butter hard or good milk fresh for twenty-four hours.



"Ronald" at three years, the little son of very proud parents, Mr. and Mrs. Alison, Lorne Park, Ont.



This little man of two summers is William Kenneth Thomson, Goderich, Ont.