

Daily Magazine Page for Everybody

Secrets of Health and Happiness

Why Baby's Training Should Begin at Moment of Birth

By DR. LEONARD KEENE HIRSHBERG,
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Dr. Hirshberg

Psychologists have begun to study the behavior of infants. Several of them, under the supervision of Professor John B. Watson, of Johns Hopkins University, have announced unbiassed and well-controlled observations of the activities of infants a few minutes after birth.

Speeding seems to be about the earliest response of the infant to the world. A warning was recorded twice by Miss Margaret Gray Blanton within five minutes after the youngster was born.

In the course of a child's birth, the cry, which takes in air and expands the lungs for the first time, is rarely spontaneous. Most frequently the doctor or the nurse must speak, rub or slap the back and buttocks of the little one the instant it sees light. The birth cry may range from a weak wailing cry to a raucous noisy G.

The First "Tricks."
From one minute to twenty minutes after the infant is born, sneezing, yawning, real tears, sucking, fixing the eyes on light, putting the thumb into the mouth, jumping to loud sounds, grasping the tiny fist, crying, pinching the mouth and pulling down its corners, turning the head to get air when placed on its face, and the cry of anger are only a few of the muscle actions directly answering definite impressions.

The perfection with which the baby is endowed by inheritance or instinct to these and many other sensations explains why children form happily good or troublesome habits within a few minutes or a few hours after birth. It is the impression they have of the world in the first hours of life, which make them a comfort or a trouble, spoiled or unspoiled.

The Simple Reason.
It is during the first hour of the birth the little one receives certain returns when it cries, sneezes, fixes its arms or rocking, it thereafter demands to be picked up and petted, and so is spoiled.

The responses of the child during the first day, week and month to the pressure, warmth, support or what not, makes an impression that is linked up in a chain called a habit. It is almost impossible thereafter to break up that habit.

Obviously, a little self-denial, obediently close up from a cold unless an ear

ence to modern methods of training and regularity in nursing, bathing and lifting the infant will result in the absence of bad habits and decidedly less worry and trouble on the parent's part.

Answers to Health Questions
Mrs. J. B. J. Q.—My limbs from the knees down, including the feet, are very much swollen. Will you kindly advise me what to do?

A.—The kidneys, heart or other internal organs will relieve me. A physical examination. Take a complete rest in bed for a couple of weeks.

A Reader, Q.—What causes dry hands, and what can I use?

A.—Evidently your trouble is due to soap or some other thing you use which dries up the natural moisture. Bathe your hands in glycerine and rosewater.

D. S. A. Q.—I am troubled with gas on my stomach. Can you tell me of something that will relieve me?

A.—Try either of the following in a little water every four hours:
Sodium bicarbonate 3 grains
Bismuth subnitrate 5 grains

Max H. Q.—Will you kindly let me know if there is any drug or medicine that can be given to take away the desire for liquor?

A.—No, there is no medicine or drug that can be taken. Special hospital treatment must be taken. You must also strengthen your will power and make a purpose of mind to do without it.

A Reader, Q.—Where can I buy rice powder?

P. M. Q.—What would you advise to use for blackheads?

A.—Gentle massage with a sterilized piece of absorbent cotton or charcoal, followed by the application of powder, make up your mind to do without it.

Fullers earth 3 drams
Glycerine 3 drams
Vinegar 2 drams

M. Q.—Please tell me how to get rid of pin-worms.

A.—Injection of an infusion of quassia into the rectum will kill them. Consult your doctor about application.

ALMA. Q.—Is it possible for one's ear to close up from a cold?

A.—It is very possible for the ear to close up from a cold unless an ear

specialist attends to it when the trouble is first felt.

R. M. Q.—What can I use to prevent my children from getting measles?

A.—Measles are sometimes prevented by washing the eyes with boracic acid water and the nose and throat with alkaline antiseptic solution every four hours. It is contagious in all stages.

Dr. Hirshberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot always undertake to prescribe or offer advice for individual cases. Where the subject is one of general interest, letters will be answered personally. If a stamped and addressed envelope is inclosed. Address ALL INQUIRIES to Dr. Hirshberg, care this office.

To-morrow's HOROSCOPE

By Genevieve Kemble

TUESDAY, APRIL 2.

The luminaries in trine aspect on this day urge those in employment who are deserving to take steps to better themselves, seeking promotion, preferment, honors and increase of salary. Others may ask favors of those in high places with security. There is some danger of recklessness, quarrels, litigation and extravagance through Mars in affliction.

And untruly, likewise, Mercury and Uranus in parallel position also makes the mind and judgment freely and erratically, but brilliant and creative. With the brakes on, splendid, though unconventional results should come from this. Sudden change and bold and adventurous dealing seem imminent. All should be held under deliberation and cool judgment.

Those whose birthday it is may have a changeable and peculiar year, which should be handled carefully, avoiding law and quarrels. A narrow, narrow day will have some brilliant talent, but should be taught steadfastness, calmness and a wise discretion.

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The Origin of Famous Sayings

Charles Miner—1780-1865.

When I see a merchant over-toke to his customers, begging them to take a little brandy and throwing half his goods on the counter—thinks I, that man has an axe to grind—Wholly Turn Grindstones?

And I've heard defended—Little said is soonest mended—The Shepherd's Hunting.

DIARY OF A FASHION MODEL

BY GRACE THORNCLIFFE.

She Learns That a Jacket Bodice Is a Smart Substitute for the Tailored Frock.

This morning Marianne and I were watching the passersby who looked very springtime in their new hats and coats. There's nothing more of the sort to a delivery wagon, came into sight.

It has been ages since I saw a white horse," Marianne said. "Now, where is the red-haired girl?"

At that moment Miss Livingstone came through the door—and Miss Livingstone had wonderful red hair.

Marianne was directly behind her. She motioned me to follow them to the fitting room.

"Claire, you remember the blue serge frock we tried on you several days ago, the one with the bodice made quite like an Eton jacket, don't you? Miss Collins will be here with it in a minute, and I want you to show Miss Livingstone how smart it is."

"She wants something different for street wear, being tired of spring suits and top coats. There's nothing more of the sort to a delivery wagon, came into sight."

Miss Collins helped me into the frock then Madame sent her to Marianne for a good-looking walking hat.

There had been for done to the jacket frock since the day I tried it on. In fact, it was ready for the finishing touches.

Marianne had combined blue French serge with tulle of the same color. The blue was between the shade known as "Belgian" and that called "Liberty."

In making the frock she used the blue wherever it was possible in order to make four yards of the worsted material sufficient.

The bodice consists of an Eton jacket of serge worn over a vest. The long sleeves, also of serge, are rather snugly fitted, and have "hour-glass" cuffs of tulle with pink edges. A narrow band of the tulle is tied about the centre of each sleeve, and ends in a bow at the outer side. The vest extends

APRIL FOOL



In a playful moment Cupid should lie in wait tight gripping the proverbial "string" to which a HEART is attached, and he who is skilled in strategy should step on that string so the heart COULDN'T be snatched back, and should reach for the hands outstretched to him

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together, my dear friend and I! Or—did they put on the nice tan-colored cloth that is the latest artistic fad?

What Comes From Yours?

What did they talk about at the table? Me, I hope. Don't you love to have people talk about you, when they say kind and loving things?

All my faults and failings, all my foibles and mistakes, all my careless cruelties and stubborn ways—I don't mind a bit, so long as the people who speak of them love me a little in spite of them.

Don't like people to pretend they think me perfect, do you? There's always something so unreal about it. Give me an honest friend with a frank tongue and a ready laugh and a warm heart, and I'll face the world and everything in it without a tremor, wouldn't you?

So they had corn bread and milk for lunch, did they? That was just like them, so simple and unpretending, and so good and wholesome. I think I'll have some corn bread and milk to-night instead of dinner. It would be a change, and do me good.

Letters, letters—how careful we ought to be what we seal up in them for when the seal is broken out on all the sorrows and grievances and hurts and discouragements like so many dark arrows, or, out of the cloud of darkness, a bright ray of light. There they lie in a neat little pile, the letters—I wonder what I shall find when I open them.

Good Night Stories

By Alice Stone

Illustrated by Greville

HOW MARGIE APRIL-FOOLED HER MAMMA.

Margie was putting because mamma had asked her to stay home from school to mind the baby while she went downtown to business.

"That's always the way!" exclaimed Margie, almost in tears. "And we'd planned on such a good time at school. What fun can I have staying in the house on April Fool's day? There's no one to fool, baby doesn't know enough to understand a joke if you play it on him."

"Hah! Hah!" laughed a merry voice, and Squeeds hopped out from the fireplace and stood before Margie. "Don't let that worry you."

"But there's no one to fool, and the other children were going to school. So in so many ways, and I couldn't go to school!" Margie said around it.

"Your mamma, that'll be more fun than playing a joke on the other children," laughed Squeeds. "Don't you see?"

"How can I fool mamma when she isn't even home?" cried Margie, tears coming into her eyes.

"So much the better!" laughed Squeeds. "You can't fool her when she isn't home. To surprise her when she comes home."

Margie shook her head. Squeeds perched himself on the edge of the baby's cradle, and Margie said: "I know what I'll do to fool mamma. You mind the baby and I'll do the rest."

And she ran to the kitchen, got the broom and dust pan and soon had the parlor nice and clean.

"Where she returned to the baby's cradle Squeeds was gone and the baby fast asleep.

"Don't Let That Worry You!"

When Margie's mamma returned and found the parlor so spot and span, my want's she surprised.

"I'm so glad," laughed her mamma. "for I'm dreadfully tired. Now I have a nice clean parlor to sit in."

And she opened the dining-room door, only to find the table all set and Margie, as a last, dancing all around it.

"You certainly fooled me this time!" laughed her mamma, and Margie said: "The front door opened, and I said: 'Well, you've all fooled me!' and I said: 'But it won't take long to get dinner, and she hurried into the kitchen with Margie at her heels."

"April fool!" cried Margie, jumping up and down. "You don't have to get dinner, I cooked it!"

"Well, of all things!" laughed her mamma. "This has been a day of jokes on me. But I'm glad they were such lovely ones."

Then Daddy pulled out a big box and said to Margie, "Now, Margie, wouldn't you open that box for fear of being fooled, so mamma opened it, and there was a nice box of candy and a great big doll for Margie."

"That's the time I fooled you!" laughed Daddy, as Margie gathered up the new doll.

"Well, never had a nicer April Fool's day in my life!" cried Margie. "We had barrels of fun!"

Little Bo-Peep
Has lost her sheep
And doesn't know where
To find them.

"Infants-Delight!"
Will make you bright,
So dry up your tears—
Don't mind them.

INFANTS-DELIGHT TOILET SOAP

A PURE white soap of exquisite quality, A borated to soften the water and penetrate the pores of the skin. Fragrant and refreshing. Conveniently curved to the hand.

Send us three of these ads—all different—for beautiful Mother Goose Book in colors.

JOHN TAYLOR & CO., Limited,
Dept. 4 TORONTO.

Winfred Black
Asks What Do You Seal in Your Letters?
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There they lie in a neat little pile, the letters—I wonder what I shall find when I open them.

So they had corn bread and milk for lunch, did they? That was just like them, so simple and unpretending, and so good and wholesome. I think I'll have some corn bread and milk to-night instead of dinner. It would be a change, and do me good.

Letters, letters—how careful we ought to be what we seal up in them for when the seal is broken out on all the sorrows and grievances and hurts and discouragements like so many dark arrows, or, out of the cloud of darkness, a bright ray of light. There they lie in a neat little pile, the letters—I wonder what I shall find when I open them.

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