



Did you cough like this, with your handkerchief held to your mouth, thereby preventing the spreading of germs?

Were You Responsible for Spreading Influenza?

Hints that May Help Others to Avoid the Disease



Walking in the open air is beneficial. The Cadets in the Royal Air Force are shown above on one of their long marches scheduled regularly during the epidemic.

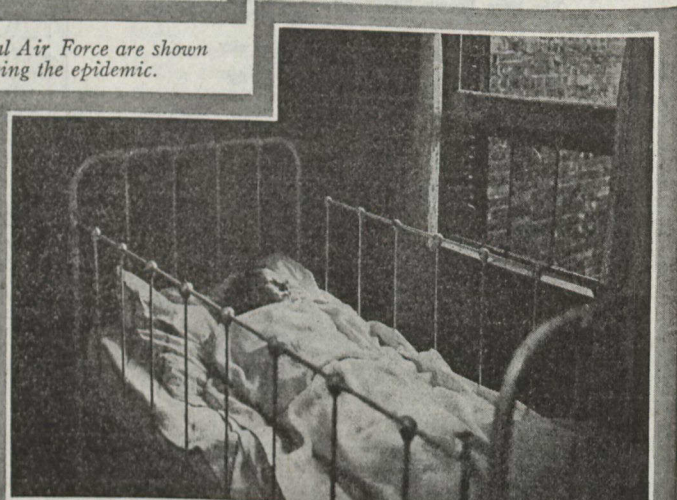


Or like this, without a handkerchief, thus circulating the germs, with evident danger to all breathing the same air?



Did you avoid crowded street cars? (photo to left).

Did you keep your bedroom window open? Note in photo to right how small a chance the child would have in this alley room if the window were closed.



Below—Forcible talking with the listener in close proximity is inconsiderate at all times, but especially if you have "flu" germs to distribute.



The wearing of camphor is an old-fashioned remedy, but it proved rather ineffectual this time.



During the epidemic in Boston, even the policemen wore these protecting "masks".

On page 31 of this issue will be found some interesting facts about influenza, its history, prevention and treatment.

The Growth and Development of a Normally Healthy Baby

By CONSTANCE NICHOLSON LEA

THE importance of weighing your baby regularly has been mentioned before in these articles. Every young mother should invest in a good pair of scales, or at least make arrangements at the home of a friend or neighbour, who has such an article, to have her baby weighed each week. Keep a record. Not only is it most interesting to turn to afterward, and encouraging to watch the steady gain in weight if your baby is thriving, but by the regular record you can tell at once whether your little one is receiving sufficient nourishment and developing as he should.

A baby always loses from four to eight ounces during his first week of life. After that there should be a steady increase in weight of from four to eight ounces weekly until the sixth month. From six months on the gain is not so great, but it should be fairly steady. An infant of average weight at birth (which is seven or seven and a half pounds) should weigh at six months fifteen or sixteen pounds; at nine months, seventeen to eighteen pounds, and at one year twenty to twenty-two pounds. There will, of course, be occasional variations. Sometimes during the teething period and in the very hot weather your baby's gain will be small. If, however, you are careful of his diet, and he seems healthy and well, you will notice that when the weather grows cooler, or when the slight disturbance caused by the advent of a troublesome tooth has passed, he will go on gaining steadily as before.

An increase in weight alone, although a most important sign, is not always an indication that your baby is thriving. The fat is not always healthy fat. This is often the case with bottle babies fed on certain prepared infant foods that are too rich in sugar and fatty substances. To ascertain that your child is gaining just as he should, you must not only watch the weight record, but look for regular muscular and mental development also.

The measurement of the chest is another way of testing the proper growth of an infant. A baby of average weight at birth will have a chest measurement of a little over thirteen inches. By the fourth month this should have increased to fifteen inches; by the sixth month, sixteen inches, and a healthy child of one year should have a

chest measurement of seventeen or eighteen inches.

Babies love to kick and stretch and throw their limbs about. This is Nature's own exercise, and by this means their muscles are strengthened and made to grow. After his bath, when he is sweet and fresh, and smelling of fragrant talcum powder, let him lie on your knee, or on a

Isn't It Wonderful?

"Isn't it wonderful when you think
How the creeping grasses grow
High on the mountain's rocky brink,
In the valleys down below?

Isn't it wonderful when you think
How a little seed asleep
Out of the earth new life will drink,
And carefully upward creep?

Isn't it wonderful when you think
How a little baby grows
From his big, round eyes that wink
and blink,
Down to his tiny toes?"

J. S. C.

mattress or thick blanket, carefully out of a draught, with nothing on but his little shirt, and let him kick away to his heart's content. He will sleep so much the better for it and the exercise will do him a lot of good.

USUALLY during the fourth month, and occasionally during the third, a baby will be able to hold his head erect when the body is supported. From the fifth to the seventh month he will begin to reach for toys. At about eighteen months the fontanel should close (the fontanel is the soft spot on the top of the baby's head). If it is

not closed by the time the baby is two years old, you may be pretty sure that something is wrong with the child's nutrition; he may possibly be suffering from rickets.

Generally from the third to the fifth month a baby will laugh aloud, though it is claimed that they show pleasure by smiling sometime before this.

"Smiles before the age of six weeks," says an eminent baby specialist, "are not smiles at all. They are merely an automatic movement of the facial muscles caused by wind on the stomach."

Oh, well! He can call it that if he likes—Poor man! He never brought a baby into the world, and he does not know the warm, delicious thrill of joy that surges over the mother-heart, when for the first time her baby looks up into her eyes and gives her that smile that repays a hundredfold all the suffering she bore for it. "Wind on the stomach," indeed! My babies have smiled at me when they were very tiny, and though I admire and respect the medical profession tremendously, not one of them will ever convince me that my babies' first smiles were not "really, truly smiles."

At seven or eight months a baby will make attempts to sit up alone, and at nine or ten months he will try to bear his weight on his feet. Beware of encouraging him to walk too soon. Some babies walk much earlier than others, but I can see no great advantage in this unless, perhaps, it is that they don't get their clothes quite so dirty as when they creep. Creeping is a splendid exercise. It is the first natural exercise the baby takes that brings all the muscles of his body into play. Let him take his own time learning to navigate any other way. In all good time you will see him pulling himself up by chairs and walking around articles of furniture that are low enough for him to reach. It will only be a little while then before he makes an attempt to walk all by himself.

If the baby learns to walk all alone, well and good—but he should not be coaxed to use his legs until Nature has made them strong enough to bear the weight of his body. Many a baby is bow-legged because of his parents' eagerness to have him walk as soon as some other baby of the same age.

It is annoying I know—I know so very well, because I have been through it myself, (Continued on page 49)