



DEPARTMENT OF CHILD HYGIENE

(Continued from page 6.)

he gets so very, very tired. Here again Dr. Holt says, "Great injury is done to the nervous system of children by the influences with which they are surrounded during infancy, especially during the first year. The brain grows more during the first two years than in all the rest of life. Normal, healthy development of the nervous centres demands quiet, rest, peaceful surroundings, and freedom from everything which causes excitement or undue stimulation. Many parents err through ignorance. Playing with your children, stimulating to laughter, and exciting them by sights, sounds, or movements until they shriek with apparent delight, may be a source of amusement to fond parents, and admiring spectators, but it is almost invariably an injury to the child. The infant should be kept quiet, and all such playing and romping as has been referred to should, during the first year at least, be absolutely prohibited."

I have already written so much about food that little more remains to be said. Many tired babies are really starved babies, not from lack of food, but from too many and too much food-stuff indiscriminately given. Babies and little children are only capable of digesting a few kinds of food, and milk should always have the predominance in these.

Says the Toronto Health Bulletin:

"There seems to be a feeling among mothers, and especially among young mothers, that when a child cries, if it is given a 'comfort' to suck, everything possible has been done to soothe it. Infants acquire habits very readily, and once acquired they are difficult to break. If you rock your baby to sleep, for instance, after a few times you will find it hard to put it to sleep without rocking. The same applies to singing children to sleep. All such devices are means of focusing the babe's attention until overcome by sleep. The 'comfort' of all habits is the most filthy, the most dangerous and the most unpardonable. Every nation should legislate against them and their manufacture should be prohibited."

"No mother would think of taking her babe to a place where there is any infectious disease, but she overlooks the great dangers from infection to which the 'comfort' exposes her child. This article is often picked up from wherever it may chance to lie, no matter in what exposed spot—it may even have been lying on the floor, or perhaps have fallen from the carriage on to the sidewalk."

"Again, many mothers wet the 'comfort' in their own mouths before giving it to the baby. This is especially dangerous, as the mother may be a 'carrier' of some infectious disease germs and, as the 'comforts' are generally used with infants who are in a weakened condition, they are very susceptible to infection. Moreover, the child is frequently given the 'comfort' to send it to sleep, and when it does so, the comfort drops from its mouth, to become a roost for swarms of flies, perhaps just come from some nearby soiled napkin, or other filth. If, as is frequently the case, the mother rushes to the child with this fly-infected 'comfort' the moment that the infant's cries show it to be awake, we can easily see the terrible danger of disease from the misguided use of the article."

"It does not require scientific knowledge, simply plain, serious thought, on the matter, to realize that the 'comfort' is very often the source of the transmission of germs of disease, and is a most filthy habit. It is intended, of course, to soothe the baby; but is only used because it has become a habit with the infant. If it were never given it would never be necessary."

"A rubber nipple for a 'comfort' or a feeding bottle soon degenerates and becomes bad—due to light, heat, diet, etc., and becomes an active source of irritation to the tissues of the mouth or throat, which may soon become poisoned and inflamed. Red spots appear and later on join into a large infected area, which is very sensitive to the touch, and the child will shrink on examination."

"These tissues, i.e., gums and cheeks, will be hot, red and dry, and this condition may be followed by deranged digestion, vomiting and diarrhoea. When like this, or even just slightly irritated, the

child will be more open to infectious diseases, of which a cold is a good example."

"What good can be got from a 'comfort' compared to the chances of laying the child thus open to infection? Does it stop its fretting? No. Instead it will generally increase it—not just at first, but in a few minutes. Sucking a 'comfort' will soon cause fatigue, and will tire the brain of the child, making it more irritable than before. For example, if you chew gum, you will notice how it will tire you out, also that continual chewing will give you that feeling of a hard lump back of the throat, like indigestion, caused by the continual swallowing of the unnatural flow of saliva and the moving of the jaw. A man sucking a dry pipe will get the same sensation."

"Think how tired the baby gets with a 'comfort' in its mouth half or more than half the time. This instrument might far more properly be styled a 'dis-comfort'."

"Then more than this great danger to the child from infection, think of the change in the appearance of the child. From having a normal, healthy and correctly shaped arch, it may grow up to have a mouth with the upper front teeth extending away out on the lower lip, with a lack of development and growth in the upper jaw, and a short, tight, upper lip, predisposing towards mouth breathing and all its consequential irritations. The mouth arch also becomes narrowed, giving the face a gaunt, idiotic look and the mouth a poor set of masticatory apparatus for the rest of its days."

"There is no case where a 'comfort' is a particle of good, and no shape or style will excuse its use. It is a dirty, unsanitary thing, forced into baby's mouth by its mother, the one person who surely has its best interest at heart, under the mistaken idea that baby needs it, although it is never recommended by dentist or physician. As soon as a mother realizes the harm she is doing by its use, she will surely throw it away, and give the baby a chance to grow into a clean, healthy child, and be an ardent advocate of 'Abolish the Comfort'."

"A little wise purposefulness on the part of parents, a little fearlessness of breaking old customs, and offending certain people may, during the first four years of a child's life, save prayers and tears, and weary days, and sleepless nights in the future."

"We have needed our babies always, but perhaps never in the history of the civilized world have we needed them as we do to-day. Let us then each one 'do our bit' in the guarding of our race that in the days to come—
'All the men and women of our Land may be fairer
Than even the mightiest of our meaner race can be.'"

BETTER CANADIAN BABIES' CONTEST.

BY ETHEL M. PORTER.

(Continued from page 12.)

If the whole magazine were only at the disposal of this Department it would be possible to tell of the many interesting happenings in connection with the Contest, and to reproduce all the photos of the happy little faces which have come to us during the month. However, as we are confined to our own little corner, only a few pictures can be shown, and a suggestion or two given."

The first and most important words I can say are: the days of the Contest are rapidly growing less, and we would strongly urge mothers to send for Entry Forms without further delay. Doubtless you have been carefully carrying out the instructions given in the articles by Doctor Hamilton and Doctor Backus, as they appeared each month, and are waiting to enter your babies till they have reached their best, physically and mentally, but the weeks left are now so few that it is unwise to delay longer."

The splendid letters of appreciation which come to us from time to time are most encouraging. Sometimes from the remote districts of Canada come messages telling us that there they are interested in the Contest and trying to show their desire to co-operate with us in this great movement by interesting as many mothers in their localities as possible."

Only a few days ago a splendid letter came from a western city in which the writer said the women of her city were planning to hold a Contest of their own next year. This is an excellent idea. It shows the spirit of progress which is always evident in the Canadian West, and if there is anything we can do to assist in the hold-

ing of this Contest, we shall gladly respond to any appeal which may come."

If this city can have a Better Canadian Babies Contest, why cannot many other cities, towns and villages throughout the country do likewise? There is no more splendid work you could engage in, for truly Canada's future need will be strong men and women to replace what has been lost. Here is a matter for the Women's Institutes to take up. Could they not hold very successful Contests throughout the coming year, very much to the benefit of the little ones in their communities?"

There are still a great many who have received Entry Forms and have not yet returned them, and others who have sent Entry Forms, but no photos. If you are among the number, do not delay having these matters adjusted, for September 30th is not far away."

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trying harder than ever before to make this "lesson" the best of all.

1. Draw a spool of thread.
2. Catch a grasshopper or cricket, and put it under an inverted tumbler (with a match under the edge to give it air), and make as good a likeness of it as you possibly can, in any position. Don't be afraid to try it, nor to send in what you do!

Here you have an *inanimate*, and an *animate* subject; see which you can do best! Remember the rules!

RULES.

Draw in ink, on one side of the paper only—picture to be about 2 x 3 inches. Be sure and state your age on your last birthday, and your name and ad-

dress, plainly written, and have the work certified by an older person. Leave plenty of time for your drawings to reach our office before the end of the month. Address "Cousin Clover," care of CANADIAN HOME JOURNAL, 71 Richmond street west, Toronto, Canada.

HIS IRON NERVE

(Continued from page 7.)

own, and bending over them, said in sweet, sympathetic tones:

"Oh, how dreadfully they must hurt!" and dropped two lovely round tears on them! And he, shamed to the core by his childish display of weakness under pain, exclaimed:

"By George, Miss Merrivale, they can't possibly hurt as much as that burn I so carelessly gave you. Think of standing that burning iron for an utter stranger!"

"O, but he wasn't a stranger,—he was my—" Mona stopped in consternation, and the surgeon demanded:

"What? Your what?" Then more slowly: "Are you, by any chance, the lost fiancée, whom Mr. Wilfred Manning has been breaking his heart searching for?"

"Yes—Father!"

"'Father,'" echoed the great surgeon in weak, trembling tones, very, very unlike his usual roar. "You are the little two-year-old baby your—mother took from me twenty years ago?"

"Yes, your daughter—Mona Rand! I am not afraid of you now." She seized his arm. "See, Miss Wing, he has a heart, and feelings—he loves me already, and every bit of iron is gone out of him." And the great surgeon murmured, "Even from my soul."

THE END.

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