

A Mother's Talk to Mothers.

BE THEIR DEAREST FRIEND.

IN bringing up children, sometimes the mother seems to forget the great power of love to influence action. A word, a blow, a stern command and a swiftly following punishment, so often constitute the family discipline. Instead of the sternness, try a little gentleness, not persuasion, for when an order is once given, obedience ought to be implicit; but try the loving persuasion before the emergency comes: make the children feel that you love them and want them to love you, and teach them to show their love by obeying your wishes. Show your pleasure when they are prompt in obedience; show that you appreciate the sacrifices of feeling they make when they give up their own will to follow yours, and, take my word for it, they will learn to obey you cheerfully and spontaneously, simply because they love you and would in their little hearts be sorry to grieve their dearest friend.

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BASHFUL CHILDREN.

MOTHERS of children who are bashful deplore the fact and the awkwardness that is its outgrowth, yet most of them would deny that bashfulness is as often an acquired fault as it is a natural one.

Bashfulness is the result of self-consciousness. Bashful persons, whether they realize it or not, are constantly thinking of themselves, then appearance, manner, or actions, and how they are regarded by others.

The great majority of children are not naturally self-conscious, but it is taught them as they grow, "here a little and there a little."

Who of us has not reproved a child somewhat similar to the following:

"Why did you do so-and-so before Mrs. Smith? What will she think of

you? Can I never teach you that you are not to do such-and-such things when anyone is here? I was so mortified—I hardly knew what to do. Will you never learn that you must not talk in that way before company?"

The thought that people are—as the children are led to suppose—watching and commenting on their actions, makes them ill at ease, consequently, awkward.

We are, as a rule, too lax in the training of our children. We fail to notice

the little defects in manner, the lapses in speech or action when alone, and rarely think of them only as the presence of those before whom we are anxious to make a good impression make these things, which are, in reality, of daily occurrence, appear to us in their true light.

Children should be early and carefully taught that certain words and acts are of themselves wrong; no reference ever being made as to the presence of others, or anything of that kind.

A child's mind should be kept as free as possible from the thought, "What will people think or say?" They will then develop naturally and freely, possessed of an easy, pleasant manner, unmarred by self-consciousness and its unpleasant outgrowth—bashfulness.

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CARE OF FOOD BOTTLES.

THE directions which accompany prepared foods should always be followed to the letter. Let the child have a regular amount at a regular time, and see that it feeds steadily until the supply is exhausted. In no case neglect to wash the bottles and rubber nipples at once after using, after which put them in the sun or over the stove, where they will dry quickly. If promptitude is observed in this respect, there will be no necessity of employing soda water to correct the acidity of the bottles; for it is policy to have, at least, two bottles and two nipples and use them alternately. The rubber



FIG 2. A LADY'S GOWN.

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