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the mysteries of its mother's bed. Nor may it nurse until very late on the first day. Thereafter for three days—until the milk begins to flow—it need not be given the mother's breast more than three times a day.

It rarely becomes needful to select cow's milk for an infant this young unless the unnatural mother obstinately determines to risk her child's life to an artificial diet, because she wishes later to run loose to teas and social affairs. To commit any infant to the far from tender mercies of any food other than mother's milk, is a fateful felony never found beyond the borders of ultra-civilized life. The number of children nursed by their mothers is in inverse ratio to their social station in life. If Christ were to return to-day, this would be one of the first evils he would point out.

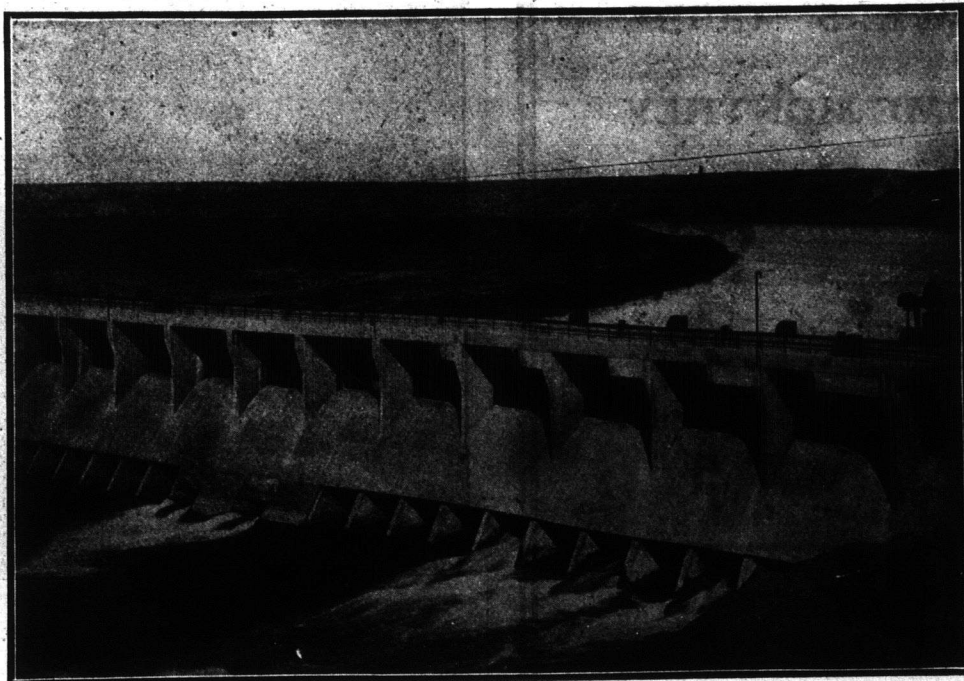
After a child has seen this abyss of trouble for three days, it must be nursed by the mother for twenty minutes every two hours by the clock, except at night and after the morning bath. It is often difficult to convince the nurse and mother, not to speak of the elder conservatives and reactionaries, that the baby's sound sleep must not interfere with its arousal at the prescribed moment for a timely nursing. Following the morning bath, to be sure, an added hour of sleep does no harm. Between eleven and six o'clock at night there should be no nursing. If one nursing intervenes at these unseemly hours, depend upon it to be the fault of the nurse, mother or someone who has

previously washed out with a bit of absorbent cotton moistened with it. Furthermore, the breasts are washed with it as well as thus covered in the interims of feeding. Again, when the lengthening finger nails of the two week old bambino scratch its face, the diluted boracic is brought into first-aid requisition.

If towards the end of the baby's second week, the mother shows signs of fever, the bairn should be allowed to nurse even longer than usual if the fever arises from engorgement of the breasts. The mother should for a day or two, imbibe less fluid foods. The breasts should be pumped dry, cathartics and salts should be taken, and the mother must patiently remain in bed until all evidence of fever has disappeared.

If the little one in its second week or thereafter shows a protrusion where the umbilical cord was cut, do not say it "ruptured itself" by crying, but tighten the belly-band a bit or place strips of adhesive plaster across the projection. As for taking the child outdoors, this is directed altogether by the season and the day. Ordinarily after day, an urchin may be put in its carriage as soon as the mother goes out. On colder or moist days, discretion is the better part of valor, and some weeks must elapse.

Similarly the problem of short clothes is strictly a matter of personal feeling. Among my patients are many who have never clad their chits in long dresses. These radicals have at least my approval. They are also the very mothers who discard the belly-band for good and all



Bassano Dam, Alta.

sought thus to assuage the nocturnal wailing that has perhaps occurred once or twice.

There is the delicate problem of the new infant's toilet. Although as early as the second month of the infant's life, the routine habit of placing it upon a stool at a religiously punctual hour is now the custom, before this period the child must be watched frequently to avoid skin irritations and even more serious difficulties from neglected napkins. Three times or even five times a day are not enough to examine a child for soiled linens. Whenever the babe shows signs of discomfort or cries without apparent cause, an examination should be made. The feet and hands must also be kept warm and absolute cleanliness maintained with everything that touches any portion of the child's anatomy from the moment of its birth until it is three or four years old.

If the nursing child tears and irritates the young mother's nipples—by no means an uncommon torment—the absorbent cotton which saturated with boracic acid water is always retained between nursings over the breasts should be sprinkled with a few soothing drops of compound tincture of benzoin. Just before the little fellow nurses, this benzoin is wiped off with alcohol. At once, when nursing has ceased, the cotton is restored with the benzoin as before.

Perhaps no better defender of the infant's life is known than this simple mixture of a teaspoonful of boracic acid and a cup of boiled water. Not only does it serve three times every day as an eye wash, but each time the papoose is prepared for nursing, its little mouth is

when the child is four weeks old. Finally, let it be not forgotten that the suckling lacks the power of speech, yet is more or less thirsty several times daily. Like a delirious adult with a high fever, you must not wait upon the order of a drink, but several times before or after the nursings, the dear little elf must be furnished with several teaspoonfuls of sterilized water.

"Give, oh, give us," said Thomas Carlyle, "the man who sings at his work. Be his occupation what it may, he is equal to any of those who follow the same pursuit in silent sullenness. He will do more in the same time—he will do it better—he will persevere longer. One is scarcely sensible to fatigue while one marches to music."

Everyday Philosophy

The time to give a man taffy is before it's time to give him his epitaphy. Pessimism is often the outcome of insufficient income to make a man optimistic.

The man with last year's automobile is more likely to feel out-of-date than the man with last year's horse and buggy.

Among the greatest fools on earth are the miser who saves all of his money, and the spendthrift who doesn't save any.

Some men who drop nickels into the contribution-box at church carry away more religion than some others who drop dollars.

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