

week of its life than at any subsequent time and should gain an inch in height during the first month.

If a baby does not make steady progress in growth both in length and weight it is not thriving properly. The food should be changed and all the conditions under which it is living carefully reviewed, to find where the fault lies.

At three months old the average baby should weigh not less than eleven pounds and measure twenty-two inches. If the child was very small, or very large, when it was born, the gain should be in this proportion.

When the flesh is soft, instead of being firm and mottled, the face pale and the baby fretful, there is something wrong which must be set right if the child is to live and thrive.

#### MOTHER-LOVE

The constant watchfulness of mother-love is needed to enable the baby to surmount the perils that threaten its frail life during the early months of its existence. Nature means it to live and the mother must do her part to carry out the beneficent design.

Proper food and clothing, sufficient sleep, and cleanliness are the requisites which it must have to