

TEACHING THE ART OF MOTHERHOOD

(Continued from page 5)

Consulting Expert on Motherhood, in connection with the Bureau of Child Hygiene of the Department of Health. And in cases where there is no such bureau connected with the public health department, to secure the establishment of such a bureau or a similar organization for the direction and supervision of such work.

Motherhood, it would seem, is the only life work for which we have not considered education necessary.

Whenever a boy wants to take up any line of work there is always someone to tell him of the duties and difficulties he must face. Yet we have expected our girls to grow up and become wives and mothers without any intelligent understanding of what lies before them.

And to provide the broadest and most thorough dissemination of such specific knowledge will be the particular duty of the Consulting Expert on Motherhood, who will appear before meetings of women's organizations in every part of the province, where she will give both informal talks and illustrated lectures on subjects related to motherhood, from prenatal preparation and baby care to race hygiene and eugenics.

Such more or less impressive volumes have been written about what the girl and the mother need to know, that the time seems ripe to tell them in an understandable way just what they want to know. The State of New York in sending a teacher-lecturer to talk on this important subject to meetings of women's leagues and girls' clubs in rural communities and villages, as well as cities throughout the State, has solved the problem of how best to reach and teach its mothers, present and potential.

Speaking as of a knowledge gained through years of experience, it seems obvious that this is one of the most progressive steps that has yet been taken in this direction, the most direct and effective, and which makes it highly desirable that every state and province in the United States and Canada should promptly adopt the same or similar methods of educating its girls and mothers in the exacting art of motherhood.

In the beginning of this campaign of educational extension to be conducted by the State's Consulting Expert on Motherhood, it is intended at the first to deal more particularly with the vital things which it is most important for every mother to know about rearing her baby, among which may be considered the "Three R's" of baby care—Right Method, Routine and Regularity.

The present mother must first learn the proper ways of handling, feeding, bathing and clothing the baby, of providing for its comfort and protecting it against disease and illness. To be wholly successful in this she must set aside special hours for each necessary process. And finally, she must adhere with clocklike regularity to the normal routine which she has elected to adopt.

So much has been printed in the newspapers and magazines during the last summer on how to take care of the baby during the heated term, that it seems both appropriate and timely to offer some pertinent advice to mothers about how to care for their babies during the cold months of winter, which is quite as essential to the baby's health and comfort.

The mother should first of all consider that the baby, in order to maintain its normal healthy condition, must have fresh air in winter as well as during the months of the heated or temperate seasons. The mother should especially see to it that the windows of the baby's sleeping room are not closed tight with the first breath of winter. To provide a sufficient supply of fresh air, and at the same time to prevent chilling draughts, an excellent arrangement is to open the window a suitable space, depending upon tempera-

ture and the direction and velocity of the wind, and then to fasten a width of cheese cloth (double or single as conditions may require) over the open space to serve as a screen.

This arrangement will provide perfect ventilation and at the same time protect the baby from direct exposure to cold winds and this, as every mother will recognize, is most important. For the ailing and particularly delicate child the family physician may well direct some necessary modification or special regulations concerning degrees of ventilation and out-of-door exposure to meet the requirements as indicated in individual cases; but the normally healthy baby should with regularity have its outing in the open air every winter day excepting, of course, days of severe storm or extreme temperature.

Incidentally, it is a mistake to keep young children cooped up indoors during the winter. Wrap them up warmly and send them out to play, taking particular care to change any wet clothing when they come in.

Another mistake that mothers, for natural reasons, are all too apt to make, is that of dressing the baby too heavily during the winter months. The only essential difference between a baby's winter and summer wardrobe is that in winter the shirt and stockings should be of wool and the one petticoat of flannel.

It is all wrong to wrap the baby tightly in heavy clothing. The sewed-up Italian baby is an extravagant illustration of this wrong theory, a strongly emphasized example of how not to do the right thing. However, when the temperature seems to demand it the baby may wear in the house a little flannel sacque or long kimona, which may slip on over its dress and which is easily removable.

For outdoor winter wear the baby may have a warm woolly cap, and a coat cut long enough to turn up at the bottom and fasten, bag fashion. All of baby's clothes should be extremely simple, and of a sort that may be easily and quickly made and readily adjusted. The mother who spends less time sewing complicated and fussy baby clothes and more time in the open air will not only be healthier herself, but have healthier babies.

During the winter, when changes both in temperature and atmosphere are frequent, the mother should exercise special care to prevent the baby from catching cold. And that means, as a matter of course, that she herself must avoid such conditions as it make liable for her to contract a cold, particularly the mother who is nursing her baby. And any other member of the family who has a cold must keep at a safe distance from baby, for a well-developed cold is quite contagious.

Although a simple cold is, too generally, considered as of no consequence by the otherwise healthy adult, a cold of any degree is by no means an insignificant ailment in the case of a small child, and this is particularly true of the young baby, with whom a cold of any kind is liable to develop into serious if not fatal consequences.

The mother may teach the child to inhale and exhale vigorously for several minutes at a time through the nose whenever any symptoms of a cold present themselves. This breathing exercise has been found quite efficacious in driving away or breaking up a cold.

Another very general error concerning the care of the baby in the winter time, is the notion that a baby can just as well as not go without its bath in cold weather. Baby requires at least one bath every day, and should have it by all means. Aside from having the room at a suitable temperature, it is only necessary that baby be kept out of cold draughts and that the skin should be thoroughly dried after the bath. But there are so many "Do's" and

"Don't's" connected with the care, feeding and clothing of the baby, the preparation for its coming, its birth, and rules for the mother's guidance in the care of its health, that it would require a volume several times the size of this magazine to incorporate it all clearly, so that to the mother who is not at present so situated that she can receive the personal instruction of a teacher-lecturer connected with the health department, the best advice that can be given in conclusion is to recommend that she read one or more of the splendid books which have been written by acknowledged authorities on scientific, modern methods of baby care, or to apply by letter to the Director of the Division of Child Hygiene, the State Department of Health, Albany, N.Y., for copies of their excellent bulletins on this subject.

The instruction to be given the mothers of the state by the Consulting Expert on Motherhood is of such a comprehensive nature that it has been found necessary to divide the various subjects into a course of half a dozen lectures in order to cover all of this information clearly and intelligently. These lectures and talks will be delivered at convenient intervals before meetings of local organization in the same communities, that each point may be properly emphasized.

There will, however, be exceptions to this rule, as in the case of special lectures which will be delivered before distinctly classified audiences, for which they are particularly intended. As, for instance, a lecture to girls only, dealing with the various phases of Sex Education and Personal Hygiene for Girls, and in which I shall tell them, aside from many things they need to know, a great many things that they want to know, and that they should know.

In covering the subject of Social Hygiene there will be a series of lectures for adults, men and women, on Eugenics, Heredity, Environment, Race Culture, Degeneracy, the Effects of Prostitution on the Race, Hereditary Diseases, Social Diseases, Sex Education and Education for Parenthood. This series of lectures is intended to be entirely educational, and will deal with methods and measures of prevention rather than curative means and agencies.

This movement is not intended to concern itself so much with the baby that is sick as with the best and surest methods of preventing the baby from getting sick. The child in a normal condition does not get sick. In a word, it is unnatural for a baby to be sick. Health is the normal condition of the normal child. It then becomes our duty to the child and to the state to keep the normal child in a normal condition. And all mothers, aside, possibly from the unusual or unnatural mother that proves the rule with an exception, will gladly devote their best efforts to the care and attention necessary to maintain such a condition when impressed with the importance of it—if they know how. And the office of the Consulting Expert on Motherhood is intended to teach them how. Experience tends to the conviction that no mother willingly remains ignorant of the art of motherhood, and that she is more than eager to learn all she can of the essentials of child bearing and rearing.

In connection with this lecture-instruction work there is under consideration a series of motion picture films which will show the right way to take care of a baby from the time it is born until one or two years old; correct methods of handling, feeding, bathing, clothing and every minute detail incident to its care and development; which may be used by mothers' clubs and similar organizations in connection with their local welfare work, and which will so clearly tell a story without words that it may be placed on exhibition as an educational factor in the moving picture houses throughout the country.

HOW THE MAGAZINES CAN HELP THE SCHOOL TEACHER

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and accounted for on the time-table. This is especially true in connection with the work on current events. The discussion of the events which make up the history of the present is a phase of school work which is looked upon by some with fear of possible excitement, heated discussions, and disapproval of the authorities. This is sheer nonsense. It would be better to welcome any topic of discussion which would bring a little excitement and enthusiasm into the class-room. Outside of certain political or religious references, which any tactful person would avoid anywhere out of politeness, there is simply no phase of modern life which cannot form part of the discussion in the school.

For any vital work in geography, it is necessary for the teacher to use a filing system by which all the latest articles and photographs can be filed for immediate reference. These should be used in essay writing, and in preparing recitations. The

work of looking after a filing cabinet need not fall on the teacher; students are only too glad to take part in all class work. There should also be listed reviews of the latest books of travel and trade reports. This reminds me that the use of Government reports is not by any manner of means as general as it should be; and as these are issued weekly and monthly and the information in them is the latest and most accurate obtainable, the neglect of this source of knowledge in the work of geography is still less excusable. In geography, too, the teacher cannot afford to neglect the human interest element. I saw a class one day tackle—that is the only word for it—conditions in Central Asia, and in all Asia, too, with renewed vim, simply because they had had the opportunity of reading a magazine article describing Sven Hedin and his travels over the Himalayas.

For material for oral reading and for

essay writing, what could be better than a well-written magazine article on a subject of general interest? Practice in writing abstracts would have more point if the material used were more up-to-date than it often is. In the Commercial Department, practice in typewriting could be given with magazine articles. Girls' sewing classes would not seem so dull to the girls who don't like sewing, if some of the time at least, when there was opportunity, a new magazine article or story were read aloud, each girl reading a part.

I have only briefly indicated some of the many ways in which magazines and periodicals can be used in the schools. Each teacher will be able to extend the possibilities of their use in his special subject; each principal of a school be able to devise means of making a general use of them in the school library. The value of their general use cannot be estimated too highly.

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