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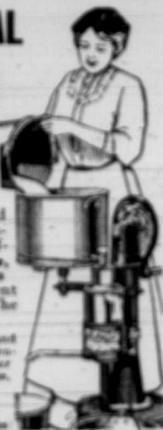
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Mother's Problems

Continued from Page 9

The Importance of Good Books

One of the most powerful influences on a child's character is the books he reads. The books read in childhood one remembers all one's life long. Therefore by all means provide the child with good books. Books are very cheap and are most acceptable presents. An excellent list of children's books can be found in the section "For Young People" of Everyman's Library, stocked by the mail order houses. Avoid impossible scout books, also the vulgar and sordid books, which cannot but have a debasing effect on the character. Children too young to read may be amused and instructed by home-made scrap books which the older children will love to make. Pictures mounted on floursacking with paste in which is a little glue will make a very strong book. A Book of Birds, of Animals, of Boys and Girls, of Bible Stories are titles which readily suggest themselves. Magazines and even newspapers nowadays often provide such fine pictures that such scrapbooks may be real artistic training to those who make and those who study them.

If possible set aside one afternoon in the week for nature study thru the summer months. Let the house go, you can clean all you want to when the children are grown up and you can't be with them. Never mind if you don't know anything about nature study, you will soon find something out, and there are probably helpful books in the school library. Just go anywhere and see what you can find. The training in observation, in sympathy with animals and in knowledge of plants will be worth one afternoon a week of your time. Incidentally the invaluable habit of looking things up is acquired. A new bird is seen. The bird book in the school library doesn't show it, the encyclopedia gives no help; they have a better book on birds at a neighboring school, let us look there, and so forth. Don't let the children destroy anything but noxious weeds; teach them rather to admire the plant and let it grow.

Lastly, always try to leave children to get their own experience. Advise them, warn them, but if they persist in wishing to commit some folly, let them do it and see what happens. Let the punishment of their follies be the one that naturally follows. If the little girl tears her new dress the natural punishment is that she must mend it and wear it mended. She will understand this and be more careful. On the contrary, you scold her and mend it yourself, she, not knowing the trouble of such repairs, will probably think you very cross for half an hour and then forget all about it. The natural punishment leaves no sting. The child feels its justice.

E. M. H.

CARING FOR BABY

Second Prize Article

In regard to the care of the very young child I wish to tell what I have found thru study and experience to be valuable.

When the little one enters the world a doctor is usually on hand to start him on the right track of health. Should he not be present the attendant must exercise great care in cleanliness. The baby's face should be turned so that no discharge may reach its eyes and no light even moderately bright may shine on them. The cord, after ceasing to pulsate, should be tied with a sterilized twisted linen thread and baby placed in a warm blanket. The attendant should also wrap a clean soft bit of cloth around her finger and with it remove any phlegm from baby's mouth that might otherwise lodge over the wind pipe causing suffocation.

The first cleansing of the little body should be done with oil. Two or three tablespoons of olive oil should be warmed in a saucer. The nurse should then dip a small piece of absorbent cotton in the oil and gently cleanse the body, a small part at a time, wiping very gently with a piece of old soft linen and not exposing the body to any cold. Some doctors advise a warm water bath immediately after the oil cleansing, but I think most doctors believe it can be dispensed with till the following day. A trained nurse who attended me at one confinement told me that at the hospital where she trained they gave only the oil bath each day for the first three days, as the oil entered the tissues, giving nourishment to the little body. The first water bath should be at a temperature of 100° F. For the

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