

gland should fail to secrete milk that the salivary gland should fail to secrete saliva. And just as the sight smell of something good to eat causes the salivary glands act so that the mouth waters, so the lips of the nursing the breast within twelve hours after birth, and other events connected with the birth, stimulate the mammary gland so that milk is secreted.

#### THE NEW BABY KNOWS HOW TO NURSE.

At if the baby is not taught to nurse in twelve hours after birth, it becomes more difficult with every hour. Ignorance of this one simple fact prevents many a mother from nursing her baby, and so often it costs the baby's life. Everybody should know the baby must nurse within twelve hours after birth. Even if the milk is efficient at first, the quantity and quality will always improve if the mother perseveres, keeps herself in good health, drinks plenty of good milk and does some outdoor exercise. It is usual to advise the mother to give the baby breast at each nursing, using the left breast first, and then the right breast. At next nursing the breast should be nursed first, and then the right. It will likely soon be found the quantity has improved, so that breast is sufficient for one nursing. At twenty minutes is the right time each nursing. The nipple should be washed and dried after nursing.

#### HOW MUCH?

is useful and interesting to weigh baby before and after nursing, so to see what quantity of the mother's milk the child gets at each nursing. At first nursing there is hardly any, about one ounce, which is enough at that time, but by the tenth day it usually three ounces, and by the fifth week it is six ounces. As for the infant, about three hours is right, even the third day of the baby's life. It is really not necessary to feed the baby oftener, unless when premature and late.

#### HOURS FOR MEALS.

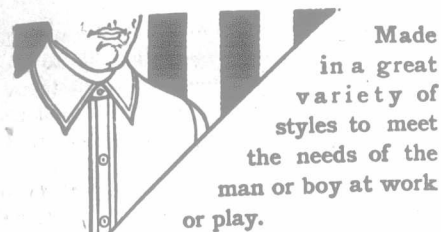
The best hours are 6, 9 and 12 noon; and 10 p.m. The mother and the father, and the father, too, will do best if they have a quiet night of eight or nine hours. If asleep at the hour of nursing, the baby must be awakened. But it will only be necessary to wake once or twice; no one gets bit quicker than a baby. Feed by clock, and the baby will soon be as regular as the clock. When the baby is about five or six months old, every four hours is often enough to nurse, say at 10 a.m., and 2, 6 and 10 p.m. When the quantity of the mother's milk is really not sufficient, each nursing should be supplemented by enough cow's milk (diluted and modified according to doctor's directions) to make up the quantity. But the maternal nursing should never be given up, even if one or two ounces are obtained. It gradually increases.

#### THE BABY'S EDUCATION.

The baby's education has been neglected unless a chicken bone (drumstick), the flavor of meat on it, or a stale loaf of home-made bread, has not been used as a plaything about the age of months or so. The baby is getting to know the art of eating. Some authorities recommend that at the age of nine months, when weaning takes place, the baby should be fed with a cup and spoon. Oat jelly and barley jelly are excellent things to add to the baby's meals at the age of nine or ten months. The baby may also then be taught to look at an arrowroot biscuit or

#### WEANING.

When the baby is nine months old it begins to think of weaning, unless the mother happens to be in the hot weather. Do not wean in July or August. Wait until it gets cool again. Weaning takes place at five or six weeks, as it must be done gradually. One feeding is substituted for one nursing the first week, two



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the second week, and so on till in the fifth or sixth week no nursing is given.

#### COW'S MILK.

Cow's milk is perfectly suited to calves, but not perfectly suited to your baby. In order to make it right, we must add a little sugar of milk, a little boiled water and a little cream or top milk. (See below.)

#### CLEAN MILK.

Above all, the milk must be kept clean. Clean milk is hard to get. Dirty milk poisons babies. The mother's milk goes right down into the baby's mouth and never even sees the light of day, and that is one reason why it is so safe. But from the cow to the baby is a long and dangerous journey, and the baby's enemies often get into the milk. Anything that shortens that journey helps to save the babies.

Milk for the baby must be clean, cold and covered. In the city it should be delivered in sealed bottles, kept cold, and not opened till it is to be prepared for the baby.

#### KNOW YOUR COW.

If the baby is so fortunate as to live on or near a farm, then you can see that the cow is healthy and she is kept clean, that her udder is sound and washed clean, that the milk is clean, that the milk's hands are washed clean, that the milk is kept clean put at once into a sealed bottle or separate covered can for you; chilled at once and kept cold till you open it in your clean kitchen.

When the baby is nine months old, getting at each feeding from six to eight ounces of mother's milk, or about one quart in the twenty-four hours, we have to manage weaning so as to give that quantity of clean cow's milk, somewhat modified to render it suitable for the baby. This is not always easy. The mother's nursing has many advantages. Maternal milk cannot be contaminated, it confers a certain degree of immunity to disease, it is prepared by inheritance for that particular baby, and its temperature is all one can desire. We now have to make a clumsy imitation of nature. The eight ounces of the baby's meal may be made up somewhat as follows for a strong, healthy baby nursed by the mother up to the age of nine or ten months.

First milk mixture:

Milk—5 ounces.

Milk sugar—1 teaspoonful.

Pure water or barley water—3 ounces.

Sodium Citrate—5 grains.

The addition of the soda citrate is a great help. It makes the cow's milk easy for the baby to digest. Sixty grains of soda citrate make about a teaspoonful.

It is often more convenient to prepare all the baby's milk for the six meals of the day at one time. Six nursing bottles, of a pattern easily cleaned and kept clean, and fitted with tight corks are needed to put the six meals in. Then put the bottles in a pail or saucepan filled with water. Bring the water to a boil; let it boil one or two minutes by the clock, then chill the milk as quickly as possible, being careful not to break the bottles, and then put the bottles in the ice chest till wanted.

If the baby does well on the first mixture, then gradually "Top milk" may be given, beginning with:

Second milk mixture:

Top milk—1 ounce.

Milk 5 ounces.

Pure water or barley water—3 ounces.

Sodium Citrate—6 grains.

gradually increasing the quantity of top milk and decreasing the quantity of water till at about twelve months of age the baby is living well on six meals a day, of about eight ounces each, in which about six ounces or more of top milk are used, and no water at all. The sodium citrate may be got in powders from the druggist or the doctor will tell the exact quantity.

When the hour for feeding comes, the bottle is taken out of the ice-chest and warmed, the nipple is rinsed in pure water and fitted on the bottle, the mother holds the baby in her arms, and gives the bottle (having previously shaken it up to mix the milk) with the same care and attention that she nursed the baby before weaning, giving about twenty minutes to the meal.

#### TO CLEAN THE BOTTLE AFTER NURSING.

Throw away any milk left. Rinse the bottle thoroughly with cold water first, and then place it in a pan of cold water with the other bottles. The pan of water—bottles, corks and all—should be boiled and the bottles rinsed in cold boiled water before they are filled again.

After a nipple is used, rinse it in cold water, wash it with soap and hot water, turn it inside out and wash it again with soap and hot water, and then rinse it again and put it in a pint "sealer" full of boiled water, in which a teaspoon of boric acid has been dissolved. When new, both bottles and nipples should be rinsed in cold water and then boiled five minutes before using.

#### THE BABY'S WEIGHT.

The baby's weight usually tells how the baby is thriving. The healthy baby gains steadily in weight. If the baby does not, something is wrong, and the doctor should be called in. The baby gains about an ounce a day in the third and fourth weeks, and in the second, third and fourth months of life. Then the gain is about half an ounce a day till about the twelfth month. Thus, the average weight at birth is about 7 lbs.; at one month old, about 8 lbs.; at six months old, about 14 lbs.; at twelve months old, about 21 lbs. Scales should be at hand to weigh the baby regularly.

#### BUT

1. Do not be too anxious to fatten up the baby. The fattest baby is not the best baby. It is a disadvantage to have a baby too fat and heavy.

2. Do not trouble about slight occasional losses in weight. For the first few days after birth, the baby usually loses about half a pound, and later on, in about six months or more, the vigorous baby, fond of exercising the legs and body, develops muscle rather than fat. Such a baby will sometimes lose a little weight; it is only the loss of fat. It is a very different thing when a baby one month old or two months old has made no substantial gain in weight. Then something is far wrong.

#### THE BABY'S FRESH AIR.

The baby needs fresh air day and night. Have a supply of fresh air for the baby all the time, just as you have a supply of milk for him. Oxygen (that



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