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1918

Practical
Child Training



PART 19

SIMPLE RULES

FOR

PHYSICAL HEALTH



Class HQ 769

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Practise in deep breathing and exercises on rising in the morning.
Principles involved: Suggestion, approval, coöperation and expectancy.

Practical Child Training

PART 9

EASY LESSONS FOR DEVELOPING BODY AND MIND

By

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THE PARENTS ASSOCIATION
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PREFACE

Having read carefully the preceding volumes of the Course in Practical Child Training, you are prepared to proceed at once with great confidence in the application of the methods given you in this volume. We believe this book will help you in the solving of problems relating to the physical health of your children.

Also, we believe that, after you have fully mastered the principles which we have presented in these volumes and have tested them out with good results, you will come to face all of your problems with children with more assurance and greater confidence, making it a pleasure to solve those problems instead of a burden as it often seems.

The Parents Association is a co-operative organization and we are especially interested in the success of each

of its members. We are anxious to know how you succeed in applying our methods. Did you obtain good results in solving some particular problem? Tell us about it. No case in child training which you might report will be too trivial for our consideration. Did you fail to find some particular problem treated which you wanted to solve? Tell us that also. We can then help you by letter.

Your experience on some point may help another parent who is still struggling with a difficulty which you have overcome. Another parent's experience may help you. The offices of the Parents Association are clearing houses for exchange of views and mutual aid.

If you find that the principles presented in these volumes help you to understand children better; if you feel that a knowledge of these principles and these methods would help your neighbor or your friend or relative, then tell them about your Course in order that they also may be benefited.

PHYSICAL HEALTH

Good health and good sense are two of life's
greatest blessings. —*Publius Syrus.*

PHYSICAL HEALTH

Although this Course does not aim to usurp the especial privileges of the physician, yet as good physical health is an absolute necessity to normal childhood, this subject must be included, the maintenance of good health resting largely with the mother.

This chapter will not deal with drugs or treatments in illness; it will deal merely with prevention. It will give instruction in those ways of pleasant cleanliness that eliminate the necessity for drugs and reduce the need of doctor's services by lessening the chances of a child's developing epidemic complaints.

Without covering the intricate subjects of physiology and hygiene, proper prenatal conditions will be described and the simplest rules of life for the child from birth to his eighteenth year, will be given. The suggestions will be easy to assimilate, easy to remember and easy to follow.

Health is perhaps the most important of all factors in successful education. Unless your child be truly healthy he cannot learn easily; he cannot obey. His mind wanders, his attention cannot be held; he is irritable, fractious, unresponsive alike to mother and teacher; it is impossible for him to grow up into an ideal citizen.

1. PROPER PRE-NATAL CONDITIONS

The physical, mental and moral life of each individual are determined by two great factors—inherent possibilities and environment. The subject of heredity belongs properly to eugenics.

All questions as to what traits of mind or body a child will inherit are settled at the time of conception. Yet, so much of the child's welfare depends upon surrounding influences, even from the moment of conception that he can be made a success or failure largely by environment. Furthermore, at no other stage of the child's life does his welfare depend so completely upon you, his mother, as

during the pre-natal period of his existence.

The results of your work upon your child, as compared with inherited tendencies, may be illustrated by the work of Luther Burbank. No matter what combinations he makes in his experiments with plants he must always take into account the *inherent* qualities of the plant he wishes to improve; yet, by relentless culture, he can produce from the field daisy the wonderful Shasta daisy or from the wild blackberry a white variety. It is for you to keep the unsurpassed Shasta daisy in your mind and give your child, from the beginning of his pre-natal existence, a chance to become one of the finest specimens of his kind.

Without forethought and care, you cannot give your child the best possible chance to develop perfectly. He will not grow aright "naturally" unless you aid nature in every possible way.

Let nothing interfere with your plans to make the welfare of your child during pregnancy your chief concern. So

order both your social and home life as to contribute to his best interests. Your home is now being used for the greatest purpose to which you can ever put it—do not let anything else stand in the way.

A young woman had chosen with care every piece of furniture for her home, and the sense of ownership was very dear to her.

One evening during the pre-natal period of their first child's life, the following conversation was opened by the wife:

“Oh, I'm so, so tired—I don't believe I can sleep tonight.”

“You shouldn't allow yourself to get so tired now.”

“Oh, I know it, but I can't help it. I can't stand it to let the housework go undone. It gets so behind if I don't do a certain amount every day.”

“But you mustn't get so tired. We'll have to hire a girl to do the hard part of the work.”

“We can't afford to do that. It would worry me more than anything else if we

couldn't make our regular payments on the house. I simply couldn't endure it."

The husband was sadly silent. Here was his wife daily sapping the strength of their child by overwork which she could neither let go undone nor consent to have done by others. Do you wonder that he called her unreasonable in his thought and was angered because of his inability to bring relief?

When you are faced by such a dilemma, decide to conserve your unborn child's strength and to master your feelings by letting your mind dwell on the result you are accomplishing.

The day of the birth of a child is the most far-reaching single experience that a father or mother ever faces. A woman's right to use her own life as she desires becomes curtailed when her thoughts and actions all contribute to the health or weakness of her child. And they reach beyond the home because her child represents the future race.

Because of this ability to shape the destiny of a human being, the thoughtful

persons of this generation are urging that young men and young women be informed how to order their lives so as to make themselves fit to become parents of the new generation.

EUGENICS

All must agree that there are moral values, but to the eugenist, the ends to be attained in shaping the child's life are almost wholly biological—the aim being to give to the child the best possible body. A strong, healthy, well-developed body is considered moral, and a weak, unhealthy, undeveloped physique is unmoral. While this is a narrow view of life, it must be admitted that mental and moral characteristics are in a very definite way dependent upon the physical structure of the child.

Your aim should be, therefore, to produce a child endowed with a perfect physique. Nothing can offset a weak heritage in this respect. A strong body assures greater intelligence or capacity

for improvement, both in thought and in technical efficiency, and is also conducive to morality.

GENERAL HEALTH NOTES

In order to give your child the best possible chance to have a healthy body, you must observe certain great laws of health during his pre-natal period. Your own body has placed upon it an unusual burden, and whatever you do for the sake of the child in correct living builds up also your own strength for the coming test through which it must pass.

The time was when all that was demanded of a woman was to be pure and good and to order her life by instinct rather than by reason. Now all that is passed and everywhere women are called upon to live according to scientific principles of physical well-being and to order their lives with intelligence and reason.

DIET

Health for both yourself and your unborn child is determined in a large measure by what you eat during pregnancy. Your diet should be simple, well-balanced and nourishing, for what you eat must furnish material for the building of healthy muscle, bone, sinew, brain and nerve of your child.

A well-balanced diet contains some of each of the essential food elements, which are:

1. Mineral substances of great variety (lime salts, compounds of phosphorus, iron and others).—These are used by the body for building material and are found in all parts of it. They also produce substances within the body tissues which tend to offset acid substances produced in the tissues in the course of digestion of meats and cereals and serve many other important uses. Without fruits and vegetables the meals would be likely to lack certain mineral substances. Without milk they would be lacking in a mineral substance especially needed by children, that is, lime.

2. Protein.—Protein serves as fuel for the body and also provides a certain important element, nitrogen, which is needed in the case of children for growth, and in the case of both children and grown people to keep the body in repair. Without meat or meat substances (including milk) the meals would be lacking in this body-building material.

3. Starch.—This is one of the chief fuels of the body and is supplied mainly by the cereal foods.

4. Sugar.—This serves as fuel for the body and to flavor the food. It is found in milk, fresh fruits, and many other materials, but unless small amounts of very sweet materials—sugar itself, sirup or honey—are used, the diet is likely to be lacking in it.

5. Fat.—This serves as body fuel and also improves the flavor and texture of the food. It is present in meats, nuts, and many other foods, but unless small amounts of specially fat materials, like butter, oil, cream, are used, the meals are likely to be lacking in it. Moreover, dishes cooked without a certain amount of fat, and meals served without butter or some substitute seem, to most persons, dry and unpalatable.

6. Cellulose.—This is the material which makes up the framework of plants. It gives

bulk to the diet and may tend to prevent constipation. Without fruits and vegetables the meals would be lacking in this important element.

The following table of staple food-stuffs shows the predominating element in each food:

FOODS DEPENDED ON FOR MINERAL MATTERS, ACIDS, ETC.

<i>Fruits</i>	<i>Vegetables</i>
Apples, pears, etc.	Salads—lettuce, celery, etc.
Bananas	Potherbs or "greens"
Berries	Potatoes and root vegetables
Melons	Green peas, beans, etc.
Oranges, lemons, etc.	Tomatoes, squash, etc.

FOODS DEPENDED ON FOR PROTEIN

Milk, skim milk, cheese, etc.	Fish
Eggs	Dried peas, beans, etc.
Meat	Nuts
Poultry	

FOODS DEPENDED ON FOR STARCH

Cereal grains, meals, flours, etc.	Macaroni and other pastes
Cereal breakfast foods	Cakes, cookies and starchy puddings
Bread	Potatoes and other starchy vegetables
Crackers	

FOODS DEPENDED ON FOR SUGAR

Sugar	Candies
Molasses	Fruits preserved in sugar,
Sirups	jellies and dried fruits
Honey	Sweet cakes and desserts

FOODS DEPENDED ON FOR FATS

Butter and cream	Salt pork and bacon
Lard, suet and other cooking fats	Table and salad oils

In choosing your diet for yourself and the child which you are nourishing, be sure to include the necessary elements of a well-balanced diet.

Some years ago a very popular book for pregnant women advised a fruit diet and no protein or minerals. The reason for this kind of diet, the book stated, was that the bones of the child would be soft at birth and the confinement, for this reason, would be much easier for the mother.

Among others who followed these instructions was a young mother whose baby was born at a hospital at Hartford, Conn. The nurses and doctors were astonished at the easy delivery which this

young mother made, but they said of the baby:

“I never saw such a limber baby as yours. He is just like a rag baby.”

During his rapidly growing period, at the adolescent stage of his life, his doctor said:

“His bony structure is at fault. A very noticeable curvature of the spine causes his chest to be abnormally depressed. This depression of the chest is the cause of his being addicted to taking colds easily.”

From birth this boy had grown rapidly and the lack of protein and minerals which began in his pre-natal period was never fully supplied.

But it is not enough for you to eat foods containing all the essential elements, you must eat a sufficient quantity to be able to conserve your own strength and to guarantee that your child shall not lack nourishment.

Yet the stomach must not be overloaded. If you must increase the quantity of food taken and can relish only a

little at meal time, eat between meals either in the morning or afternoon or both. A glass of milk, a cup of cocoa or chocolate, a bowl of soup or gruel will often supply the needed nourishment.

Liquids are especially beneficial because they aid the overworked kidneys, help keep the bowels regular, and assist the skin in throwing off waste matter. Water should be taken between meals. The habit of drinking milk is a good one to form at this period; it stimulates the kidneys and later will increase the quantity of the mother's milk.

Stimulants and alcoholic drinks should be avoided.

Coarse cereals are better for the bowels than predigested foods. Bran is especially good. Old bread is more easily digested than new or warm bread.

Eat at regular hours. Should you require nourishment between meals take it at the same time every day. The body responds favorably to regularity in all habits. If you acquire a distaste for all food, a change of scene for a few days

will often cause you to have a normal appetite.

There is an old fallacy abroad to the effect that a pregnant woman must have whatever she fancies. If you long for something unobtainable or pernicious you should be governed by reason and banish the craving from your thoughts by thinking of something else than food. You can overcome the desire by focusing your attention elsewhere. This course is desirable for two reasons: It takes an unwarranted burden from your friends and strengthens the power of conquest in yourself and your child.

CLEANLINESS

In order that the pores of your skin may be kept open and ready to perform their most important task of eliminating waste material from your body, you should take care not to neglect the daily bath—especially is this essential during the latter part of your period of pregnancy.

Very hot baths should be avoided, and if you are accustomed to taking moderately cold baths, you should gradually change them to the safer tepid bath. Be sure to stimulate circulation after the bath by a brisk rubbing of the skin with a coarse towel.

The kind of bath taken—whether it be sponge, shower or tub—and the time of day that you take it both may be suited to your convenience. Here again regularity as to time and manner increases the amount of benefit derived.

The grooming of the body is no less important than proper food, pure air and pure water. Bodily cleanliness carries with it a sense of physical comfort and well-being. It is because it gives a feeling of exhilaration that a state of cleanliness contributes to moral courage and good cheer.

Since cleanliness is an influence toward happiness, you should give yourself the full benefit of its wholesome influence. A mother visited her daughter one morning, found her house in disorder, her clothing

anything but immaculate and her mind dispirited and depressed.

“What is the matter, Julia?” she asked.

“I don’t know; I feel so out of sorts,” was the reply.

The mother recognized the cause and the cure instantly.

“Go and put on that pretty, pink morning dress of yours,” requested the mother.

“I’m too tired to change my dress,” said Julia with a shade of self-pity in her voice.

“It will rest you, I’m sure,” smiled the mother.

Julia went reluctantly to dress and while she was gone her mother deftly put the house to rights.

Half an hour later, after a cheerful talk on general topics led by herself, this wise mother left her daughter, who, in a fresh, becoming dress, seated in a tidy room had lost all of her moroseness.

As a precaution against disease, avoid touching chair arms, railings and straps

in public places. Never use public brushes, towels, soaps or drinking-cups.

FRESH AIR

Just as water cleanses the surface of the body, fresh air purifies the lungs and therefore the blood. Pure blood is a great pain eradicator.

Air is more necessary to the human body than food or water. People have lived without food for many days, and without water for many hours, but no one can live without air for more than a few minutes.

When New York City made its great campaign against unfit tenements the chief factor of complaint was vitiated air. It was lack of good air that made the people by scores sicken and die in the worst districts of the city. Other things being equal, pure air means health; foul air means sickness.

During your child's pre-natal existence, you must supply yourself and child both with pure air.

The carbonic acid and waste products from the baby's body are taken up by your own blood, and your blood is purified by the air you breathe. From the cleansing process which it receives in your lungs, your blood returns to the body of your babe, carrying life-giving oxygen as well as nourishment to the little form for which you breathe.

Many men, who spend most of their time indoors, have placed upon their desk or in some place where their eyes often rest a placard on which are the words "Breathe Deeply." If people who must keep only one body purified by breathing take such precautions, the expectant mother should surely follow this example. Ten full, deep, slow breaths every hour help to establish the habit of deep breathing. This habit once formed is an invaluable life-saver.

Sleep in an outdoor sleeping-room if possible; if not possible, open your bedroom window to its fullest capacity and protect yourself from drafts by the use of screens placed between the open win-

dow and your bed. The old idea that night air is vicious is entirely false. Night air is purer than day air because less smoky and dusty.

EXERCISE

From the foregoing discussion, it is easy to see that walking in the open air is a very valuable exercise. If you are not accustomed to walking begin with a few minutes daily, and gradually increase the time to an hour and a half.

When you walk in the open air, keep your chest up and your shoulders and head back. This allows you to take more air into your lungs. A famous professor in a middle-western college says that he keeps his eyes directed a little above their level as he walks outdoors. This has a tendency to make him throw back his shoulders and breathe more deeply.

Riding can never take the place of walking. Your body needs exercise—not just fresh air.

Besides taking a daily outdoor walk,

you should engage in some kind of manual work, at least for a part of each day. No kind of work is so varied or calls into play so large a number of muscles as housework, but you must be careful not to lift or drag or move furniture or other heavy things.

Exercise makes the muscles firm and elastic, helps the skin do its important work, assists the alimentary canal to eliminate poisons and promote deep breathing, and so contributes to the purification of the blood.

A certain pregnant woman gave up all her housework and lay on her couch day after day. As time went on, she grew weaker and less inclined to exercise. She gave birth to beautiful twin girls but was too weak for months to take care of or even enjoy them. Her physician said there was nothing in the nature of her case to warrant her weakness except that she had no strength before confinement. When he was told of her total lack of exercise during her pregnancy, he spoke strongly against the folly of letting

the body become weak through such neglect.

Of course, you should take exercise in moderation. Never allow yourself to become over-fatigued. Avoid from the beginning stretching, lifting, jumping, dancing, long climbs and long hours of motoring and running a heavy sewing-machine. You should do only light work, especially after the sixth month.

A farmer drove his team of horses into his neighbor's barnyard, carelessly hitched them to a piece of farm machinery, and, leaving his little boy to watch the restless horses, went into the field to talk to the owner of the farm.

The frightened screams of the boy soon brought the woman of the house to the barnyard. The horses had jerked over the farm implement, to which they were hitched, and pinned the boy under it.

The woman with all her strength lifted the heavy implement and released the boy. He was not much hurt, only terribly frightened. But, in a few days the woman gave birth to a premature, dead

baby. She had thoughtlessly injured her child by lifting the heavy implement.

As previously suggested, correct posture insures deeper breathing hence better health. Sitting erect prevents the blood from congesting in the internal organs. The blood is therefore better purified and pure blood prevents the accumulation of injurious waste matter.

To get a correct posture when sitting, use a straight-backed chair. Have the hips and shoulders touching the back of the chair and the spine as far as possible touching—there should be only a slight curve inward at the small of the back.

To acquire a correct standing posture, let your hands hang down at your sides, naturally. Now slowly twist your arms, first letting your thumbs point forward, then keep on turning your arms until your thumbs point first out from your sides, then further back—as far as you can turn them without discomfort. This raises the chest and throws back the shoulders.

CLOTHING

In choosing clothing to wear during pregnancy, the chief aim is comfort of mind and body. Bright colors attract observers to the wearer. The eye naturally is held by them. You will be less conspicuous and hence more at ease if you select dull colors.

Choose fabrics that are of light weight. Such materials are more comfortably worn. Hang your clothing from your shoulders. For example, wear union suits rather than two piece garments; hose supporters that draw from the shoulders rather than the waist, or worse still, consist of a band around the knee; outer garments of the empire or kimona type rather than skirt and waist style. Whatever constricts the waist or pulls down upon the abdomen is harmful.

Avoid tight-fitting corsets, collars, belts, bands, gloves and shoes. Whatever hinders free circulation affects in a marked degree both your own health and that of your child. The unborn child of

a woman that laces has no opportunity to develop.

A young society matron, an expectant mother, was invited to spend a few days with her husband's relatives whom she had never seen. She laced in order that she might wear her prettiest dresses, which fitted her perfectly as a bride. Even after she returned and increased in size, whenever she appeared in public, she laced herself to her former size.

She very slowly recovered from a most severe confinement and her child was weak and often ill. By her lacing she had curtailed the strength of both herself and baby boy.

On account of the added burden to circulation during these months of pregnancy, the hands and feet often swell. Do not, in that case, use gloves and shoes that fitted you formerly. Let your blood have free course throughout your body.

Periodicals of today show illustrations of all sorts of comfortable and good-looking articles of dress for the expectant mother. The periodicals intended espe-

cially for women contain advertisements of firms which handle maternity garments. With these aids, it is easy to dress in a way that will be comfortable and stylish and, above all, in a way that will contribute to your own health and that of your child.

SLEEP

We grow tired and sleepy because our blood becomes surfeited with tissue poisons. This has been demonstrated thus: A sheep was kept from sleep a long period of time. When it attempted to lie down the experimenter prodded it and made it stand. When it became impossible to keep it awake longer, even though it was compelled to stand, he transfused some of its blood into the blood of a sheep that had had its regular sleep. Of course this transfusion took place in the day time when the sheep that received the blood would not normally be sleepy, but this second sheep went to sleep immediately and slept a long time.

The conclusion of the experimenter was that want of sleep affects the blood or, in other words, that sleep is necessary to change the blood from an impure state to a pure state.

Every movement of every part of the body breaks down cells and creates waste material. All nervous actions, such as drumming with the fingers, tapping the feet, biting the lips, playing with jewelry are worse than useless. They use up nerve energy and cause needless fatigue.

The woman of today has more cause for fatigue than women of former generations ever dreamed of. The constant round of entertainments, the complicated housekeeping matters, the demands of club, government and charity work all tend to create a condition of nervous strain.

The cure for exhaustion is sleep. But lack of exercise and over exercise tend alike to produce sleeplessness.

Especially should you, as a prospective mother, avoid mental stress and needless worry. These are very exhausting.

Learn to relax in body and mind at every available opportunity.

RELAXATION

When you sit down to rest for a moment, have a very definite purpose to find a comfortable chair and, then, to be perfectly quiet, trying to yield every ounce of your weight to the chair. Let your hands lie perfectly idle in your lap or on the arms of the chair. Bring to your mind a sense of restfulness. Banish all unpleasant thoughts and give yourself up to pleasant, idle day-dreaming.

At least once a day, lie down on your back and let your entire weight be given to the bed or floor on which you lie. Breathe deeply and, after the breath leaves you, see if you cannot let even more of your weight rest upon the bed. Should a friend lift a hand or foot while you are relaxing, it should fall like a dead weight upon the bed when released.

When you go to bed at night, relax

every muscle of your body. Dismiss strenuous thinking entirely from your mind. Think of your hands, your feet, your body, and try to give the weight of each utterly and completely to the bed. When you begin to feel sleepy say to yourself: "I feel sleepy." Breathe deeply. Banish disturbing thought. Lie perfectly quiet and let sleep do its healing work in your body.

PRECAUTIONS

In order to be perfectly well and so give your child the best possible chance of being robust, you must never allow yourself to become constipated. Exercise and correct diet should be sufficient aids against constipation.

Foods that contain much water such as fresh vegetables and fruits are laxatives in character. So are bran and graham.

Drink freely of water. This will aid the eliminating processes of your system.

As soon as you discover that you are

pregnant, go to your dentist and have your teeth carefully put in order. The teeth often are a source of annoyance or even great discomfort during pregnancy. In the first place, there may be acids forced back upon the teeth from the stomach during the latter half of the pregnancy period. Furthermore, it is believed that minerals which at other times are used to build up the mother's teeth are, during this pre-natal period, used to form the bones of the child. Since it is quite the rule to have trouble with the teeth at this time, it is well to have them put into good condition beforehand and so avoid trouble with them later.

Since more and more waste matter is being sent through your system as your child grows, if this is not all properly discharged through the various eliminating channels, a condition known as toxemia may result. The symptoms are:

1. Intermittent or even continuous headache.
2. Vomiting, if violent.
3. Dizziness, especially when stooping.

4. Blurred vision or spots before the eyes.
5. Slight jerking of the muscles.
6. Neuralgia.
7. Slightly swollen hands and face.

If one or more of these symptoms appear and persist, consult your physician.

Not infrequently, the veins of the legs swell during pregnancy. If sitting often with your feet up does not relieve you, see your doctor. He can order bandages or elastic stockings, if necessary for your comfort.

THE MIND

We have treated the subject of bodily health thus fully because the very character of your child is greatly dependent upon his body. And his body is so dependent upon your care of yourself, hence of him, during your pregnancy.

Furthermore, your proper mental attitude is your greatest aid toward perfect health.

ILLUSIONS CAUSING TREPIDATION

Have you not noted changes in your pulsation and breathing when you have been frightened? All note the effect of a sudden fear but few realize the debilitating effect of a prolonged dread or anxiety.

Fear deranges the circulation of the blood and curtails the nourishment which goes to the nerves and muscles. Fear makes the body sick and the sick body reacts upon the mind, making it even more susceptible to fear, and so the harmful circle widens.

The public schools in some of our large cities have a visiting doctor and a nurse whose services are free to the children at school. Among other duties, they examine such children as the teachers may designate and then inform the parents of the child if the case needs medical or surgical treatment.

One day a school doctor examined a very bright but nervous little girl who was in the kindergarten department of

one of the Chicago public schools. Finding that the child needed medical attention he wrote a note and gave it to her to be delivered to her mother.

Now of course the little girl could not read the note and another child whom she trusted, told her that it said that she must undergo a frightful operation at the hands of the surgeon.

For several hours the little girl thought of this terrible ordeal through which she must pass and grew more and more excited about it. When school was dismissed in the afternoon, the child rushed home to her mother in a frantic state of mind. The mother read the note and assured the child that the doctor asked only that minor medical attention be given her.

Although the child believed her mother fully, those hours of torturing fear had completely upset her physically. She had very high fever for several days and it was more than a week before she was able to return to school. A few hours of fear had made her very ill.

Who has not known of remarkable cures wrought by patent medicines that were unsuited to the case, as well as by Christian Science or New Thought, when it seemed as if medical aid was necessary to recovery?

The reason of this is not far to seek. Whatever raises hope and combats fear is a mighty enemy of disease and, in select cases, is all that is necessary to assure convalescence.

Among the usual fears of the pregnant woman are the following:

FEAR OF BIRTHMARKS

There is a prevalent notion, though disbelieved by specialists and scientists, that a woman can "mark" her unborn child by seeing some deformity or receiving some shock to the nervous system. Many believe that if an expectant mother greatly desires a certain food and does not get it, her child will have marked somewhere on his form the impression of desired food.

All such thoughts should be banished from the mind of the mother. Medical men have proved that nature protects the child from any shock received by the mother.

Have you "known" of a birthmark and cannot believe scientific statements? Then here is the folk-lore remedy that goes with your belief. Think of your child and will that he be protected from harm whenever you see or hear anything shocking, and he will be unharmed.

You cannot change your child except as you change him through his physical well-being. And his physical self is affected only as you change your own. Do not let yours suffer through fear.

FEAR OF MISCARRIAGE

You have no need to fear miscarriage if you are in health and avoid violent exercise. If you have cramps or even a slight degree of menstruation, go to bed and call a doctor. During the latter half of your pregnancy period, you

are much less likely to have a miscarriage.

FEAR OF LABOR PAINS

Do not read or allow yourself to hear morbid stories of painful confinements. Discard a morbid book as quickly and surely as you would infection.

Say to the friend who begins to tell of a harrowing case of confinement something like this: "I am taking such good care of myself that I anticipate no trouble." Then turn the conversation to some more profitable subject.

Do not let anyone pity or condone you. Tell them of your great gladness that a wonderful power of creation is given to you.

FEARS OF INHERITED WEAKNESS

Do not let your mind dwell upon the defects in either the physical or mental make-up of the unborn child's relatives. Remember that nature is always striving

to make a perfect product. It is the constant tendency of nature to revert to type. Health is inherited, therefore, much more often than weakness. Let your thoughts dwell upon the child's relatives who are strongest and best; not for the purpose of "marking" the child but in order to bring health-giving joy and peace into your own mind.

JOYS OF PARENTHOOD

Let your mind be filled with joy and peace at the thought of your coming parenthood.

Medical scientists of the greatest renown tell us that there are two mighty contributing factors in the struggle toward perfect health. These are mental buoyancy and religion. Do not miss their great ministry. Let "I can" be your watchword, realizing that courage and cheerfulness are tonic.

Women should want children. This desire is brought about by right thoughts about them. Childless persons know that

they are prone to become self-centered and two such persons are likely to find it difficult as time goes on to adjust themselves to each other's peculiarities. Children call people out of themselves into an unselfish life. The proper home is centered in child life, not in adult life.

If there are already children, each additional child is not only a help by causing readjustment for a yet broader life of his parents, but he also guarantees a richer life for the child or children already in the home. The child also brings his parents into human touch with other parents and other children and thus enriches life.

Only in parenthood do men and women attain to their fullest development, socially and spiritually. The child connects the parent's inner life with all outer life, and thus broadens his horizon.

Parenthood is greater than any other interest of the race. This is true because life is the most precious of all created things. Work for another, especially a child who cannot repay you, creates an

interest in other great and noble and beautiful things because it is unselfish and links you with all else that is worthy.

The woman who brings a healthy child into the world not only blesses herself and her husband but the entire human race. Remember this and banish the current thoughts of material gain and social pleasure for the higher thoughts of bettering mankind.

Admire whatever you would have your child admire. Shun what you would have him shun. Let the miracle of cloud and tree and flower and star dwell in your mind as you walk in the open.

Read such books as:

“The Melting of Molly,” by Maria T. Davis.

“Mother,” by Kathleen Norris.

“Nancy the Joyous,” by Edith Stow.

“Pollyanna” and “Pollyanna Grown Up,” both by Eleanor H. Porter.

“Just David,” by Eleanor H. Porter.

“The Song of the Cardinal,” by Gene Stratton Porter.

But reading alone cannot give you

enough of occupation. Add to it wholesome light work. Select something that is interesting to you if you do not have to do your own housework. Work in which there is no interest is drudgery.

Preparation for your own needs, and those of your child after birth, occupies both mind and body. Furthermore, a thorough and careful preparation gives that confidence and peace of mind that makes for health and happiness.

If you have everything ready for the arrival of the child you can begin from the first to supply his needs at regular intervals, and there will be less confusion in taking care of him. Regulation and lack of confusion will begin to tell at once upon the child's character, for order and regularity are great factors in the discipline of a child even from the first day of his life.

You should have on hand for your own needs at the time of confinement:

2 dozen large safety pins,
6 soft, short nightgowns opening in front,

- 1 dozen soft hand towels,
- 4 old sheets,
- 3 or 4 dozen vulval pads bought at a surgical supply house, or if preferred the same number of soft napkins.
- 2 pieces of rubber sheeting one yard by two yards (common white oil cloth will suffice),
- 1 lb. of sterilized cotton,
- 2 abdominal binders, each to be made of strong muslin two yards long and one-half yard wide.
- 2 china or enamel-ware hand basins,
- Castile, Ivory or any good white soap in aluminum or celluloid box,
- 4 ounces of boric acid (powdered),
- 5 yards of pilch cloth for bed pads,
- 1 package containing 5 yards of sterilized gauze.
- 1 bed pan,
- 1 large pitcher,
- 1 fountain syringe (capacity 2 quarts or more),
- 1 earthen waste jar with cover,
- 1 hot-water bag,
- Rubber sheeting to protect the floor of the confinement room.

You should have for the baby before his birth the following articles:

- 6 flannel bands 22 inches long by 6 inches wide,
- 6 knitted bands,
- 2 blankets,
- 2 jackets,
- 1 coat,
- 1 hood,
- 6 pairs of woolen socks,
- 6 nightgowns,
- 6 cotton or lawn petticoats,
- 6 flannel petticoats,
- 6 slips or simple dresses,
- 6 shirts—weight depends upon time of year
(should have long sleeves and high neck),
- 4 dozen diapers—2 dozen of cheesecloth and
2 dozen of birds-eye,
- 1 skein of linen bobbin—fine tape or braided
silk for use in tying cord,
- Safety pins, small and large,
- Linen—soft and previously sterilized by bak-
ing in the oven, cut into squares which
can be thrown away after use,
- 1 soft wash rag,
- 1 box (sprinkle-top) of good borated talcum
powder,
- 1 jar (or tube) of sterile white vaseline,

- 1 infant's soft hair-brush,
- 1 four-ounce bottle of sweet oil or olive oil,
- 2 very soft towels,
- 2 pads used in bathing infant,
- 1 enameled bath tub,
- 1 bath-thermometer,
- 1 pair scales for weighing the baby (upright style preferable),
- 1 clothes basket or clean box for baby to lie in.

If the baby is fortunate enough to have a room of his own, furnish it very slowly. You can add to its furnishings time to time as needs arise.

2. HEALTH ESSENTIALS

Things essential for a healthy child from birth to the eighteenth year may be summarized as follows:

- a. His teeth must be kept in perfect order.
- b. His body, *mind* and blood must be kept absolutely clean and pure.
- c. His food must be nourishing, digestible, suitable to his age and capacity.

- d. He must have abundant fresh air, fun and exercise.
- e. He must be taught to oxygenate (purify) his blood by deep breathing and healthy exercises.
- f. Minor defects, such as errors of refraction (visual), adenoids and bad tonsils, must be corrected.
- g. His sleep must be unbroken, in absolutely healthful quarters.
- h. His clothing must be adapted to requirement and season rather than fashion.
- i. He must be taught to avoid unnecessary dangers.

3. HEALTH FROM BIRTH TO ONE YEAR

DIET

The management of your baby's diet will determine to a notable degree his temper, his manner, his sociability, and these traits become a part of his character. It is obviously important, then,

that baby's food should be so managed as to reduce the tensions and discomforts to the minimum.

The causes of trouble should be carefully considered. To have a clear conception of the nature of the provoking cause in a given situation will materially assist in providing the suitable remedy. Some of the causes of trouble are here listed.

1. Insufficiency of nutrition. The quantity of food is sufficient, but it lacks nourishing qualities.

2. Over-supply of nutrition. The food is too rich; the baby is laboring at a loss in an effort to digest and absorb the excessive supply of nutriment.

3. The food is too bulky. Nutrition is good but the child is obliged to eat too large a bulk of food to secure the needed supply of nutriment. He is dependent on foods of low nutritive value.

4. The quantity of nutriment is correct but the bulk is too small; the food is too concentrated for good action in the digestive tract.

5. The child is unnecessarily exasperated by delay in feeding.

6. The food is too warm or too cold.

7. The food is unclean; harmful germs, etc., are slowly poisoning him.

8. He is suffering from a change of food; he is not yet adjusted to his new diet.

9. The baby is thirsty.

Remedies for conditions found to be unsatisfactory are treated rather fully in the periodicals and books available. No better summary is to be found than that contained in "Infant Care," by Mrs. Max West of the Children's Bureau, Washington, D. C., which any mother may by request secure. Our recommendations, briefly stated, are as follows:

1. Follow strictly sound medical advice on the choice of food, its preparation, quantity, time of feeding and the like. If your family physician is not interested in this matter, be sure to secure correct information from another source. Not all doctors are to be trusted in the matter of the care of children, simply because their

concern is directed to other subjects. Their advice may not be of any worth if you have a particularly stubborn case of malnutrition. Secure the best medical counsel, because so much in a child's life depends on good food conditions during the first year.

2. Firmly insist that the baby submit to your final well-considered choice of food. Do not be one of that class of mothers who set the baby up on a pedestal for worship and say, "Baby didn't like the food you mentioned so I had to let the matter go." This weak surrender in the face of a difficulty is in such a case nothing short of criminal. Even the husband must be gently shoved aside when he attempts to inject his ignorance into the case. If the will of the child is allowed to stand in the way, the natural craving of the child for a suitable food may have no chance to assert itself.

When you wish to introduce new food to a child, try only one new article of food at a time. Adjust your method to the delicate feelings and tastes of the

babe, but never give up until you are sure that the food is not properly chosen; that the stomach will not accept it.

3. Have all preparations complete when you begin to give the food. The child will be seriously handicapped in learning to like a new article of food if you begin the feeding process and then interrupt it with belated preparations. As the child becomes more irritated you may easily become more agitated, forget some of the steps through overhaste or bungle the whole matter. Make it a rule to secure ample time for food preparation and to proceed with unremitting care with the whole process.

4. Give the baby every consideration as to convenience and comfort in all matters pertaining to his eating. If he dislikes a certain cup or spoon do not attempt to drill him to use it. If he wants a particular chair, or to sit on your right knee, do not deny him these harmless privileges. Insist on the necessary items in your method; give him great liberty on the optional features of it so that

he will have just as many happy associations with eating as possible. Treat him as a guest whose comfort and pleasure must be provided for.

5. As a rule keep the baby away from other people when he is eating. It is an entirely unnecessary disturbance even when the child is feeding at the breast to have another child come in romping and making a noisy demonstration which compels the baby to suspend his meal and look to see what is going on. He may need a moment of rest but the distraction which sometimes causes him to shorten his meal is always out of order. When at the breast he does the finest thing when he falls into the calmness that precedes sleep.

If the baby is eating a few articles of diet from the table, he will be saved many temptations and annoyances if he can have a table of his own, separate from the adults' table; or he may even eat in a room entirely apart from the remainder of the family, solely under mother's care. In short, introduce as few

complications as possible in the life of the child at meal time.

6. Be monarch of the situation and let no one upset your own plans for feeding the baby. The father may offer suggestions freely but have it understood that he is not to try an experiment without your consent. No one is allowed to cut a bite of food and hand it to the baby unless with your permission. Particularly must this be true when you are taking the baby outside of the family circle.

7. It will be a 'great saving of your effort and time to keep forbidden articles of food out of the baby's sight just as much as possible.

8. It need scarcely to be said that feeding between meals is extremely unwise. Set the times of feeding at the right hours; then adhere rigidly to the schedule. Regularity on this point is worth all it costs both for your convenience and for the sake of the health and habits of the child.

9. When the child is sick, reduce the amount of food. He cannot use so much

food as usual. Avoid the fallacy that a sick person needs exceptional quantities of nourishment; the opposite is true. Give the child opportunity to readjust the disturbed conditions, by reducing the amount of food. Even to skip a meal occasionally may be just as useful in restoring health as medical treatment.

10. Reduce the amount of solids in the summer. There is a heavier draft on the system to endure heat conditions; the child cannot do so much work in digesting food as when this added strain is not upon him.

DAILY ROUTINE OF THE INFANT

As a sample of what is meant by a system in baby care the following plan from "Infant Care," by Mrs. Max West, is suggested. It may be variously modified to suit particular cases:

6 a.m. baby's first nursing

Family breakfast; children off to school

9 a.m. baby's bath, followed by second nursing

Baby sleeps until noon
12 to 12.30, baby's noon meal
Out-of-door airing and nap
3 to 3.30 p.m. afternoon nursing
Period of waking
6 to 7 p.m. baby's supper and bed.

“It is quite feasible to have the baby's night meal at 11.30 or 12 o'clock, in order to give the mother a chance to spend an occasional evening in pleasant recreation.”

You will be interested to know how mothers succeed in carrying out instructions given by experts. Consequently we add here a report of the actual procedure as conducted by a careful and intelligent mother.

EXAMPLE

Dickey, aged eight and one-half months, usually wakes up in the morning a little before 6 o'clock (5 or 10 minutes perhaps) and no attention whatever is paid to his repeated demands for breakfast until 6 o'clock. Sometimes he cries

outright at not being looked after immediately and keeps it up, but usually if three or four little squeals or whimpers do not bring results, he begins to amuse himself with the various toys dangling from rubber strings over his little crib or with the various bells tied to the "rounds" at his side and seems to forget all about being hungry until his mother comes to feed him. After a twenty-minute feed at his "private breakfast table" he is returned to his crib where he is left to his own amusement until 9 o'clock, when his mother returns to give him his bath.

His mother usually places pillows at his back when she first enters his little room and lets him sit up with his toys until she has the little two-foot-square table arranged at her left and the tiny bath-tub and water at her right, with all of the clothes and towels that she will need within easy reach.

When she first takes him out of his crib she lays him flat on his back on the little table, which has been padded

for the purpose and after removing his diapers helps him to move his legs back and forth for exercise. After a minute or so of that she seats him on his tiny commode and helps him play with his toys until he has a bowel movement (this part lasting from ten to fifteen or twenty minutes, varying with the day). The bowel movement sometimes has to be aided with a soap stick.

The bath comes next and starts with swabbing the nose and ears gently with olive oil on cotton. Also 1 teaspoon of boracic acid is dissolved in 1 cup of hot water and allowed to cool and then placed in a corked bottle and a bit used each morning (or nearly every morning) to moisten a bit of absorbent cotton with which the eyes and mouth are swabbed. The head is next washed with Castile soap and dried with a soft towel and then he is put into the little tub with celluloid frog, duck and fish, which bob up and down in the water and keep him amused while he is being washed.

As soon as the bath is over (lasting

about two minutes) he is lifted from the water and wrapped in a soft flannel comfort and gently patted all over until the flannel has absorbed most of the water. The flannel is then taken off and he is gently rubbed with a soft towel until thoroughly dry. He is then completely dressed and given his second breakfast, which lasts about twenty minutes. For a minute or two after each feeding he is carried around the room and allowed to be in an upright position to get rid of the air he has swallowed with his milk. Two such "expressions" are usually sufficient.

After having his cap and sweater put on he is brought downstairs, tucked into his carriage, pinned at both sides (to avoid kicking off the cover) and placed out on the porch with the top of the carriage well down over him, where he sleeps quite soundly until a few minutes before one o'clock. He may make a few suggestive whimpers which easily indicate his readiness to be taken in and fed, but no attention is paid to his demands

until one o'clock, when he is brought in and given his bottle and placed in his crib for the afternoon.

About four o'clock his mother brings him downstairs and gives him his music lesson which consists of two or three records on the Victrola and a song or two from her or anyone else who might be able to sing for him. He has come thoroughly to enjoy the music and laughs out loud sometimes at particularly loud tones. He is amused with various things until five o'clock when he is taken upstairs and given his second bottle of milk and put back into his crib until nine or half-past nine o'clock, when he is awakened, dressed for the night and given his last meal for the day; indeed, his last attention, too, for he never wakes up at night and disturbs no one until nearly six o'clock the next morning.

COMMENTS

The particular child, "Dickey," whose schedule we have given in some detail, is known to be as perfectly deported as

a mother would wish her child to be. He is developing normally in every way and the outstanding feature is the child's good nature. He laughs as though he "meant" it. Incidentally, it may be said that the child's mother and other members of the household are caused the very minimum annoyance or trouble.

After arranging a convenient schedule for your child, providing for the proper amount of nourishment, of fresh air, of exercise, of bathing, of rest or sleep and bowel movement, then fix the thought indelibly in your mind that regularity is your main key to success.

SLEEP

If the baby can sleep enough and gain the needed refreshment from his sleep, the amount of trouble in the waking hours will be greatly reduced. Whatever diminishes the causes of irritations is of the greatest worth to the infant. Sleep is of the very greatest importance for this reason.

The interruptions of the baby's sleep should be easily understood by the mother. It may be that

He is overfed

He wants to be rocked or carried

He is reacting to a nervous, fretful mother

He is in pain (note the sudden, sharp cry)

He is suffering from too much play

He has had too much handling

He hears too many noises when awake (people talking, etc.)

He sees too many faces, etc.

His garments are unclean.

If free from unnatural interruptions the baby will sleep at any time of the day or night until he is three or four months of age. Learning to sleep regularly through the night depends entirely on training. Wake the baby promptly at the regular feeding times and he will soon learn to wake himself at these same hours. Suppose you adopt 10 p.m. and 2 a.m. as feeding hours at night. This will establish him in just that regularity

which is most convenient to you and profitable to him.

After the child is four months old until the end of his eleventh month, he should have two long naps daily, occupying the entire time between meals. As you observe the needs of the child subsequent to this time, careful readjustment of sleeping hours in the daytime should be made. Study closely the causes of irregularity in sleep when it occurs. Trifling causes may bring a long train of annoyances.

On the other hand, unsafe remedies must be avoided. One of the most common of the dangerous methods of producing sleep is the use of paregoric, soothing sirup or other opiates. These work against the baby's welfare from whatever angle the matter is viewed; any thoughtful mother will spurn the use of drugs to make a baby quiet.

Mothers who hire help in caring for the baby cannot watch too closely the methods by which the baby is kept quiet, for the unscrupulous hireling may resort

to drugs or even to manipulations of the genitals unless there is an unceasing oversight over the welfare of the baby. Your choice of a nurse is of extraordinary importance.

It is very important that you also maintain regular hours of sleep. Your own health will be the more certain and the rhythm of your own life will be no small force in making it easier for the baby to adopt a regularity that his own best interests demand.

Looking back to the specific causes of unrest, a few hints are in order. If the food problem is not solved attend to it at once, following the suggestions given on a previous page.

Gentle rocking in a baby carriage may be permissible; but the rolling to and fro produced by a violent movement in a cradle should not be resorted to for any reason. Carrying the baby is a last resort when pain racks the little body beyond endurance; if you carry him when he thus suffers in the extreme, be sure not to let him command you to repeat

the exercise under ordinary conditions, but find a more suitable way of diverting his attention.

A nervous mother is to cure her own ills if possible and then the baby will sleep. If the physician is needed call him to attend your troubles.

Under no consideration resort to the "pacifier." It costs more than it is worth as a means of quieting the baby. Let your good sense rule your treatment of the baby who cannot protect himself from indulgent parents.

The baby's pain may be difficult to locate, but experiment and medical advice will finally solve nearly every problem of this nature.

The matter of excessive play and association with people is very likely within your control. Be imperious and demand that people consider the convenience of the baby. Everyone is quite willing to do what the baby needs; social conventions must give way before baby's needs. You need only to stand up for his rights and they will be cheerfully granted.

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