

How to Bring Up Baby.

(By HYGIEA.)

Published under the auspices of the Society for the Health of Women and Children.

"It is wiser to put up a fence at the top of a precipice than to maintain an ambulance at the bottom."

To Muri.
Dear Cousin Kate, May I become a member of the cousins' society? I am eleven years old, and I am in the fourth standard. Please send me a navy blue badge, it will not be out of the mode. I have been to the picture show, but I do not care for them. Would you please tell me about the competition, so I will understand if I go in for them next year. I have a pony. Would you please give me a name for it? We have had very bad weather lately. I have three sisters and one brother. I shall write as much as I can. Cousin ANNIE.
Dear Cousin Annie, I will be very pleased to send you a cousin, but you have forgotten to put your full name and address, so I can't send you a badge. Cousin Kate.]

soon. Napher is looking lovely now. Please send me a red badge. Cousin RUBY.
[Dear Cousin Ruby, Yes, you can be a cousin, and I hope you will be a good one, and write me some nice letters. How sad for your mother to have her health! I hope you are good and thoughtful to her, and try and brighten her life. Cousin Kate.]

What Money Can Buy.

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- Companion-ship
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- Travel.
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- Vulgarity.
- Wines.
- You (?)

WHAT MONEY CANNOT BUY.

- Ancestry.
- Bliss.
- Children.
- Devotion.
- Equality.
- Friendship.
- Gratitude.
- Health.
- Illusion.
- Joy.
- Kindness.
- Love.
- Mind.
- Nature.
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- Quiet.
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- Understanding.
- Virtue.
- Wisdom.
- Youth.

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Dear Cousin Kate, I saw my last letter in the "Graphic" last week. I do like writing to her. She sent me a view of Holland in winter. It is under snow. I have been away from school for one week and two days with the mumps, but I am glad to say I am better. That was a funny letter about the girl who took the two goats, and she knocked the milk over. We have got a new teacher now, and we are expecting another one soon. When she is teaching us we have to burst out laughing at her, she is so funny. Keith she did like me asking you if she ever wrote; she told me up at dressmaking. My word, none of the cousins write long letters. I can't write long letters, because my arm aches. Here are a riddle. "A man made up a hill, and yet he walked." L.L.L.Y.
[Dear Cousin Lily, I think it is such a nice idea the cousins corresponding with each other. I thought you would enjoy it. What happens when you leave your teacher? Is she trying to be funny, or is she just funny without knowing it. Cousin Kate.]

Dear Cousin Kate, May I become one of your merry cousins? I like reading very much. I have a big sister (15) and a baby brother (fourteen months). I like playing ping-pong, it is so funny. But for you, can I play puff pong? It makes me laugh. I like sewing and drawing. I like going to school very much. May I have a pale blue badge, please. I am ten years old, and in Standard 1. I collect stamps, and have over a thousand different kinds. Cousin WIN.
[Dear Cousin Winnie, I am delighted to have a merry cousin. You seem to like most things, and to have a good time all round. There is nothing in the world that it is good to come across gay ones. Laugh and the world laughs with you; weep, and you weep alone." Always remember that. Cousin Kate.]

My dear Cousin Kate, You surely must think I have forgotten you, but I have not, and I only wish you will excuse me, but not writing to you. During the time since I last wrote there has been two weddings in our family. We are having glorious weather just now, but I think it too good to lose. I am looking forward to the Xmas holidays, as every year we go out to Bowentown picnicking. We generally go to Bowentown by boat, because when we drive we have to ford the sea. The children are all well. I have excused my untidy letter, as it is nearly slumber-time. I will now end this letter with a riddle. "Why is Ireland like a bottle?" Cousin RUBY.

Dear Cousin Rita, I was really beginning to think that you had forgotten me, but then came your two nice post cards, for which many thanks. I am sorry to hear one of the swans is dead. I looked for them in the letters. I am well, though you have had a busy house. I suppose you were a bridesmaid. I will give you the address of a cousin in Tasmania who would exchange with you. Send her one of your nice letters and cards. This is the address: Aunt Whitehouse, "Rena," 74, Campbell Road, Battery Point, Hobart. Cousin Kate.]

Dear Cousin Kate, I would like to become one of your cousins. I am eight years old, and am in the first standard. I have a pet dog, and two brothers. I would like a blue badge, for it is my favourite colour. Cousin PATRICK.

Dear Cousin Kate, I am very pleased to welcome you to our circle. Which do you like the most, the pet dog or the two brothers? I will draw my letter to a close. Cousin PHILIP.

Dear Cousin Philip, I am glad you wanted to join our society. I wish I had more boy cousins. Are you sure you are 13? Most people are. You do not know what they are up to! Do you feed and look after the cat? Cousin Kate.]

Dear Cousin Kate, I saw writing to ask you if I may become one of your junior cousins. I go to the Napier-Mata School, I am eleven years old, and am in the fourth standard at school. I have one sister and no brothers. I have an uncle staying at our place. My mother is an invalid, and has been for years. I have a pet dog and a pet cat. My uncle is going to be married

MOTHER'S INQUIRY AS TO NINE-MONTHS-OLD BABY.

THE following letter has been received from a mother in Ashburton:—

"I have gained much valuable help from 'The Feeding and Care of Baby,' but should be glad if you will kindly give me advice on the introduction of some solid food into baby's food.

- QUESTION 1.—He is nine months old, entirely breast-fed. My health is good. I should like to continue breast-feeding. Is this wise?
- QUESTION 2.—When is barley jelly to be given? Just before the breast-feeding, or instead?
- QUESTION 3.—How many times a day and what quantity? Should it be given plain or with cow's milk? With or without sugar?

ANSWER.—Before answering one would have to know more about the baby. Is he satisfactory? He should be putting on an average of about a quarter of a pound a week, though some weeks he might gain little or nothing owing to teething, etc. However, he should be gaining about a pound a month. If this is the case, and if he is a bright, happy, laughing, firm, chubby little cherub, you may be sure he is getting enough from the breast, and that your milk is still the best main nutriment for him. On the other hand, if he seems unsatisfied or if he shows signs of falling off in any direction you ought to ascertain the difference in his weight before and after each feeding for a whole day, in order to make sure as to the quantity of milk he is drawing off in the 24 hours (see "Feeding and Care of Baby," page 51, or "What Baby Needs," pages 5 and 6).

If a child is getting too much from the breast, the remedy is obvious; but if he is getting too little several courses are open. As you say you are in good health and nursing seems to agree with you, the best plan, if the breast supply is inadequate, would be to supplement with humanised milk No. 2, giving at each feeding the equivalent of a fifth of the quantity that your supply is short in the day. Thus, assuming the baby's normal ration to be 42½ ounces in the 24 hours (which would be met by giving five feedings of 8½ ounces each), and you found that you had been supplying only 37½ ounces, you ought then to give in addition an ounce by bottle after each suckling, or more probably baby would need nothing additional with the first three feedings, but, say, two ounces and three ounces respectively with the evening feedings. The proper course of procedure and the reason for it is clearly indicated in the following extract from the society's pamphlet, "What Baby Needs":—

Ideal Feeding.
"The ordinary routine advice given to mothers is that the baby must have only one breast at each suckling, the breasts being used alternately. This is right where the mother has an ample supply of milk, where the baby gets all he needs from the breast. But where this is not the case—where the breast supply tends to fall short of what is needed, and one breast does not supply enough for one feeding—the baby should certainly be put to both sides at each suckling, the right breast being used first at one feeding time and the left first at the next. This is the best means of stimulating the secretion of milk, from eight to ten minutes being allowed for each breast. In any case, the breast first suckled should be emptied; but with an increasing supply less and less time should be allowed in regard to the second breast, and if the supply becomes ample only the one breast should be used at each nursing."

In giving the above instructions, I have assumed that you want to continue at least partial breast-feeding for a considerable time longer.

How to Wean Quickly.

If, on the contrary, you want to get your baby completely weaned in the course of a month, the best means of drying off the breast supply will be to replace first one feeding a day by Humanised Milk (diluted at first with an equal quantity of boiled water), then two bottle feedings, then three, and so on. The lessened stimulation of the breasts causes the secretion to slack off much quicker than if you were to continue with partially breast-feeding five times a day.

Prolonged Suckling.

The pros and cons of weaning at nine months or continuing to partially suckle up to 12 or 18 months, where feasible, are adequately dealt with in an extract from the forthcoming edition of the "Feeding and Care of Baby," which will appear in next week's columns.

QUESTION 2.—When is barley jelly to be given—just before the breast-feeding, or instead?

ANSWER.—Fluids are generally best given just after suckling; solids, on the other hand, such as dry crusts, etc., should rather be given before suckling, as the baby then tends to work more vigorously at them. Barley jelly or oat jelly should not be given as the sole food in place of ordinary feeding, because its food value, bulk for bulk, is less than a third that of human or humanised milk, and it is not in itself a complete food. Commencing with an ounce or so a day, the use of barley jelly may be gradually increased up to about a quarter of a pint in the 24 hours by the time a child is a year old. At that age, if milk were the only fluid food given, the ordinary allowance of milk would be rather less than a quart, assuming that the baby was then taking a fair quantity of dry food in the way of crumbs and toast. A suitable allowance of fluid food in these circumstances might be as follows:—Mother's milk or humanised milk No. 2, 20 ounces; cow's milk, 15 ounces; barley or oat jelly, 7 ounces.

It cannot be too strongly insisted on that every baby should be trained to masticate a progressively increasing allowance of hard, dry, resistive food from the age of nine months onwards. But if for any reason the baby took very little solid food, he might need a quarter of a pint more human or humanised milk than is shown above.

QUESTION 3.—How many times a day should barley or oat jelly be given, and in what quantity? Should it be given plain or with cow's milk, with or without sugar?

ANSWER.—The jelly may be given mixed with the milk as shown above, or may be given just before or after the supplementary milk, either plain or rendered more appetising with a little salt or sugar. Salt is preferable. If sugar is used, allow very little indeed.

Next week I shall deal with the desirability of training the baby, even earlier than I have hitherto recommended, to eat raw apple and other solid food.

NEW CAREER FOR NURSES.

Miss Margaret Carrington, of New York City, has started a novel career for trained nurses—that of invalid motor chauffeur. Six months ago Miss Carrington, who is herself a trained nurse, recognised the superiority of the motor car over the carriage for invalid outings. She designed a specially smooth-running car, in which an invalid chair could be wheeled without any discomfort to the occupant, fitted it with a medicine chest, and started her career as an invalid chauffeur. Her clients increased so rapidly that she has now six cars, run by competent trained nurses, in constant use. She is also training a staff of nurses who wish to emulate her example in other cities of America.