

hours. If the band is put on properly there is very little danger of rupture from crying.

A Young Baby Should be Washed, dressed, fed regularly, and then let alone. He should be taken outdoors in suitable weather and spend the rest of the time in his crib, or, better still, in a large clothes basket. There are regular baskets made for carrying babies about from room to room, so that he may be near the mother while she is occupied about the house, but an ordinary clothes basket, having a pillow or folded blanket in the bottom, and covered with a sheet, and having a small hair pillow at one end, is just as good and will make a pleasant change from the crib. The basket should be placed out of all draughts; put it on a small table or two chairs, and when it is necessary to feed or change the baby the mother should turn him first on one side and then on the other, so that he shall not always lie in the same position and cause his head to develop unequally.

A Baby Trained from the First in this way will not be fretful or nervous, nor will it be necessary to hush every household sound because the baby is asleep; he will become accustomed to these noises, and not mind them in the least. As he grows older he will enjoy looking about the different rooms and finding out all the new attractions for himself, or he will play with his little hands and toes, or one simple toy, perfectly contented, by the hour at a time, if he is allowed to develop naturally without being urged and forced by adults who do not realise how delicate a thing an infant's little brain is, or how easily it may become tired.

The Mother of this Particular Baby will no doubt have a struggle at first when she tries to make him stay by himself and out of her arms; he has had his own way for two whole months, and it is not likely that he will give in all at once, but if the mother is firm, and after seeing that the baby is made comfortable in every way, she will place him in his crib or basket, and then leave him alone, he will soon grow tired of screaming and be perfectly contented. This is not "cruel treatment," nor is it simply a theory. I have seen this plan tried dozens of times during the past ten years, and always with great benefit to both the mother and baby. I have also had many letters from *Journal* readers complaining of their "nervous babies," which I have answered advising this plan: after trying it for a few weeks they have again written to me to say how well and happy their babies have become and how much more time they themselves have to attend to their other duties.

Baby Seven Months Old.

Baby K—is a breast-fed baby seven months old; he weighs sixteen pounds and does not look at all ill, but his mother says he throws up part of his food after each meal. He has always done this, and his mother has done nothing to prevent it, thinking it was "only natural"; but she finds it almost impossible to keep him sweet and clean, and wants to know if something cannot be done to stop the vomiting. This mother has made the mistake, common among young mothers, of allowing this frequent vomiting, or, rather, regurgitation of food, to continue until now it is really a confirmed habit and will take some time to stop. The old-fashioned idea that it is natural for a baby to throw up part of its food has long been done away with.

On Questioning this Mother I learn that she nurses the baby "about every two hours." Sometimes if he is asleep at mealtime she does not wake him; again, if he cries a little while before the time is up she feeds him then, and at night he is fed three or four times. She usually allows him to nurse half an hour at a time.

I do not wonder that this child has what we call "the vomiting habit." He has been overfed and irregularly fed. If he had not been an unusually strong baby he would probably have been very ill long before this; even now if he should happen to have a disease like pneumonia or one of the contagious diseases he would likely have a hard time.

What to do for the Baby. In order to stop this regurgitation of food the mother must nurse the baby every three hours during the daytime and not at all between the hours of ten p.m. and six or seven a.m. If the child is asleep at any of the regular meal hours during the day he must be wakened and fed; very soon he will waken of his own accord almost on the minute. He must be nursed just twenty minutes at a time, and if he cries between feedings he may have half an ounce of hot or cold boiled water given either with a spoon, medicine-dropper, or from a bottle.

The Trouble With a Third Baby.

Baby J—is two months old. He has been brought to the doctor because he vomits his food a short time after he has taken it, and it comes up looking just about as it did when it went down. He is nursed by his mother for twenty minutes every two hours and a half. She is very regular with him and cannot

understand why he should so often throw up his food. The mother herself is well, and her milk is of good quality.

What is Wrong? On undressing the child for examination I find that he is wearing a flannel band wrapped around his abdomen three times and pinned so tightly that he can scarcely breathe. He never uses his abdominal muscles when he breathes, but only those of his chest. This band is put on so tight that it makes a firm pressure on the child's stomach, and after he has taken a full meal the stomach cannot expand a little as it naturally would, and so part of the milk taken has to be rejected as there is no room for it. When I take off this band the poor baby gives a sigh of relief. If the use of this very tight band is continued all the organs will eventually be pushed out of place, and later the child will not be normally shaped.

The skirt bands which this poor child wears are also much too tight for comfort. The mother says she has been told by her own mother that a young baby should be very tightly bandaged to prevent rupture. This used to be the idea many years ago, but it has been found that tight bandaging does more harm than good.

What to do for this Baby. Until the third month a baby should wear a flannel band which is long enough to go once and a half around the abdomen; this should be just snug enough not to wrinkle, but never drawn so tight that the baby cannot use abdominal breathing. It should not be pinned, but should be neatly basted on the left side. When he is three months old the baby may give up the flannel band and wear a ribbed knit one instead. The bands of the flannel and white skirts should also be sewed on the side, and, like the flannel band, be only tight enough not to wrinkle.—*Ladies' Home Journal*.

God does not like to bestow His blessings where they will be hoarded, but He loves to put them into the hands of those who will do the most with them to bless their fellows. The central object of true living is to be helpful to others. The true life is one devoted to Christ, to be used then for Him in blessing others. Lay every gift at the Master's feet, and then, when it has been blessed by Him, carry it out to bless others. Bring your barley loaves to Christ, and then, with the spell of His touch upon them, you may feed hungry thousands with them.—*Miller*.