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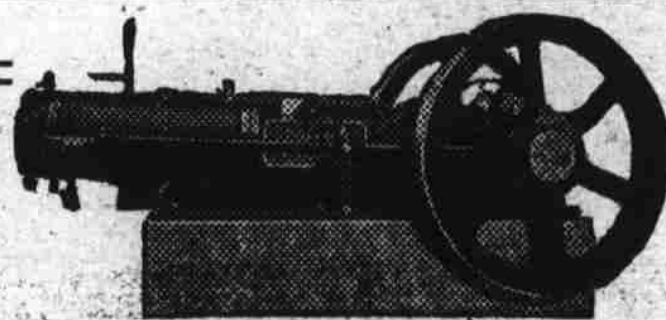
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THE BABY'S EXERCISE

Give It Plenty of Exercise, But Be Sure It's the Right Kind

"THAT'S no use worryin' about the baby's exercise now," said a sweet, patient-faced little woman; "she'll git exercise a plenty afore she dies."

But there is need of exercise for the baby, because exercise means well-developed muscles at the time the child is starting to grow, and these, in turn, make a large amount of play or labor possible without weariness in future years.

"Looks as though the baby'd git a plenty when we jolt her on the knee," said her friend.

"Yes," remarked the physician to whom it was said, "it's a plenty, and too much."

Poor little tender baby—the finely developed product or the victim of the education or ignorance of us women. Let us each get the first physiology available and observe the construction of the spine: never again will we joggle the child on the knee or otherwise jolt it violently. Let an adult eat a good dinner some day, go out in a donkey cart for a pleasant talk with a friend and see how long the dinner stays down, how much conversation is possible and how the back aches the next day.

Let us give exercise, but that form of it which is in keeping with the delicacy of the child. Have you never seen a father come home at night and play with the baby, throwing him, bouncing him, making him crow with excitability and over-stimulation, then the mother to undress and put the child to bed and wonder why the baby does not sleep? Again, let us try it some time on ourselves, dance, laugh, play puss-in-the-corner, tennis, or anything else gay and violent, and then let us see how long it takes to get in a sufficiently composed frame of mind for sleep.

Baby should be helped to exercise himself as much as possible after the first few weeks. We want to find the happy medium between handling him too much and permitting him to remain in one position until weary. Baby specialists tell us that the mother who places baby on his back in a warm room, pulls up his clothes so he can kick and throw his arms, talks to him to keep him happy—for babies do get lonesome just as do grown-ups—instead of taking him up, and then moves his position every time he is bathed, fed or changed, is likely to have a normal baby.

Have the room quite warm when baby is given his bath, then rub him gently all over and he will sleep better.

If you have a trained nurse at first, observe how she exercises the muscles of the infant by massaging him. You can do it almost as well. She puts a little olive oil on her hands, then rubs up the arms toward the body with firm but gentle strokes. Then, placing the palms of the hands on each side of the arm, she rolls the muscles gently. The same is done with the legs. She is not stingy with the olive oil.

Next come the muscles of the body: she starts at the chest by placing the tips of the fingers on the skin and moves the muscles underneath with a gently rotary motion. She lifts the fingers to another spot, not letting them rub on the skin, and she exercises all the muscles of the body with this rotary motion. Baby especially enjoys this massage of his back. She finishes with a few light strokes.

She puts on the baby's band, diaper and shirt, then plays with him a little. She lets him clasp her fingers and try to pull himself up to develop his strength.

Should baby be constipated, she massages the abdomen with the tips of the fingers and the rotary motion—being careful that her finger nails are short. She begins at the baby's lower right-hand side, working up to the navel, across and down the left side.

Baby exercises his lungs by crying and crowing. A little crying is beneficial. Of course, violent crying is another story. Undoubtedly there are lung and throat muscles weakened by having something put in the mouth everytime the child makes a sound, and being admonished to be quiet when old enough to comprehend.

It is not long before baby helps to exercise himself. The long dresses are cut off or pulled up: he wears warm, long wool stockings. Then baby exercises legs and muscles by lying on his back, kicking and pushing against the bed clothes. He is placed on his abdomen, but not right after feeding. He holds up his head and thus strengthens the big muscles of his back and chest.

WHOOPIING COUGH

A Dangerous Disease That Should Be Avoided If Possible—What to Do for the Little Sufferer

AGAIN whooping cough is taking its toll of little children. It is a most destructive disease. Some women do not realize how many babies die of whooping cough, nor how many suffer from it after it is seemingly a thing of the past—that is its real danger. Do you know that more people die of whooping cough than die of snakes, smallpox, and firearms put together—that there are nearly, if not quite, as many deaths as from scarlet fever and almost half as many as from diphtheria? In 1910, 9,958 poor little babies died in the United States of it; in 1914, 438 babies' burial certificates in North Carolina said whooping cough, and other states have similar or higher records.

If there is whooping cough in the neighborhood protect the children from contact with any child who has it, any cook whose pickaninnies have it, and any place where whooping cough may be stalking like an invisible spectre. At least keep the child from whooping cough until it is over five years of age. Its chances of death are reduced 50 to 1 after that time. Another thing, children do not get it so readily after that age.

The first symptom of whooping cough is usually a slight hacking cough. This becomes prolonged, increasing in intensity, and does not respond to ordinary home remedies. The paroxysms of coughing seem worse when the child is lying down. As a rule, the typical whoop is not heard until about three weeks after contracting it, and the whoop may last for three weeks or until hot weather.

Fresh air, sunlight and protection from wet, blustery weather are necessary. Where quantities of fresh air and sunlight are not given the disease lasts longer. In the early stages of the disease its severity is lessened by spraying the nose, throat and mouth with an antiseptic solution every 15 or 20 minutes. The food should be light and nutritious, like the white of an egg in lemon juice, a lightly boiled egg with toast, well boiled cereal with rich milk and baked apple, scraped beef and thoroughly cooked grits, tapioca pudding to which a little milk, eggs and pineapple have been added, custards and at all times plenty of water. On account of vomiting it is better to give several small meals than the regular ones. A tight binder pinned around the abdomen will frequently lessen the paroxysms of coughing and tend to prevent vomiting.

Whooping cough is a germ disease, the germs living from year to year in the carpets, curtains, cracks, etc.; therefore, do not carry the clothes or the bed clothing of the patient through the house or put them with the general wash. Clothes which are touched by discharge from the nose and throat should be burned. Old rags or soft paper handkerchiefs are good for this purpose. Remnants of food left by the patient should be burned. There should be a receptacle