

Taking Care of the Babies

Modern Methods of Instructing the Mothers at Baby Health Stations is now being Practiced in Omaha.

The Bee's Free Milk and Ice Fund for hot weather babies in deserving poor families is working in co-operation with these Baby Health Stations. Contributions in sums from 10 cents to \$5.00 are solicited and will be acknowledged in these columns.

So thoroughly has Dr. Jones won the hearts of the sunny southerners that when he went on his vacation several weeks ago the Italian station had to be closed after several attempts because the mothers would not bring their infants to be examined by any other physician.

The Jewish mothers are slow in bringing their babies to the station because they think it is a charitable institution or a clinic where their children will be experimented upon. "As soon as they realize it is only for the baby's good they will flock here in great numbers," said Dr. Jones.

Six-month-old Ruth Ehlers is known as the prize baby at the welfare station, not having missed one week since the opening of the post.

"Baby is gaining every week since I began to bring her here," said the mother. "She is a bottle baby, and I had been feeding her Imperial Granum according to directions on the package, but she was becoming ill and puny. Here I learned that while I had been feeding her too often, her food was not nourishing enough. The directions did not fit her requirements. She is thriving beautifully now. I wish more mothers would bring their sick babies."

Ruth is a fussy-haired, blue-eyed mite whose smile, though toothless, was enough to win the heart.

Bulletins printed in English and in Yiddish are posted on the windows of the Twenty-fourth street station and are left in the drug stores, grocery stores and other shops in the vicinity. In the Italian neighborhood similar notices in Italian inform the reader of the station which is maintained in Salerno's hall, the meeting place of Little Italy.

The notices read that the stations have been opened for children under two years of age suffering from stomach and bowel complaints, but the doctor and nurses are called upon to respond to all cases, which they do with a will.

A dark-eyed Jewish mother hovered in the doorway with little Marie, 2 years and 8 months old. She had read the notices and she was doubtful whether her little girl would be cared for.

"Oh, yes. Come in," smiled the kindly nurse. Little Marie was afraid of the doctor because,



Swedish Type

By ELLA FLEISHMAN.
DO YOU REMEMBER the cowboys in "The Virginian" who, on mischief bent, switched babies on two unsuspecting mothers? That lark has gone down in history, but those incorrigible persons would have a hard time repeating the performance at either of the recently installed baby welfare stations maintained by the Visiting Nurse association.

Oh, what a world of babies! Babies, blue-eyed and dark-eyed, curly and just fussy-headed, smiling, or squalling, sickly, pale and underdressed or healthy, hearty, bounding youngsters—gurgling, cooing or crowing lustily. Some are rosy-lipped, rosy-fingered cherubs with velvety, satiny skins and chubby fists, whose infantile clutch one can't resist. Some have veritable flower faces, others are just babies. All are cuddlesome, fondlesome, frail bits of humanity, so appealingly tender in their helplessness. Are there many babies? Oh, yes, but there are many more who come to the baby welfare stations.

Here anxious-eyed mothers, some of them scarcely able to grasp the doctor's instructions because they lack knowledge in English, strain for the attendants' health-giving words of wisdom. No longer need little ones swell the rate of infant mortality or grow up suffering because of young mothers' ignorance of health laws. Neither do they "jes' grow," like Topsy in "Uncle Tom's Cabin."

For twice a week, Mondays and Thursdays, between 10 and 11 o'clock, in the heart of "Little Italy" at Sixth and Pierce streets, and Tuesdays and Fridays at the same hour, at 1604 North Twenty-fourth street, Dr. Newell Jones gives a lecture and demonstration on baby welfare subjects. With the assistance of Visiting Nurses each child is given a thorough examination, his case diagnosed and catalogued and a prescription given if necessary.

Instruction in baby feeding and hygiene is the principal item for improper feeding; either over-feeding or under-feeding is responsible for most infantile disorders, it has been found.

The babies are weighed, measured, thumped and felt—eyes, ears, nose and throat examined carefully each week. Most of them submit docilely, gurgling and cooing during the whole performance, but occasionally the combined efforts of nurse and

mother are necessary to quell the miniature uprising of youngsters who squirm and crawl and object to being thumped, weighed and measured.

Miss Bessie Randall, superintendent of the Visiting Nurse association, is the mentor of the baby health stations. She it was who argued the advantage of the baby stations from which knowledge of infant hygiene radiates into the homes, as against the baby camps previously sponsored by the visiting nurses.

"While the baby camps proved of inestimable value to the child while it was under our care," she says, "the mother gained nothing by having the responsibility of its care shifted from her shoulders and when the child was returned to her it actually suffered because of the return to unhealthy surroundings."

"Now the mother brings her infant to the station. This forms an avenue of approach. Then if special care or instruction is needed the nurse goes into the home."

This indefatigable worker admits, however, that winning the confidence of the mothers is no easy task. One little Italian mother who brought her baby to the station all dressed up in a white, accordion-pleated, brocaded satin work of art was highly incensed when the aforesaid work of art was deftly slipped off and the nurse made preparations to bathe the baby in the prescribed manner.

"You don't wash my baby. I wash her," she gesticulated.

When the nurse explained the necessity of cleansing the pores, flushing the colon and other items of baby welfare, the voluble mother subsided and thanked the nurse.



Jewish Type

her mother explained, apologetically, she had but recently had her tonsils removed and feared doctors ever since. The little one cried bitterly while being examined, but a few jingling coins restored her to good nature. Very explicit directions for the feeding and care of this child and even a prescription was given, because the child was found to be troubled with rickets.

Three-month-old Evelyn Rogers had been ill all night and the poor young mother was spent from her anxious vigil. The doctor eased her mind and assured her that it was only a little bowel trouble that would easily be rectified.

As the mothers sit waiting their turn, the babies cuddled close in their arms, they grow easily chatty and exchange bits of parental wisdom or else ready sympathy for the babies' afflictions. Interest in their babies' weight, do they chance to be nearly the same age, is universal.

A little vaseline here, a little olive oil there, temperatures, milk bottles, prune or orange juice, castor oil and similar terms, dear or hateful to infantile hearts, is the only language spoken at the baby health stations. Care of the child, keeping it clean and cool, and the sterilizing and washing of bottles are especially emphasized by doctor and nurse.

I absorbed a great deal of "baby-ology" while I hovered about the health stations. I watched a sure-fingered nurse deftly slipping an infant's robe on feet first instead of the head, because it is quicker and doesn't annoy the baby. Not a whimper did the roly-poly youngster utter during the whole performance. You try it, mothers, and see. Here are some more "don'ts" I learned at the baby stations:

- "Don't use a pacifier."
- "Don't be niggardly of fresh air and sunlight for the baby."
- "Don't give the baby ice water."
- "Don't give it ice-cold milk."
- "Don't give any food but milk until the baby is nine months old."
- "Don't swaddle the baby in coverings. Light,

warm clothing or covers are best."

"Don't let the baby sleep in a draught."

"Don't neglect to bathe the baby several times a day during hot weather."

"Don't overlook troublesome tonsils and adenoids. They are enemies of baby welfare."

"A tablespoonful of prune or orange juice is best to start with after the baby is nine months old, but don't give it immediately after the baby has drunk milk and don't give more than a tablespoon."

It is for the benefit of such helpless little mites, some of whom come to the baby stations and to whom pure milk and ice during the hot summer days would be an unknown quantity, that The Bee's free milk and ice fund is devoted.

"Better Babies"—that's the slogan. Here's to them!

Standard Baby Diets

(From One Year to Eighteen Months.)

BREAKFAST (6 to 7 a. m.)—(1) Eight to 10 ounces of milk with stale bread broken in it. (2) Two to 3 tablespoonfuls of well cooked porridge of oatmeal, arrowroot, wheaten grits, hominy grits, farina, etc., or one of the numerous good breakfast foods on the market, with 8 to 10 ounces of milk poured over it. (3) A soft-boiled or poached egg with bread, thinly buttered, and a cup of milk.

SECOND MEAL (10 a. m.)—Eight to 10 ounces of milk from a cup or bottle.

DINNER (1:30 to 2 p. m.)—(1) Bread moistened with dish-gravy (no fat), beef-tee, or beef-juice, 1 to 2 ounces (Appendix, 25); a cup of milk. (2) Rice or grits moistened in the same way; a cup of milk. (3) A soft-boiled egg and stale bread thinly buttered; a cup of milk.

SAGO, tapioca or rice pudding (no raisins), corn-starch or junket in small quantities as dessert with any of these diets.

FOURTH MEAL (5 to 6 p. m.)—A cup of milk, or some bread or toast and milk.

FIFTH MEAL (9 to 10 p. m.)—A cup or bottle of milk.

(From Eighteen Months to Two Years.)

BREAKFAST (7 a. m.)—(1) Eight to 10 ounces of milk with a slice of bread and butter, or a soda, Graham, oatmeal or similar biscuit. (2) A soft-boiled or poached egg with bread and butter and a cup of milk. (3) Porridge as described in the previous list.

SECOND MEAL (10 a. m.)—(1) Bread broken in milk. (2) Bread and butter or a soda or other biscuit with a cup of milk.

DINNER (2 p. m.)—(1) Boiled rice or a baked potato mashed and moistened with dish-gravy or beef-juice, 2 to 3 ounces; a glass of milk. (2) Six to 8 ounces of mutton-broth or chicken-broth with barley or rice in it; some bread and butter, zwieback, or toast, and some cornstarch, custard, sago or rice-pudding made with milk. (3) One-half to 1 tablespoonful of minced white meat of chicken or turkey, or minced rare roast-beef, beefsteak, lamb, mutton or fish; bread and butter; a cup of milk.

FOURTH MEAL (5 to 6 p. m.)—(1) Bread and milk. (2) Bread and butter and a cup of milk. (3) Two to 3 tablespoonfuls of a cereal porridge with 8 to 10 ounces of milk.

Table of Growth

Age.	Height.	Weight.
Birth	19 inches	7 Lbs. 8 Oz.
1 week	7 Lbs. 7 1/2 Oz.
2 weeks	7 Lbs. 10 1/2 Oz.
3 weeks	8 Lbs. 2 Oz.
1 month	20 1/4 inches	8 1/2 Lbs.
2 months	21 inches	10 1/2 Lbs.
3 months	22 inches	12 1/2 Lbs.
4 months	23 inches	13 1/2 Lbs.
5 months	23 1/2 inches	15 Lbs.
6 months	24 inches	16 1/2 Lbs.
7 months	24 1/2 inches	17 1/2 Lbs.
8 months	25 inches	18 1/2 Lbs.
9 months	25 1/2 inches	18 1/2 Lbs.
10 months	26 inches	19 1/2 Lbs.
11 months	26 1/2 inches	20 1/2 Lbs.
1 year	27 inches	21 1/2 Lbs.
2 years	31 inches	27 Lbs.
3 years	35 inches	32 Lbs.
4 years	37 1/2 inches	36 Lbs.
5 years	40 inches	40 Lbs.
6 years	43 inches	44 Lbs.
7 years	45 inches	48 Lbs.
8 years	47 inches	53 Lbs.
9 years	49 inches	58 Lbs.
10 years	51 inches	64 Lbs.
11 years	53 inches	70 Lbs.
12 years	55 inches	79 Lbs.
13 years	57 inches	88 Lbs.
14 years	59 inches	100 Lbs.
15 years	61 inches	109 Lbs.
16 years	63 inches	117 Lbs.



Weighing the baby comes first