

UNDERSTAND YOUR CHILD



Enjoy Your Child

By MIRIAM BENNETT

Don't be afraid to love your baby, to fondle him. Affection is as important to his growth and well-being as the right kind of food.

Two decades ago we were told not to hold or caress a baby—only to feed him, see that he was dry and free from gas, and place him back in his crib. After these comforts were taken care of, one was to be indifferent to his cries.

Such is not the trend of thought today of specialists in the field of child psychology. A child thrives on love. It is the backbone of security itself—a love that is demonstrated by the parent or by whoever takes care of the child.

"Every baby needs to be smiled at, talked to, played with, fondled gently and lovingly—just as much as he needs vitamins and calories, and the baby who doesn't get any loving will grow up cold and unresponsive. When he cries, it's for a good reason—maybe it's hunger or wetness or indigestion or just because he's on edge and needs soothing. His cry is there to call you. The uneasy feeling you have when you hear him cry, the feeling you want to comfort him is meant to be a part of your nature, too. A little gentle rocking may actually be good for him."*

Some hospitals have in connection with their children's division a group of women who devote their time to coddling and rocking and loving babies back to health—babies who have failed to respond to medical treatment. These babies respond to the combination of the two—medical care and love. The latter gives them the security which they need to feel. One eminent specialist, while examining the charts in the babies' ward of a hospital, read a chart which indicated no improvement. He quickly wrote on the chart "more loving."

"Love and enjoy your child for what he is, for what he looks like, for what he does and forget about the qualities he doesn't have. The child who is appreciated for what he is, even if he is homely, or clumsy, or slow, will grow up with confidence in himself, happy. He will make light of any handicap. But the child who has never been quite accepted by his parents, who has always felt that he was not quite right, grows up lacking confidence. He'll never be able to make use of what brains, what skills, what physical attractiveness he has. If he starts life with a handicap, physical or mental, it will be multiplied tenfold by the time he grows up."*

*Pocket Book of Baby and Child Care, by Benj. Spock, M.D.

Woman's Hair Her Crowning Glory

By LOUISE SMITH

"A woman's hair is her crowning glory"; an old saying but a true one. However well dressed she might be, dull hair prevents her having a well-groomed look. Tresses with a healthy and silky sheen will do much to enhance a woman's beauty.

I am suggesting a shampoo which will help you "glorify" your hair at home.

Here is how it's done:

1. Combine:
 - (a) ½ cup of oil (mineral, castor or olive oil)
 - (b) ½ cup of vinegar or lemon juice
 - (c) 1 egg
 - (d) a few drops of toilet water or cologne.
2. Mix the ingredients thoroughly with an egg beater.
3. Lift dandruff gently from scalp with comb.
4. Place basin in bathroom bowl so that you may catch left-over shampoo.
5. Comb hair forward and pour prepared shampoo, a little at a time, on the scalp and through the hair, combing all the while, so as to thoroughly saturate the hair and scalp.



6. Massage the scalp with the fingers.
7. The shampoo which drained into the basin can be poured back through the hair.
8. Rinse hair thoroughly in tepid water.
9. Dry surplus moisture from hair with a towel.
10. Brush hair vigorously with a good brush until hair is completely dry.
11. The hair will be soft and silky and delightful to press if you need to do so.
12. If the hair is not to be pressed, roll the ends in kid curlers or on the kind you prefer to use.
13. If the hair is not to be pressed but is inclined to be bushy, use the following method after the hair is dry:
 - (a) Mix 1 part cream oil with 1 part oil (mineral, castor or olive)
 - (b) Dampen ends of hair and apply above mixture on curlers.
14. After the fourth or fifth treatment with the shampoo, you will notice a decided improvement in the texture of your hair. It will be soft, glistening and lovely.