

HOW A MOTHER TRAINED HER DELICATE LITTLE BABY UNTIL IT BECAME ONE OF THE STRONGEST CHILDREN OF ITS AGE in the WORLD



HARRY N. at 6 MOS. Fingers white from firm grasp.



HARRY N. at 6 MOS.



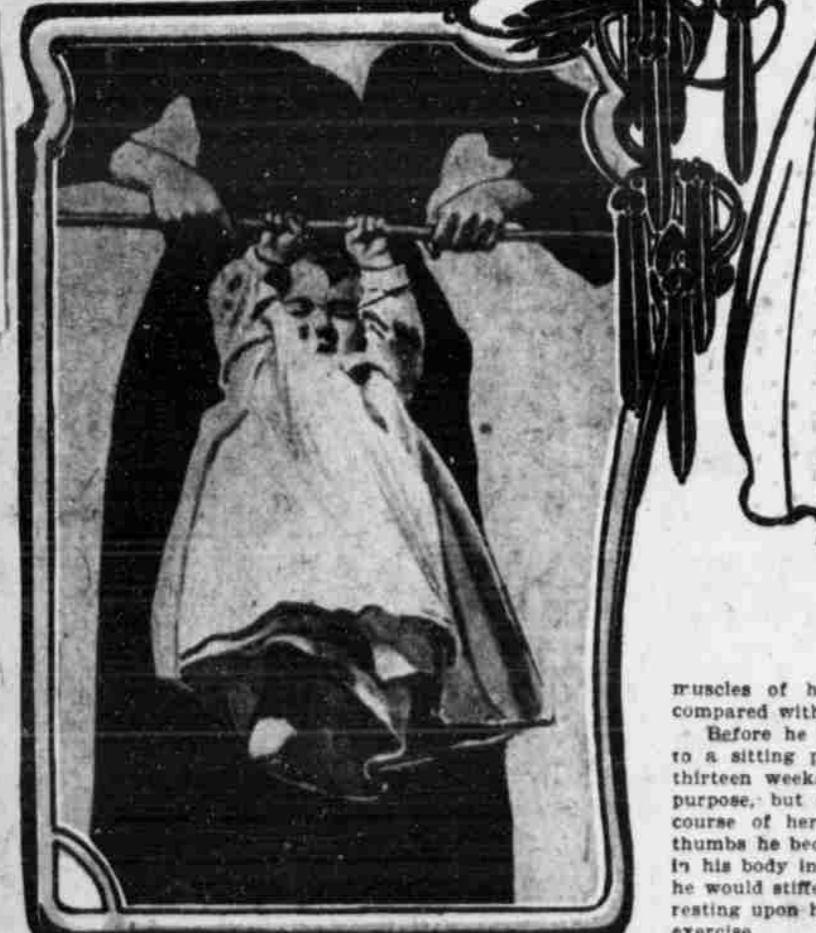
HARRY N. AT 5 MONTHS SHOWING DEPTH OF CHEST



HARRY N. AT 6 MOS SHOWING SENSE OF BALANCE



HARRY N. AT 6 MONTHS THE ONLY EXERCISE WHICH SEEMS TO CAUSE REAL EXERTION



HARRY N. AT 6 1/2 MONTHS

WHEN Harry N. came into earth life his chances of remaining in the body were so slight that nurses and friends shook their heads in pity and physicians urged special caution. His father was no longer young and strong, his mother had for years been an invalid, and his head was abnormally large, and her ailment contained a strain of locomotor ataxia. All in all, the probability of the delicate little thing obtaining health was so slight that it seems incredible he can now be regarded as one of the strongest children of his age in the world. Yet this is true, and his folk maintain that what has been done for him can be accomplished for any child, since the regime contains no fads and much common sense.

Before he was a fortnight old his mother had mapped out what seemed to her a natural method of strengthening him, and she has not yet had cause to vary from the program. At that time she began giving him calisthenic exercises for arms and legs. Grasping his tiny hands firmly in hers, she would gently extend the arms to a horizontal position, returning them briskly, but never jerkily, to the chest. This was repeated twice, then followed by raising the hands above the head, bringing them back to the chest with palms forward; and this in turn by a similar exercise with palms turned together. Leg motions were added within a few days, and before the first month had rolled away every muscle in his tiny body was being cared for, each exercise being twice repeated.

Noticeable Benefit in Six Weeks.

When he was six weeks old the wrinkles and hollows began to fill out, and he looked like other babies of his age. From the first he had a peculiar way of closing his fists, gripping with the right thumb outside, the left one under the index finger, and then out before the second finger— which contradicts the theory that infants close their fingers over thumbs until they learn to think. Perhaps because of this peculiarity he did less grasping than most babies. The

muscles of his hands seemed slow in development as compared with those of the arms.

Before he was three months old he could draw himself to a sitting posture if his mother held his hands. When thirteen weeks old he began to grasp her fingers for this purpose, but did it waveringly, as if unable to direct the course of her hands. When he succeeded in holding her thumbs he became wildly excited, and strained every muscle in his body in an attempt to pull himself up. By this time he would stiffen his head and neck, seeming to enjoy this hard exercise.

In his fourth month his mother began to swing him by one foot and the corresponding wrist. Those who saw this acted as if they expected to see the babe dismembered, but he chuckled over it and continued to develop fine muscles.

All exercises were given regularly, morning and evening, and followed by a brisk tubbing. During the summer months this was often given on the porch, calling forth assurances that "the child would catch cold," but never fulfilling the prediction. After exercise and bath a good nap was sure to follow.

Keenly Enjoys His Exercise.

Pictures taken the day after he was five months old show him with his whole weight suspended on his own tiny hands. At this time he would easily draw himself up by holding to any one's thumbs and hang with no apparent effort for several seconds. Never did he loosen his grasp until laid down. No adult could show less concern about it than he, and there was no appreciable quickening of the heart action from this strain. A snapshot taken immediately after (while he was in the tub) shows that he was by this time a normal healthy babe, with a keen enjoyment of life and a sweet disposition. Another shows his remarkable depth of chest.

In the sixth month he began to show a surprising sense of balance, always throwing up the upper arm and leg when raised with a support under his side. Photos taken the day after he was six months old show this instinctive knowledge. At this time he would stiffen his back, holding himself perfectly straight when held up with face downward. He could easily hang by one hand for several seconds, and would hang by both for nearly a minute—his grasp being so rigid that his tiny fingers became bloodless, as plainly seen in a picture in which he is holding his godfather's thumbs. The same day a picture was taken while he was holding to a cane, but it so fogged that a delay of two weeks occurred before this was duplicated. These cane pictures make one who has doubt of his delight in the exercise cringe, for they were taken on the roof of an apartment house, where a fall might have resulted in death. But the mother says "she knew Harry would not let go." As he was screaming with delight while being snapped, her faith seems well placed.



HARRY N. AT 5 MONTHS WEIGHT SUSPENDED FROM MOTHER'S THUMBS



HARRY N. at 6 MOS SCRUBBING ALWAYS FOLLOWS HIS EXERCISE



HARRY N. at 6 MOS SCRUBBING ALWAYS FOLLOWS HIS EXERCISE

For the rest, his life has been most simple. His only food is condensed milk, upon which he so thrives that at seven months he weighs nearly eighteen pounds, of which not an ounce is flabby flesh. He is never given any tidbits, soothing syrups, or change of food. While fairly regular in his hours, there has been no ironclad rule. Each summer morning that the rain did not blow on to the porch he took a nap in the hammock, and as his mother intends that he shall continue this practice all winter, she has made a wadded Klondike sleeping bag for his protection. His bath is taken in water which is just comfortably warm, and he does not know the sensation of being in hot or cold water. He has just learned to sit up, but not yet mastered the art of creeping, though he shows such an inclination to pull himself up by every object upon which he can lay hold that it would not be surprising if he began to walk by the time he is nine months old.

This is the true account of a weakling who has become wonderfully strong through most simple means. The accompanying photographs clearly show the babe's surprising muscular development, yet he is in no way abnormal.



HARRY N. at 6 MONTHS