

good material supply fails—the most perfect food in the world—cow's milk properly modified, so that its native cow-sugars, cow-proteids, and cow-fats approach human milk, is made to fit the infant's digestive powers.

Plain cow's milk is poison to many babies. Even though freed from the various harmful germs, colic may be manifested. It lacks certain constituents that an infant needs, and contains others that are indigestible. Properly modified, and taken at the hours and intervals laid down by the up-to-date doctor, the child's colic will fade away forever.

If the doctor finds that the nocturnal crying is not due to ill health, the fault lies with the mother. She fed it whenever it cried; she caused it to associate the act of crying with the acquisition of a meal; she fastened upon it the habit of feeding when it should have been asleep. Such reflex responses are apparent in an infant ten days old.

Next to foolish feeding, as a source of apparent colic, comes over-coddling. Pampering, juggling and kissing a baby after it has been fed is more than likely to produce nausea, if not vomiting. The child cannot tell you of its nausea, so it groans, draws up its little legs, screws its face into pitiful moulds—all signs of unhappiness.

The desire of all aunts, cousins, sisters and grandmothers to "hold baby" or to kiss it, and of all uncles, beaux, granddads and bachelor friends to hoist it to the

ceiling, ride it upon ankles, or even to touch it, should be rigorously tabooed.

Now and forever, let there be an end to home doctoring! Though some mothers have learned to beware of soothing sirups, most parents retain an unwholesome faith in paregoric. For colic it unhappily remains a dangerous favorite.

While giving a dopey relief, thus removing the pain, but not the intrinsic cause of the trouble, the morphine in it often causes the sleep that is mischievous. One or two drops overdose may remove the infant from all future pain. Paregoric should NEVER be used without the advice of your doctor.

Your baby does not need drugs at all. Throw away pernicious pacifiers, chest protectors and belly bands. Give him loose clothing, and muscular leeway.

Clean frocks, clean milk, clean air, and lots of sunshine will make him free.

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CHRISTMAS HINTS



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some Place.