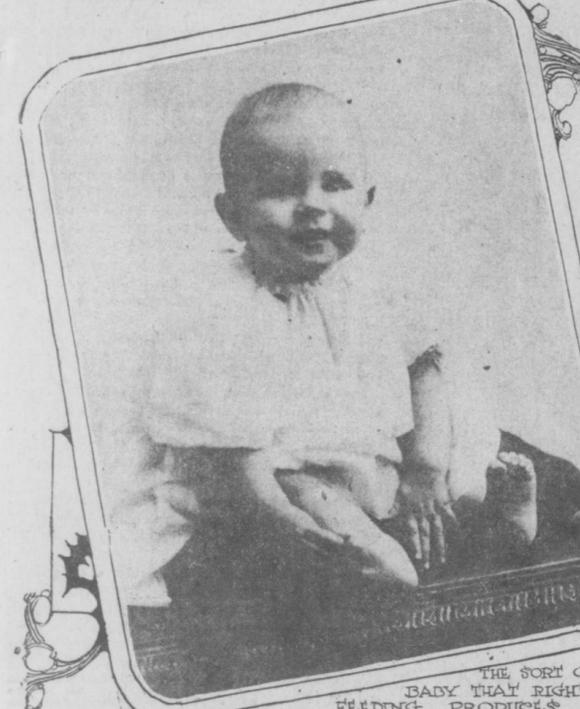


STOP The BABIES from DYING

Last Year 400,000 Babies Died—Most of Them **COULD HAVE LIVED!**
Read of This Campaign, of Education Whose Purpose Is the Wholesale Saving of Human Life



By William A. Du Puy

LAST year 400,000 babies died in the United States. Health authorities speak of it as the "black year." The summer months, June, July and August—were the period of frightful mortality. These months are always the time of year when babies die like flies. These months are now upon us, and the horror of the last season is expected to repeat itself.

In 1906, the last year for which census figures are complete, there were 253,000 baby deaths. In that year the death rate was higher than ever before. But in 1910 it jumped 40 per cent in many big cities. In Philadelphia it increased 44 per cent for given summer periods. So it is indicated that baby mortality is increasing in the United States.

There are 10 babies die unnecessarily to every death of man, woman or child from typhoid fever in this country. There are 50 per cent more deaths among babies than from sufferers from tuberculosis of all ages. A baby dies somewhere in the civilized world every 10 seconds. There are 3,000,000 civilized babies that die every year. Seventy per cent of these deaths are unnecessary.

Common sense and cleanliness would save these lives. If all the milk that babies drink the world around were boiled half the number would be saved. This simple expedient would save enough youngsters every year to make a city like Philadelphia or Chicago. In 10 years it would replace all the population in the United States west of the Mississippi. It would save one baby of your acquaintance this summer and one each summer as long as you live. It is up to you and me and the other people who know to have this thing done.

The baby was discovered in Paris by Doctor Budin in 1896. A knowledge of it by even great physicians is therefore a comparatively recent thing. Before the time of Doctor Budin the baby was a mysterious thing born to many tribulations and to die. Thirty per cent of the babies in Paris were dying, and France needed babies. Doctor Budin has shown France how to keep the baby from dying. England has adopted his methods and eventually it has spread to the United States. Today a score of the big cities of the United States have found the baby and are endeavoring to give it intelligent care. The surface has as yet but been scratched. But the public is awakening. Last fall the American Association for the Study and Prevention of Infant Mortality held its first national convention in Baltimore. It intends to make itself a clearing house for information for all the country. It will tell any city or any community in the nation how to reduce its baby death rate to one-half what it is at present. Its headquarters are in Baltimore.

Doctor Budin's plan was to save the babies by teaching the mothers. He was in charge of a hospital in Paris. He learned that many of the babies born in his hospital died afterward. He conceived the idea of calling together the mothers of these babies after they had left the hospital for reports and instruction. He arranged a consultation day. On this day each mother brought her baby to the hospital. It was examined, weighed, a record made of its condition and advice was given to the mothers. The records of babies and mothers so handled showed a death rate of but 5 per cent

THE SORT OF BABY THAT RIGHT FEEDING PRODUCES.



BRINGING THE BABIES TO THE DISPENSARY FOR PURE MILK AND ADVICE

of the little ones, where 30 per cent had died before. The system was proven.

Doctor Budin established, in connection with his consultations with mothers, a station where they could get pure milk. The "ghoutte de lait" it was called by the French, the interpretation of which is "the drop of milk." This station is the parent of the less picturesque milk dispensaries of this country. The system of consultation with mothers, as employed by Doctor Budin, has been brought to this country, as has the idea of the attendant nurses. So the plan of leading mothers to a right feeding and care of their babies has been sown broadcast, and is taking root wherever planted. The last two or three years have witnessed the establishment of the system in New York, Philadelphia, Chicago, Cleveland, Louisville, Baltimore, Washington and many other cities. In these cities it has so far reached but a small proportion of the mothers and the babies. But the principle is there, and its application is but a matter of general education and time. Its further extension is in the hands of the people, and they are finding out the possibilities of good. The communities in which the milk dispensary and the machinery that goes with it are yet unknown are legion, and in each of these is the big opportunity for some individual to accomplish an amount of good that falls to the lot of few in a lifetime.

The system is this: Some physician, nurse or public spirited individual should be interested in the idea of saving the lives of the babies. It is the easiest thing in the world to get individuals or the public interested in. Enough funds may be easily collected to start a milk dispensary. Any up to date physician knows all about the preparation of sanitary milk. Almost any physician will be able and willing to give one afternoon a week to the consultation for mothers. To this should be added the services of a trained nurse, and the machine is complete.

The dispensary sells the right sort of milk for the babies. Where mothers have not the money to buy it, the milk is given to them. A baby is considered to be worth more than the price of a few quarts of milk. At least, it is not responsible for having been brought into the world, and should be given a chance. So is pure milk made always available.

Then the mothers of babies in the community are asked to come together on consultation day. They meet the



STATISTICS AND BATTLE CRIES IN THE BABY CAMPAIGN

Out of 1000 Births the following number of Children will die in their FIRST YEAR in the various countries forming the CIVILIZED WORLD

Compiled from the averages for 10 Years

COUNTRY	DEATHS IN FIRST YEAR PER 1000 BIRTHS	DEATHS UNDER 1 YEAR PER 1000 BIRTHS
CHINA	326	30,303
RUSSIA (EUROPEAN)	263	129,245
AUSTRIA	222	200,553
ROMANIA	218	49,589
HUNGARY	212	154,100
GERMAN EMPIRE	197	374,153
JAMAICA	181	6,414
CEYLON	179	23,255
SPAIN	170	106,649
UNITED STATES (ESTIMATED)	165	280,000
ITALY	161	83,970
BELGIUM	154	28,499
JAPAN	153	220,013
SERVIA	153	16,268
FRANCE	148	115,378
BULGARIA	144	8,200
CANADA	140	147,660
GREAT BRITAIN & IRELAND	139	11,441
SWITZERLAND	138	19,209
HOLLAND	133	10,877
WESTERN AUSTRALIA	127	756
DENMARK	124	8,089
NEW SOUTH WALES	99	3,745
VICTORIA	98	2,239
QUEENSLAND	96	11,917
TASMANIA	94	1,120
SOUTH AUSTRALIA	93	433
NORWAY	86	608
NEW ZEALAND	76	4,231
GRAND-TOTAL		3,243,958

Watch the light flash! AT EVERY FLASH A BABY DIES

One every 10 seconds, 300 every hour, 7200 every day, 207,600 every year.

ONE HALF OF THIS LOSS is preventable.

WATCH THE LIGHT FLASH!

THE NATHAN STRAUSS METHOD OF PREPARING AND KEEPING MILK FOR BABIES



DEMONSTRATING THE PROPER CARE OF BABIES TO NEW YORK'S "LITTLE MOTHERS"



ter of the congress of mothers, the new organization bids fair to revolutionize conditions some of these days. The health department supplies the certificates of membership in the league, and the so called "gold" or "silver" badges worn by the leaguers, but membership in the clubs is purely voluntary. Incidentally, the badge carries with it the privileges of a combination of police and missionary duty to the ignorant or indifferent mothers of larger growth—a privilege which the little mothers exercise with great enjoyment.

Letters written by some of these little mothers to imaginary friends, in an impromptu examination held by the physician at one of the schools early this month, showed a surprising grasp of the question. The deadly germs that lurk in ice cream, the dangers of watermelon or other fruits as a food for the baby were discussed with a gravity which might have been assumed by a medical student in the last year of his course. The letters showed that the little mothers not only took the instruction seriously, but their accounts of their experiences as missionaries to the untaught older mothers proved that they could be counted on as some of the most effective crusaders in the fight against infant mortality.

Letters written by some of these little mothers has a double effect. It is not only educating the foster mothers of today; it is beginning the training of real mothers of a few years from now.

There is a present tendency toward making education more practical. Everybody knows that such vital things as motherhood should be taught the girls of the public schools. But there is that false delicacy and a great inaction to be overcome. The people must get back of the idea before legislation can be forced. Legislation comes only after the public is aroused. So the people who know should get busy in arousing the public.

plait and let the matter run on. Yet summer complaint is more to be dreaded than smallpox, typhoid, yellow fever, measles or any other of the diseases that are much feared. It results in more fatalities than any other disease in America today.

Yet summer complaint is almost entirely due to the drinking of bad milk. There is a bacteria in milk that causes these intestinal diseases. When that bacteria exists in only certain numbers there is no danger. But when it exists in too great numbers it fastens disease upon the child.

If milk is kept cold the bacteria does not multiply. If it is let get warm they increase in numbers prodigiously, and warm milk may become deadly in half an hour. So, if the milk comes from healthy cows, is kept clean and is kept cool, it is safe. It is next to impossible to know all these things about milk, so the one safe thing to do is to boil the milk.

When milk is boiled the bacteria are all killed. If it is then kept covered so no new bacteria can get in it, there is not the slightest danger from it, though it may sour, curd and go to whey. If boiled or pasteurized milk could be legislated into general use tomorrow, the result would be the saving of a hundred thousand babies this summer. A hundred thousand parents will this summer kill babies that would have lived had they boiled their milk. They do not know this simple fact. It is hard to get it to the masses through preaching and printing it. Maybe you can help.

There are many movements looking to the improvement of the public health. There are, for instance, separate organizations fighting tuberculosis, typhoid and infant mortality. These organizations each attribute the great mortality under its observation largely to infection carried through milk. Each recommends a complicated system of caring for milk from the cow to the consumer. Yet each acknowledges that this care can not stand as a guarantee and that it is very expensive. At this point the men of the government public health service step in with the simple solution of the whole situation, the panacea, as it were. They have the solution of the problem of these three diseases provided they are due to milk. But there is no means of enforcing their plan and it is possible only through the education of the people and their demand for it.

Each municipality should have its pasteurization plant and no milk should be sold that has not been pasteurized. The men of the public health service, Dairymen should bring given

quantities of raw milk to the plant and receive its equivalent in pasteurized milk. So would this array of fatal diseases be headed off. So would the milk of all the towns and cities be made safe. So would the babies be saved. At the same time the milk would be most economically treated, for one big plant can be run much cheaper than many small ones. Such will probably be the system of the future.

This problem of milk is the biggest of the questions of caring for the baby. It does not apply to young babies that are nursed by their mothers. These are comparatively safe. Nine babies out of 10 that die are bottle fed babies. The woman who puts her baby on the bottle multiplies its chance of dying by 10. This is proven by statistics. So it is shown that the mother who can possibly nurse her baby and does not is assuming a monstrous chance of being responsible for its death. Yet the tendencies of mothers of other years. They are always a question if they ought not to be held responsible to the law for these deaths.

The mothers must be brought to know these things. After the baby is big enough to eat, its mother should know what things may be given it. There are many instances on record of babies under a year of age being fed sausage, bacon, raw carrots, peanuts and scores of other things that were equally dangerous. The person who gives the baby these things would be subjecting it to less danger if he stood across the room and shot at it with a pistol.

Another should stick to the straight diet of boiled milk. When she gives the baby anything else it should be under the advice of her doctor. There is always a doctor who is in some way accessible to the poorest of people, and the great masses have one regularly advising the family. This doctor should be consulted before food is given the baby.

But if the mother simply can not resist the temptation to feed the baby let her stick to the following articles of diet, which can hardly kill: oatmeal (cooked three hours) with milk; beef, mutton and chicken, containing small pieces of stale or toasted bread; stale bread or toast with milk; hominy (cooked six hours) with milk; oatmeal (cooked two hours) with milk; farina (cooked one hour) with milk. The milk should be boiled unless it is certified milk. Do not feed meat, vegetables, eggs, popcorn, sugar, bananas or anything else unless told to do so by a physician.

Mother's Ten Commandments

- Then, finally, there might be compiled a sort of 10 commandments for the mother, something as follows:
1. Give the baby its food at regular hours.
 2. Give the baby water.
 3. Give the baby no medicine unless prescribed by the doctor.
 4. Give the baby a tub bath every day.
 5. Do not put warmer clothes on the baby in the summer than you wear yourself.
 6. Keep a window open night and day in the baby's room. Colds come from closed windows, not from open ones.
 7. If the baby does not gain weight see the doctor. Something is wrong.
 8. Do not rock the baby to sleep. Put it down and let it cry itself to sleep.
 9. Roll all milk before giving it to the baby.
 10. If you can not employ a doctor apply to the nearest police station.
- These and the many other vital things that go to the keeping of a baby in health are merely matters of common sense. The mother of a healthy baby is always a sensible woman. It is not the mother who does not make them. It is the greatest breeder of disease. The father is, however, the head of the family and is responsible for the mistakes of the mother. He should try to help her, but not make them. He should know whether or not her system is the right one. It is his duty to take the initiative in making her competent to handle the task that is being put upon her.
- Finally, all the world should realize that the babies will die until all the mothers know all about taking care of them intelligently. So every man and woman who does know how should preach the gospel, morning, noon and night. Especially should this be done through the months of June, July and August. For on words of instruction or warning may save a life. You can save one this summer.