



THE GLAXO
BABY BOOK
REVISED EDITION

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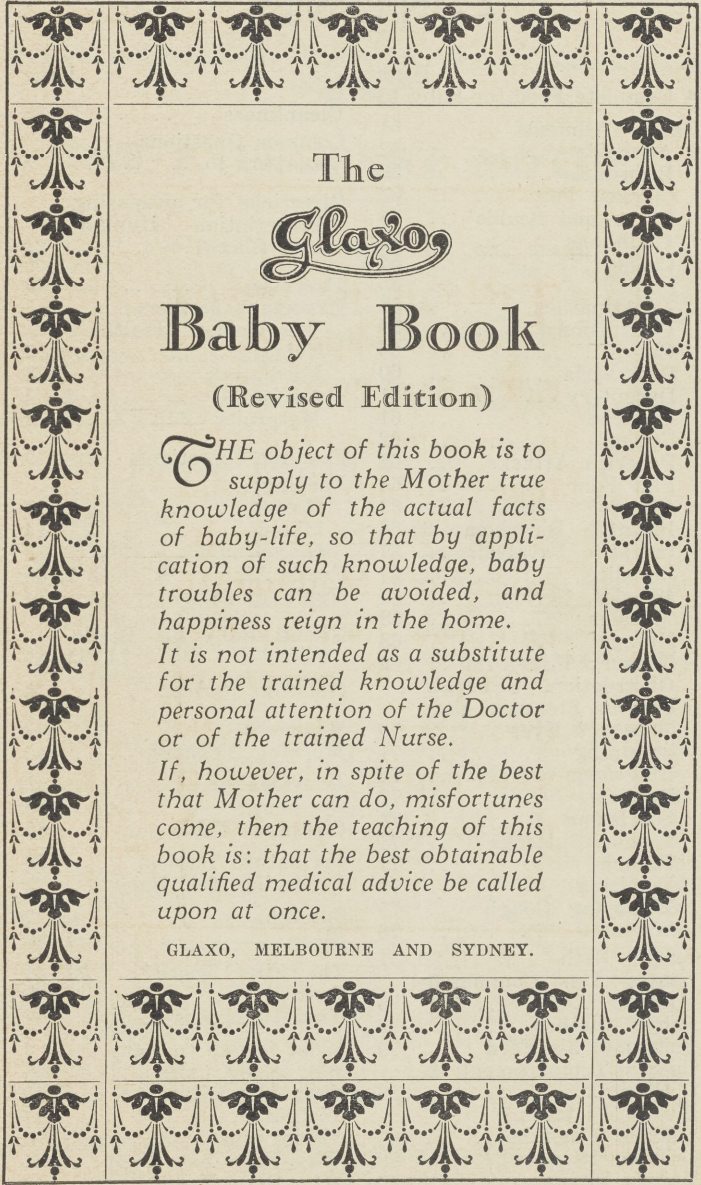
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THIS is the twenty-fourth edition of the **GLAXO BABY BOOK**. Since its inception in 1908 it has found steadily increasing favour as the **Encyclopaedia of Mothercraft**, until now there are over 2,000,000 mothers throughout the world who possess a copy of this book in their homes

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The
Glaxo
Baby Book
(Revised Edition)

THE object of this book is to supply to the Mother true knowledge of the actual facts of baby-life, so that by application of such knowledge, baby troubles can be avoided, and happiness reign in the home.

It is not intended as a substitute for the trained knowledge and personal attention of the Doctor or of the trained Nurse.

If, however, in spite of the best that Mother can do, misfortunes come, then the teaching of this book is: that the best obtainable qualified medical advice be called upon at once.

GLAXO, MELBOURNE AND SYDNEY.

KT

Am 2501

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THE EXPECTANT MOTHER

“Laugh and your babe laughs with you” might well be the motto of every expectant mother. For motherhood, remember, begins long before baby is born—nine months before. During these days of great expectations, this period of waiting, of hoping, of longing, the health, the disposition, indeed, the whole future of baby-to-be will be materially affected by the Mother’s everyday life. A new life lies in her keeping, and she, in a large degree, can make or mar it, as she will.

TEN GOLDEN HEALTH RULES:—

1. Breathe air that is fresh and pure.
2. Windows open day and night.
3. Avoid crowded and ill-ventilated places.
4. Clothing light and loose.
5. Bowels kept well open.
6. Drink plenty of water.
7. Avoid the use of strong aperients.
8. A warm bath every day.
9. A rest with feet up every afternoon.
10. Gentle out-door exercise every day.

2 Food. The expectant mother’s food should be simple, wholesome, nutritious and easy to digest. Quality rather than quantity should be her guide. Because of this. Prescription Humanised Glaxo (with added Vitamin D) should be included in her diet regularly. It does not cause flatulence or that “full” feeling usually associated with cows’ milk. It is also more nutritious and more easily digested than cows’ milk. Not only this, but the extra quantity of the all-important Vitamin D it contains materially assists the mother-to-be to provide from her other food the extra nutriment so necessary for the young life she is supporting. Scientists have proved that many of the complaints and diseases, such as wasting, malnutrition, and rickets, that babies and children develop at a later period of life are due to an insufficient supply of vitamins, especially Vitamin D.

An adequate supply of this vitamin which has now been added to Prescription Humanised Glaxo is all-important to a

(Continued overleaf)

Vitamin D is the most important vitamin for Baby and for Baby’s Mother.

The Expectant Mother.

(Continued from overleaf)

young baby and an expectant mother. Without it there cannot be proper growth or development, nor can mother or baby absorb into their systems the lime that is present in their diet. Without a sufficient supply of this vitamin, the lime simply passes through the system, it is not absorbed into the blood or assimilated by the system. As lime is essential for the formation of good bones, good enamel, and sound teeth, and for healthy blood, if baby and the mother-to-be do not receive an ample supply they will suffer from ill-health and Baby will not have good sound bone, firm flesh, or get his teeth up in time.

Vitamin D is so important to the mother-to-be, the unborn baby, the growing baby, child, and adult, that it is a wonderful thing that it can now be got in concentrated form from chemists under the name of "Ostelin." There are various forms of "Ostelin."

For Expectant Mothers and Adults:—"Ostelin" Tablets.

For the Young Baby:—"Ostelin" in Glycerin Solution.

For Growing Children:—"Ostomalt." ("Ostelin" with Malt Extract and Orange Juice).

3 Advice to the Mother-to-be.—The mother should engage her doctor and nurse or midwife as early as she can. Pregnancy is a natural condition, but sometimes defects arise which, at the time of labour, may prove serious. They should be seen to at the moment they show themselves. In all cases of persistent vomiting, swelling of the legs or feet, varicose veins or vaginal discharge, consult your doctor.

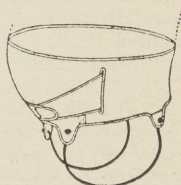
4 Much discomfort is avoided by this simple device, which lifts and supports the weight of the growing child. Many of the troubles so often met with in pregnancy: constipation,

THE GLAXO MATERNITY BELT

9 ins. deep or *10 ins. deep

7/6

*This is for Mothers who take O.S.
in clothing.



backache, cramp, varicose veins, etc., are caused by pressure on the nerves and blood vessels. The Glaxo Maternity Belt relieves this pressure. Suspenders can be fixed to the belt to keep it in place instead of the understrap.

The belt is made on the simplest lines—no buckles or stiffness; is practical and hygienic and no trouble to wash and keep in order; is easy to adjust properly.

Vitamin D enriches the blood—"Ostelin" is concentrated
Vitamin D.

Before Baby comes study this Book well
After Baby comes always keep it handy

Preparing for Baby

5 Everything that is needed for the confinement and for Baby, should be ready by the seventh month. A useful layette is set out for your guidance.

Suggested Minimum Layette

4 vests (2 night—2 day) made of soft wool or silk and wool.

4 belts (ditto)

4 petticoats (fine flannel)

4 gowns (nuns veiling or silk) to be worn for night.

2 house shawls (not too open a mesh)

1 large shawl (for outdoor wear).

1 light soft cap or bonnet.

2 doz. napkins (Turkish towelling).

1 doz. soft muslin squares (for use particularly during the first few weeks).

Bootees and matinee coats.

Bath, Cot, and basket containing { Glaxo Baby Soap
Glaxo Baby Powder
Lucogen Baby Cream
(Ointment)

The Expectant Mother should send for the booklet "Before Baby Comes," where matters of importance and value to her are fully discussed.



Vitamin D enables your system to absorb the lime in your food—"Ostelin" is concentrated Vitamin D.

6 Baby's Clothing.—Baby's clothing must be

- | | |
|------------|----------------------|
| 1. Light. | 4. Comfortable. |
| 2. Warm. | 5. Easy to put on. |
| 3. Porous. | 6. Easy to take off. |

Do not have too many clothes.

use cotton.

use flannelette.

have stiff cotton binders.

have low neck and short sleeve garments.

overclothe Baby.

Do have wool and silk garments.

have short clothes from birth.

have knitted trousers with feet combined.

protect Baby's head from the sun's rays and from the draughts.

have all clothing loose round the neck, chest and stomach.

7 The Ten Commandments of Baby.

- I. You must not kiss me on the mouth.
- II. You must not sneeze or cough near my face.
- III. You must not give me a dummy.
- IV. You must give me a bath every day.
- V. You must not leave me in soiled linen.
- VI. You must give me a bed to myself.
- VII. You must let my room be large and keep the window open.
- VIII. You must put me to sleep whenever possible in the fresh air and out-of-doors.
- IX. You must observe scrupulous cleanliness with my food and its preparation.
- X. You must keep my Glaxo in a dry cool place, with the lid well closed.



Prescription Humanised Glaxo is guaranteed free from
tuberculosis bacilli.

What is Due to Your Baby.

8 Fresh Air.—Keep the nursery windows open day and night—not just a few inches (this will create a dangerous draught) but open wide. Fresh air is life, don't shut it out—only shut out fog.

9 Sunlight.—Sunlight kills disease germs—they cannot live in sunlight, but they can grow and develop where the sun never shines. The healthiest place for Baby is therefore the sunniest room in the house with windows open, or out-of-doors in the sun.

10 Suitable Food.—The Food Nature provides for Baby is his mother's breast milk, and this is the best food of all. But if, for any reason this is not available, Prescription Humanised Glaxo can take its place. It is germ-free, contains all the vitamins and an extra quantity of the all-important Vitamin D, which ensures for Baby, strong bone, good teeth and no constipation, and is as easily digested as breast milk. Without causing indigestion or discomfort to Baby, it can be given in conjunction with breast milk.

11 Regularity.—Feed Baby by the clock, and on no account give him anything between meal times. Accustom him to regular hours of sleep and regular action of the bowels. Baby will benefit and so will you.

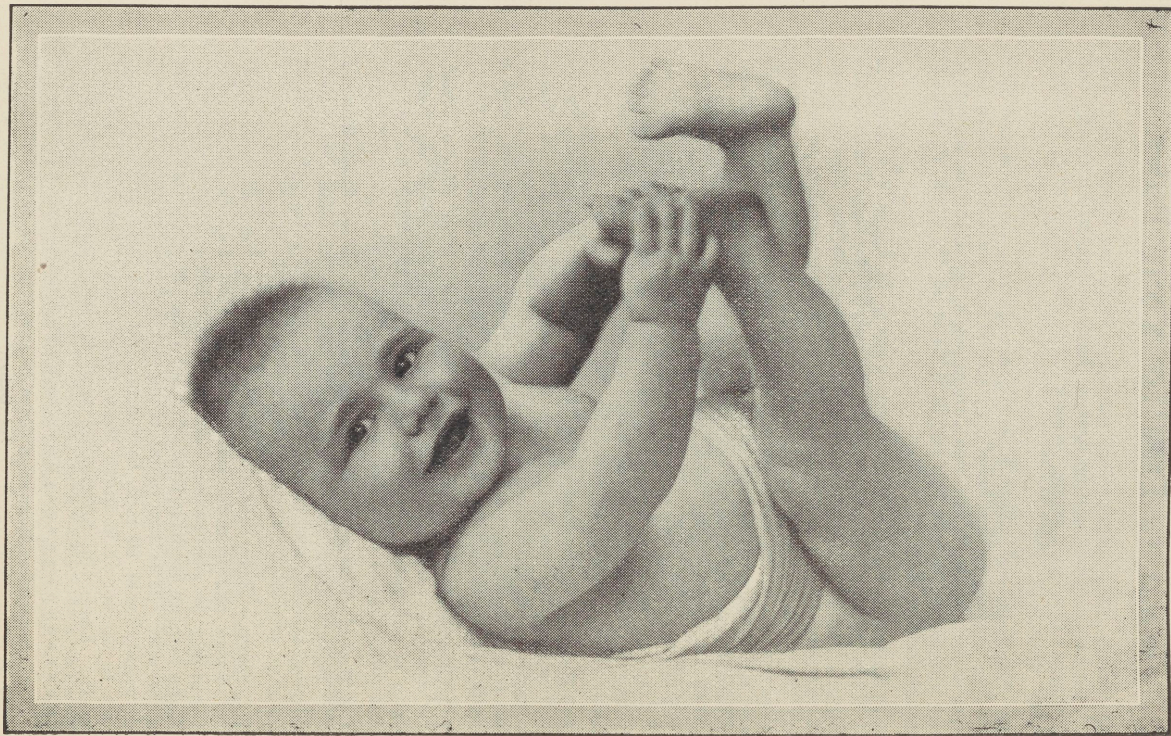
12 Bathing.—Read the chapter on bathing (page 30). Bathe quickly to prevent Baby catching cold. Have all ready—water at temperature 98° F. to 100° F., a screen, a good fire if the weather is chilly, clothes ready with sleeves tucked inside one another so that all can be drawn on together.

13 Cleanliness.—Everything connected with Baby—food, bottles, cot, clothing—should be kept scrupulously clean. Baby is not yet equipped to resist harmful germs, so mother and nurse must see that none gets near him.

14 Boiled Water.—All water used in the preparation of Baby's food and given him to drink must be boiled, allowed to cool, and covered over to prevent dust, etc., getting in.

15 Sleep.—Baby should never sleep in his mother's bed. From the first he must be made to sleep in his cot, be it humble or otherwise. There is no better place for him. Wake him at feeding time, but let him sleep at night as long as he will. It is the usual thing for a healthy baby to sleep all night, from 10 p.m. to 6 a.m. At any rate you can train him to do so; it is more than worth any "trouble" it takes to do. Keep the bedclothes well tucked under Baby's chin.

Prescription Humanised Glaxo is germ-free—the safe food
for Baby.



A Bonnie Glaxo Baby

For the Perplexed Mother.

16 Answers to Common Questions.

1.—*Is it necessary to eat more during pregnancy?*

Not necessarily. Quality, not quantity, should be the chief consideration. The regular inclusion of Prescription Humanised Glaxo in the daily dietary will prove markedly beneficial.

2.—*Will any fright or unpleasant experience cause birthmarks to appear on Baby?*

No. But it will not be good for Baby if you are perpetually thinking about what you have seen, so that you spoil your peace of mind and your sleep and digestion.

3.—*Must I drink stout while nursing baby?*

No. Alcohol in any form is bad for both mother and child. Prescription Humanised Glaxo (with added Vitamin D) will do far more to enrich the breast milk.

4.—*How soon must Baby be put on the breast?*

A few hours after he is born.

5.—*If Baby gets nothing from the breast during the first day, should he be fed?*

No. Give him a drink of warm water which has, of course, first been boiled.

6.—*If there is no milk in the breasts for the first three or four days, is this a sign that I shall not be able to nurse Baby?*

Certainly not.

7.—*If menstruation recommences, must I give up nursing?*

No.

Prescription (Humanised) Glaxo can be given
directly following a breast feed.



Doctors know! many rear
their own babies on Glaxo

8.—*If I become pregnant while nursing, must I wean Baby?*

That depends on the state of your health. Ask your doctor. He will probably say "yes."

9.—*Must Baby have a dose of castor oil soon after he is born?*

This is not only unnecessary but harmful.

10.—*Is it necessary with a girl baby to break "the nipple strings?"*

No. This is a cruel and harmful practice. Any interference with the infant's breasts leads to the formation of abscesses and permanent deformity—which later may prevent breast feeding in the case of a baby girl.

11.—*Is a boy baby likely to get rupture if he cries?*

No.

12.—*Does not a young baby require a firm binder to support his back?*

No. If he is handled in a correct manner there will be no strain on his spine. And if he is "sat up," no amount of binding will prevent harm being done.

13.—*Is it dangerous for a baby to sleep at night in a room with the window open?*

No. By all means have the window open. The night air is usually purer than that of the day, because there is less smoke and there are less impurities in it.

14.—*Must Baby be kept in during wet weather?*

No. Not if his pram is watertight; the wet cannot possibly reach him, and the rainy air will do him no harm so long as it is not foggy.

15.—*May Baby go out in a wind?*

Yes. Any wind but an east wind, and when a strong east wind is blowing, baby is better indoors.

16.—*Does a child have "growing pains?"*

No. Growth does not cause pain. If he complains of pains in his limbs consult your doctor.



Supplementary feeds of Prescription (Humanised)
Glaxo often prevent Baby entirely being bottle fed.

*Baby's mother should increase
her breast milk by taking Glaxo*

Breast Feeding.

17 If you want to feed Baby naturally and you think your milk may be insufficient in quantity or deficient in quality, the best safeguard is to take Prescription Humanised Glaxo regularly before Baby comes and whilst you are feeding Baby. As a Maternity Nurse of many years' experience has stated—

“Prescription Humanised Glaxo has come in the nick of time to save many bottle-fed babies.”

Not only this, a mother cannot make Vitamin D, yet a sufficient supply is vital to Baby, and Prescription Humanised Glaxo (with added Vitamin D) contains an added extra quantity of this all-important Vitamin.

18 Breast Feeding.—Sometimes though there seems enough good milk, Baby does not thrive, but is fretful, is sick or has unhealthy motions.

1. He is fed too often.
2. He is fed irregularly.
3. He is allowed too much at one meal.
4. He is fed during the night.

19 Hints and Suggestions.—Protect the nipples by a fine old, clean, soft handkerchief or pad of clean linen rag. Do not make the mistake of washing the nipples too often. Wash them once a day with soap and water and before and after each feed bathe them with cool boiled water only.

When Baby is unsatisfied:—

- (1) The breast may be too hard.
- (2) There may be too little milk to satisfy him.
- (3) The quantity may be sufficient, but the quality poor.
- (4) Baby may be too weak to suck long enough to get all that he needs.
- (5) His feeds may be too frequent.
- (6) Baby may have a cleft palate.
- (7) Baby may be tongue-tied.
- (8) His mouth may be sore through being roughly washed. See page 74.
- (9) He may not be hungry because he has been wrongly fed from birth with sweet water, or milk from a spoon or bottle.



(Humanised) Glaxo is used to supplement
breast feeding.

For Mother & Baby



OSTELIN-VITAMIN D

Replacing Cod-liver Oil

Everybody knows how important and valuable cod-liver oil is for everyone; for babies it is indispensable. This is because it contains vitamin D—the vitamin which prevents rickets and helps to produce sound bone and good teeth.

Cod-liver oil is both unpleasant and indigestible.

One of the most convenient and suitable forms of giving the infant that portion which makes cod-liver oil valuable is to give Ostelin—a single drop can be put on the tongue of the breast-fed baby, whilst drops can be added to the bottle in the case of a bottle-fed baby.

OSTELIN

Vitamin Concentrate

Sold by chemists in sealed, stoppered phials, price 3/6.



Prescription Humanised Glaxo contains
the Vitamin that Prevents Rickets.

OSTELIN.

For five years "Ostelin" has been used by doctors—none is sold until it has been physiologically tested. So we are able to guarantee its vitamin content and potency. It is put up in various forms as follows:—

- (1) "Ostelin" Tablets for expectant and nursing mothers and all adults.
- (2) Ostomalt ("Ostelin" with Malt Extract and Orange Juice) for growing children.
- (3) "Ostelin" in glycerin suspension for young babies.

"Ostelin" in glycerin can be given to a baby from five weeks of age as follows:—

1st week, one drop a day.

2nd week, two drops a day.

Follow on then with three drops a day.

All expectant or nursing mothers should, as a precautionary and preventive measure, take "Ostelin" every day in one form or another. Every baby, whether breast or bottle fed, should be given "Ostelin."

The mother who regularly takes "Ostelin" long before Baby comes, will be amply rewarded by the increased benefit that she herself will notice and the very substantial good she will do to her unborn baby. She will be certain to absorb the lime in her daily food, which is essential for her and Baby's good health. In addition, she will be providing her baby with an adequate supply of the all-important anti-rachitic vitamin which Baby cannot supply or his system manufacture.

As is well known, cod-liver oil is chiefly prescribed for its Vitamin D content. In "Ostelin" there is presented the vitamin which makes cod-liver oil invaluable, whilst all unpleasant features of taste and smell are avoided.



The Ostelin Preparations are physiologically standardised and tested for Vitamin potency.

Prescription Humanised Glaxo
is the best for a mixed feed

Mixed Feeding.

20 It is wrong in principle to give complete bottle feeds if the mother is still able to breast-feed Baby. But without a doubt mixed feeding has saved many babies from being entirely bottle-fed. In fact the many duties, both social and household, which confront the modern mother, often make mixed feeding a necessity. It is also a wise precaution to get Baby used to taking at least one bottle of Prescription Humanised Glaxo (with added Vitamin D) every twenty-four hours after the third month. Should the nursing mother be detained over Baby's usual feeding time, Baby can still be fed with clock-like regularity.

Should illness, accident or anything happen to prevent or interrupt breast feeding, or when weaning time comes, or Baby has to go travelling or on holiday, with Prescription Humanised Glaxo as a supplementary daily nourishment he makes steady progress. Baby is saved much experimenting at what may be an anxious and worrying time, and all the worry and anxiety about weaning is removed. Prescription Humanised Glaxo is highly recommended for this purpose as well as for Baby's sole food. As a mother, who is also a qualified doctor, said: "My experience is that it is taken with complete impartiality in conjunction with breast feeding and if the latter is not available, Prescription Humanised Glaxo with added Vitamin D is the best substitute I know."

COWS' MILK AND BABIES.

"Cows' milk provides me with my bread and butter," said a well-known Infant Specialist. "My practice mostly deals with infants who are suffering from cows' milk and the mortality due to this is tremendous. Babies are no more able to digest cows' milk than they are able to digest leather," he added. "... It is as easy to over-feed a baby as to starve it, and both are equally likely to kill or to ruin the child's health for years."—Evening Post, November 7, 1927.



Prescription (Humanised) Glaxo overcomes the
difficulty of fat intolerance.

Exclusive Feeding on Prescription Humanised Glaxo.

Contains Vitamin "D"

21 There are various causes which make it impossible or inadvisable for a baby to have breast milk.

- (1) Mothers who have no milk—these are few.
- (2) Mothers in a weakly state of health.
- (3) Mothers of twins or triplets (where there is not enough breast milk for the infants).
- (4) Mothers who are consumptive.
- (5) Mothers who are undergoing great mental strain and anxiety.
- (6) Foster mothers of infants who have been left orphans.

If taken regularly Prescription Humanised Glaxo can be of material assistance to those mothers who **think** they will have no milk or are in a weakly state of health.

We cannot emphasise this point too strongly, for no one will dispute the fact that nothing can equal the intensely individual nourishment a mother can give to her baby.

Not only is there a psychical but also a physical advantage that mothers' milk has over any and every other form of nourishment.

Therefore we advocate every mother doing her utmost to feed her baby naturally and not to give up hope of being successful until and unless she has persistently taken Prescription Glaxo for a considerable period. It is composed of milk—it has extra Vitamin D, the sunshine vitamin, added to it. It is more nutritious and more easily digested than ordinary cows' milk. It is germ free, there is no risk of tuberculosis or other milk-borne diseases such as diphtheria, scarlet fever, and being humanised it is particularly easy to digest.

A DOCTOR'S OPINION.

"Glaxo is not only perfect from a scientific point of view, but it is so easily prepared that, even in the hands of the most ignorant and careless person, I firmly believe that infants would thrive, and avoid the many dangers that there are with infant feeding."



Vitamin D increases the power of the blood to destroy bacteria—"Ostelin" is concentrated Vitamin D.

Prescription Humanised Glaxo with added Vitamin D, a Complete Food for Baby.

22 You have nothing else to buy—no milk—no cream—you simply mix Glaxo with hot boiled water, according to the directions on the tin. Each feed is prepared as required—no waste—wherever you are, you can always be sure of a supply, in any place, in any climate, always a reliable supply.

Modifying Cows' Milk.—It is usual to add hot water. Have you ever asked yourself why this has to be done? The answer is simple. Nature makes cow's milk for young calves and gives them organs suitable for digesting it. But undiluted cows' milk is not easily digested by the average baby, certainly not by the premature, very young, or sickly baby. And, again, there is risk of infection and contamination from cow-yard to nursery, for no amount of sterilising or pasteurising will make dirty milk clean, nor stale milk fresh.

Cows' milk contains butter fat, milk sugar, mineral matter, and protein, and all these are solids held in suspension in the milk. The average baby has no difficulty in digesting these ingredients except the protein, which, in the process of digestion, forms in Baby's stomach, into a dense leathery curd which causes indigestion, flatulence, and dyspepsia. To try and overcome this difficulty it is customary to add water to cows' milk. This addition of water does not alter the character of the protein, nor does it make it more digestible—it still forms into a dense leathery curd in Baby's stomach but the extra water has reduced the percentage not only of the protein but also of the valuable butter fat and milk sugar. To remedy this, it is usual to add cream and milk sugar to the modified milk.

If one knew how much butter fat was in the cream that was added, then one would know how much butter fat was in the modified milk. It is never actually known if the modified milk contains too much or too little butter fat, and in addition Baby still has the indigestible protein to contend against.

None of these difficulties is present with Prescription Humanised Glaxo. The Glaxo Process of treating the milk alters the character of the protein. It causes it to form into small flaky curds which Baby can easily and quickly digest without causing indigestion, flatulence, or dyspepsia.

Then, again, every tin of Prescription Humanised Glaxo contains a standardised quantity of pure butter fat and an added quantity of Vitamin D—the correct amount as determined by two years' clinical trials.

Vitamin D multiplies the red corpuscles of the blood—
"Ostelin" is concentrated Vitamin D.

Prescription Glaxo

(Humanised)

WITH ADDED VITAMIN "D"

Its advantages:

It is a complete humanised food.

It contains an adequate proportion of the Vitamin. D concentrate ("*Ostelin*" Vitamin D).

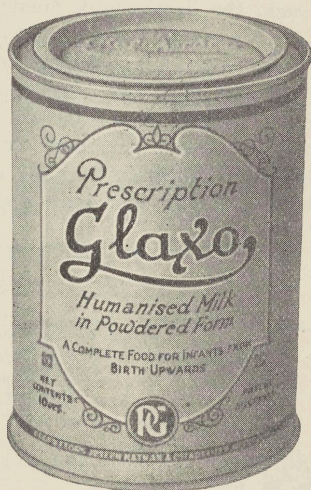
It contains no sugar, starch, or egg protein.

It makes it unnecessary to add fats and cod-liver-oil.

Result is firm flesh,
good teeth, sound bone
—no constipation.

It is prepared under
hygienic conditions.

The Glaxo Process of
treating the milk from
which it is prepared
breaks up the protein
into small flaky particles
which are easily and
quickly digested and as-
similated.



ASK YOUR DOCTOR

Even new-born babies can easily digest
Prescription Glaxo—the Humanised food

Premature Babies.

23 A premature Baby needs very special care. His vitality is low, there is difficulty in maintaining body temperature and the little one finds it hard to digest and assimilate food. He must be kept fed frequently. He must not be handled much. No attempt must be made to bathe or dress him in the ordinary way.

A premature Baby is usually smeared over with warm olive oil and wrapped in wool. He will probably sleep very heavily, and it will be difficult to get him sufficiently awake to take his food, but of course he must be roused for it. The services of the very best doctor available must be obtained immediately if such a Baby is to have a real chance of becoming strong and properly developed. Every effort must be made to breast-feed the child. If he is too weak to suck, the breast-milk must be drawn off for him.

Prescription Glaxo being humanised is suitable for premature babies where breast-milk is not available, not only because it is easily digested, but the added Vitamin D it contains is most necessary for such a baby. As has been pointed out, Vitamin D is the most important vitamin for all babies, and this especially applies to premature babies.

WHAT NURSES WRITE TO US ABOUT PRESCRIPTION Humanised GLAXO.

"I have always obtained the most wonderful results from Prescription Humanised Glaxo, which I have fed all my delicate Babies on, and in no case has this food failed." N.S.

"The tiny premature Baby I put on Prescription Humanised Glaxo is doing well and gaining weight steadily. I am more than satisfied with the results." N.26



Prescription (Humanised) Glaxo saves the worries
and troubles of Baby.

Infant Feeding.

24 A "teaspoonful" is a variable quantity, and it is most essential that every feed Baby has should be of uniform strength if the best result is to be obtained. There is a tendency to heap up the ordinary teaspoon, and indigestion and constipation, due to overfeeding, may result. The Glaxo Measure is designed to ensure uniformity of feeds, and this measure has been taken as the basis for the feeding table given on the tin.

25 It is most important to see that the daily total quantity is right and that the intervals between the feeding times are regular. The feeding table is to be used as a general guide. Remember, the least quantity of food on which the baby will gain weight satisfactorily, have good motions, and be active, is best. Overfeeding is even worse for your baby than underfeeding.

For the first six months of Baby's life he should never gain more than 5 ounces per week.

From 6 months to 12 months Baby should never gain more than 4 ounces per week.

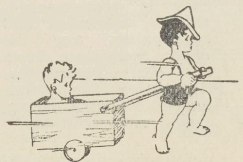
IMPORTANT:—If Baby gains more than 4 or 5 ounces a week regularly—that is for 2 or 3 weeks running—slightly reduce the amount given at each feed immediately.

To ensure Baby receiving the correct quantity at every feed, write for a Glaxo measure free of charge from:—

GLAXO

SEE ADDRESSES AT BACK OF BOOK

Prescription (Humanised) Glaxo contains the
Sunshine Vitamin D.



What Nurses say about

Prescription Humanised Glaxo

(with added vitamin D)

Prescription Humanised Glaxo (with added vitamin D)
"Is a ray of sunshine into any home. It lifts the dark cloud of dread before and after Baby comes."

"Prevents rickets and teething troubles by giving a sufficient quantity of lime in a form in which Baby can assimilate it."

"Saves Baby being entirely bottle-fed."

"Good bone formation, steady increase in weight, and a happy contented child."

"Prevents constipation and indigestion, the two chief ailments in Baby's early life."

FOR THE EXPECTANT MOTHER

"Flatulence prevented—increased comfort—sound sleep promoted, ensuring placidity and calmness for the nerves, which has an incalculable effect on the unborn infant. Constipation is overcome, no need for aperients with their harmful effect on Baby."

"It is so necessary for the Expectant Mother to absorb sufficient lime for herself and her unborn Baby. Prescription Humanised Glaxo (with added vitamin D) enables her to do this and thus renders untrue the old saying "For every child a tooth." The Expectant Mother's dietary should be light, nourishing and easily digested. Cow's milk is recommended, but as indigestion and constipation are the chief complaints from its use, Prescription Humanised Glaxo (with added vitamin D) is much more suitable."

FOR THE NURSING MOTHER

"The Nursing Mother's milk was going—Baby was becoming fretful and losing weight. Prescription Humanised Glaxo (with added vitamin D) brought back her milk, she was able to feed her baby, who, very soon began to thrive and from a puny fretful baby, became a laughing jolly baby."

"Prescription Humanised Glaxo (with added vitamin D) builds up the mother as well as the child, and takes away the extra strain of breast feeding."

"After Baby Comes, it is well for the mother to take Prescription Humanised Glaxo (with added vitamin D). It improves the quality of the breast milk, helps to keep the mother fit, and is of benefit both to mother and Baby."

FOR THE BABY WHO CANNOT BE BREAST FED

"The advantages obtained by the use of Prescription Humanised Glaxo (with added vitamin D) are that the physical and normal development of the infant in all of its stages of life is assured."

"Many if not all the difficulties of infant life which are experienced, such as abnormalities, rickets, delayed or irregular dentition, constipation and susceptibility to colds and infantile maladies are prevented and overcome."

"Prescription Humanised Glaxo (with added vitamin D) solves the fat problem, making possible the reduction of butter fat, thus giving perfect digestion and assimilation and correct bowel action."

Glaxo is made in a minute
its preparation is very easy.

Directions for Preparing Prescription Humanised Glaxo (with added Vitamin D).

26 Anyone can prepare Prescription Humanised Glaxo easily and quickly; only hot **boiled water (not boiling)**, has to be added; no milk, no mixtures and no experiments are necessary. You simply follow the perfectly clear directions, and the food is ready in an instant.

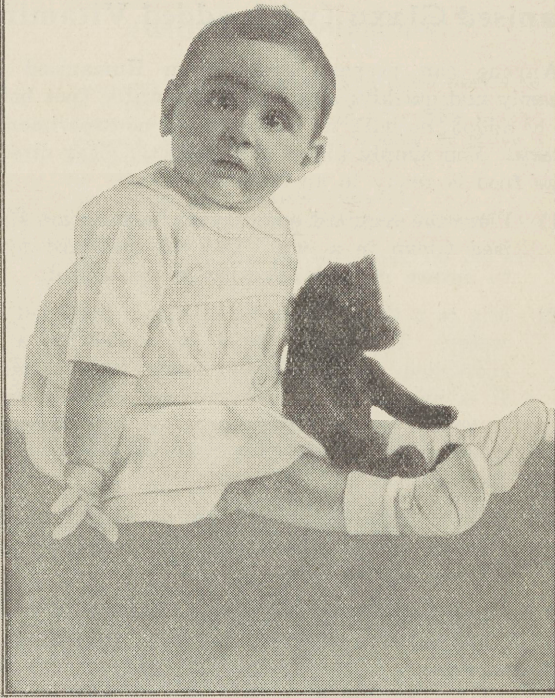
- (1) Place the required quantity of Prescription Humanised Glaxo in a cup. Use the standard measure to ensure correct quantity at each feed.
- (2) Mix to a thick cream by adding a little hot boiled water. The water must be boiled in a clean enamelled saucepan kept solely for the purpose. It is unwise to use water from a kettle, because a kettle is invariably more or less furred, and some grains of this fur may become mixed with Baby's food.
- (3) Add a little more hot, boiled water, making a thinner cream, then add the remaining water, stirring all the time.

The Prescription Humanised Glaxo is ready for use as soon as it has cooled sufficiently for Baby to take it. The correct temperature is blood heat (99° Fahr.) The flavour is improved by pouring from one cup to another several times.

Never keep the Prescription Humanised Glaxo that is unfinished in Baby's bottle for the next feed. Doubtless you are fond of a good, hot, fresh cup of tea; so, too, with Baby, he likes his Glaxo freshly made. Some mothers feel it "a pity to waste any," but it is a far greater pity not to give Baby the best—the very best you can.

Prescription (Humanised) Glaxo because it contains
sunshine Vitamin D, builds firm flesh and sound bone.





*"Ye are better than all the ballads
That were ever sung or said ;
For ye are living poems."*

Longfellow

Some Useful Hints about Glaxo

27 Prescription Humanised Glaxo with added Vitamin D is a pale creamy powder which has the odour of fresh butter and tastes slightly like a fine cream biscuit, somewhat sweetened. If kept in a cool, dry place, Prescription Glaxo and Glaxo will keep at least 12 months. So as to protect the public from purchasing old Stock, an expiry date is stamped on the bottom of every tin.

The Glaxo tin should have the lid firmly adjusted and should be kept in a dry, cool place, away from the sun and fires, protected from dust, damp and flies.

On opening the tin do not tear the paper covering inside, but unfold it carefully, take out the Glaxo required and refold the covering again each time, to protect the powder from the air and dampness.

Use the Glaxo Measure which is designed to ensure uniformity of feeds—always keep it dry and clean.

Do not add milk to Glaxo. Prescription Humanised Glaxo is the solids of pure milk with added Vitamin D. It is of one uniform strength, made more germ-free, more easily digestible than ordinary milk by the Glaxo Process. Adding milk to it makes it less digestible and the milk added may be stale or contaminated or contain the dreaded Tuberculosis germ. Prepare Prescription Humanised Glaxo with hot, boiled water only.

Sugar.—Children who have been fed with over-sweetened foods may refuse Glaxo at the beginning because they find it less sweet. In these cases a little sugar may be added, but very little, and this should be reduced gradually until none is given.

Lime water has a constipating effect, and is not necessary when Baby is fed on Prescription Humanised Glaxo (with added Vitamin D).

Prescription (Humanised) Glaxo being humanised,
is easily digested.



Giving Baby the Bottle.

28 Having decided on the best possible food to put into Baby's bottle, one must consider the correct method of giving it (see page 25). No detail is too small for consideration if Baby is to thrive really well. The temperature of the food must be correct; food may be the cause of pain to Baby if it is either too hot or too cold. Mothers are, as a rule, prone to give the food too hot. It must be the same temperature as the natural food, which is, of course, blood-heat. Shake a few drops on the back of the hand, and lay the bottle against the cheek, to test the heat.

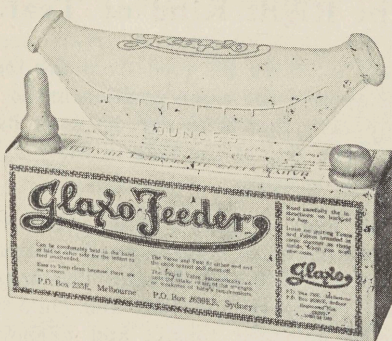
The bottle should be held for the child; he should not be left in his cot to take it by himself. A mother who is breast-feeding her infant does not regard it as waste of time to sit and attend to him while he feeds; she should do the same when he is being bottle-fed. She can then see that he gets the food at the right rate—neither too quickly nor too slowly. She can also see that he sucks milk, not air.

Remember, too, that for the first few months of life Baby should get all his nourishment from liquids; to give him "thick supporting foods" is to give him indigestion, pain, flatulence and dyspepsia. Prescription Humanised Glaxo is all-sufficient, being a complete food for Baby.

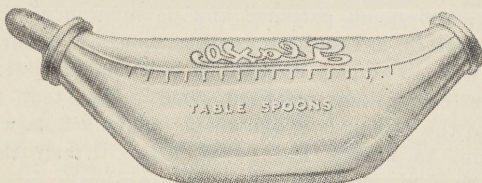
About half-way through each feed and at the close of the feed, raise Baby gently against the shoulder and softly pat his back until he has brought up the wind.



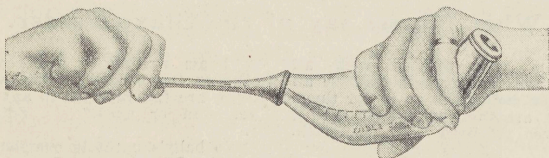
Glaxo Feeder



- 29 This illustration shows what the box contains:—
- (1) The Glaxo Feeder Bottle with duplicate ends.
 - (2) The patent Glaxo Teat with patent inner collar.
 - (3) The patent "Security Grip" on Glaxo Valve.



This illustration shows the remarkable simplicity of the Glaxo Feeder—no corners, crevices or awkward curves for food to lodge in, no indented letters. Water can be run straight through the Glaxo Feeder, and will thoroughly cleanse the whole outer and inner surface. No brushes required.



This illustrates the quality of the patent Glaxo Teat and the pull-resisting effect of the patent inner collar. The Glaxo Teat and Valve are made of pure transparent plantation rubber. The patent inner collar prevents the teat being pulled off while Baby is feeding. A great source of danger and extra work is thus removed.

*The Glaxo Feeder, Teat, and Valve
are all Australian Made Throughout*

The Right Kind of Teat.

30 When Baby is taking his food from the feeding-bottle, he should assume the same position as he would when feeding at the breast; that is to say, he must have his head slightly raised. The size of the hole in the teat is a matter needing much consideration.

31 Sucking is one of Baby's chief exercises. Proper vigorous sucking helps digestion and ensures the correct development of the mouth and throat. This means that the teeth will grow regularly and that the child will be less likely to develop enlarged tonsils and adenoids. It will be seen, therefore, that it is a grave error to use a teat with so large a hole that the milk runs with little or no effort on the part of the child.

32 If this kind of teat is used, Baby will soon become lazy, and much patience and perseverance will be required before he is taught to suck properly. Naturally, one does not wish to employ so small a hole that he is exhausted before he has taken sufficient food. The teat must be adapted to the strength of the child. Have a hole which will enable him to empty the bottle after fifteen to twenty minutes vigorous sucking.

The Right Kind of Teat.—The Glaxo Teat is 99 per cent. Pure Para Rubber.

What Nurses say of the Glaxo Feeder.

"I am very pleased with all bottles, and shall certainly advise all my young mothers to go in for them, as they are the very nicest kind I have ever yet used."Bath.

"To thank you for the safe arrival of bottles, which I think is a great improvement on the old ones, and the teats especially." ..Liverpool.

"I am writing to thank you for sending two Glaxo feeders, which I think are far superior to any I have yet seen or used." ..Edinburgh.

"No baby's outfit is complete without the Glaxo Feeder, I used it from the first for water only, which is so good for the baby. I find Glaxo bottles so easy to keep clean. They do not break in boiling." ..Redhill.

More children are made ill by
excess than by lack of food

Overfeeding.

33 You can starve a baby by overfeeding just as you can put out a fire by heaping too much coal on it.

Signs of Overfeeding.—An overfed baby may seem to be thriving for a time, but sooner or later the overworked digestive organs will rebel. An overfed baby will have:

Sore buttocks

Profuse perspiration

Strongly smelling urine

Attacks of diarrhoea

Sickness or constipation

He may have rash or skin trouble.

When Baby is given more food than he can digest, the mischief usually shows itself in vomiting, diarrhoea and anguished crying. More babies are hurt by overfeeding than are harmed by underfeeding.

34 If, regularly, Baby gains each week more than 4 to 5 ounces (the normal gain) it is time to consider whether this is because he is being over-fed. One cannot lay down any hard and fast rules with regard to infant feeding—some children gain rapidly on a very small quantity; but, speaking generally, if Baby gains 7 or 8 ounces each week he is having more food than he needs.

The baby who is breast-fed or who is Glaxo-fed is in greater danger of being over-fed than one who is having in his bottle a food less easy to digest. Supposing Baby is taking the ordinary cow's milk—if he is given a large quantity it is quite impossible for him to deal with the dense indigestible curd; the result is that he is in pain, cries, has wind, flatulence and probably sickness. The mother realises that Baby needs less food.

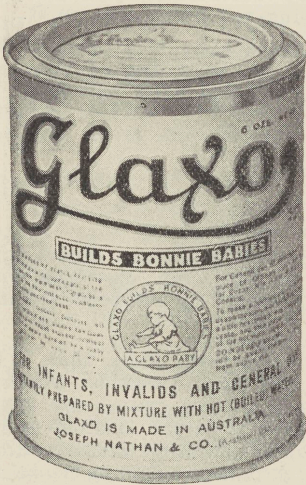
35 Breast-milk and Glaxo are both so easy to digest that, even if Baby is given a quantity in excess of his requirements, his stomach can easily cope with it, but his system cannot assimilate such an amount of surplus nourishment, so that it is necessary to get rid of it. This means overworking the kidneys, and many other troubles are likely to follow if Baby is often overfed. Should Baby continue to increase in weight too rapidly, the wise mother will cut down her baby's rations.

Avoid Constipation, the bugbear of the bottle fed Baby
by giving him Prescription (Humanised) Glaxo.



Glaxo

(Standard)



When baby is 4 to 5 months old it is sometimes found advisable to change from "Prescription" Glaxo to "Standard" Glaxo.

"Standard" Glaxo has proved by its results over the past 20 years to be an excellent food for babies of any age. Literally millions of babies have been reared on this food alone.

Mothers who have been recommended by friends to use Glaxo ("Standard") and who do not desire to use "Prescription" Glaxo in the earlier months of Baby's life can use "Standard" Glaxo with every confidence.

Trial Tin sent upon request.

Dr. Hutchison, in the second edition of "Lectures on Diseases of Children," page 39, remarks:—

"Desiccated milk is certainly much more digestible than ordinary milk for, in the process of drying, the casein seems to undergo some physical alteration, which prevents it forming a dense clot. The best form I know is the preparation known as 'Glaxo,' which is also well digested even by delicate babies. Glaxo is prepared from dried milk with the addition of cream and lactose. All the carbohydrates are in the form of milk-sugar."

Baby "Off his Feed"

36 At times Baby may not want to finish his bottle. Do not urge him to take more than he is inclined for. Baby's disinclination for food results from his stomach being out of order. It may be hot weather or teething which has temporarily upset the digestive organs.

The stomach, like any other part of the body, needs rest. When it is out of order, the quickest way to get it right is to give it nothing to do for a while. It will not hurt Baby to go without a meal, but it will hurt him to have food which he cannot digest.

Baby's feeding hours must not be disarranged, so if he leaves part, or even the whole, of a feed, he must wait until the proper time for the next meal before he is offered anything else. This applies as much to older children as to the bottle-fed infant.

Water is good for him. Always give him as much cool, boiled water as he will drink.

Fruit Juice.

37 Baby should have a little of the juice of fresh oranges, lemon, pineapple or apples every day after he is one month old. The juice of the orange is best, and should be used whenever obtainable.

Strain the juice through fine muslin and dilute with twice or more the quantity of cool, boiled water, adding a little sugar. After the first month a teaspoonful should be given daily, and the quantity increased to the juice of half an orange daily after the age of three months, and the juice of a whole orange after the age of six months.

Fruit juice must never be given too near the time of taking milk food. If the child is constipated, it should be given at least half an hour before the first feed of the day. One or two ounces of water may be given at this time, through the feeding-bottle with beneficial results.

All babies, breast-fed or otherwise, should have Ostelin every day (see pages 12 and 13.)

How to give Baby his Bath.

38 **The Bathing.**—Take Baby on your lap, remove night-clothes, but place a soft warm towel across the little body to guard against chills. Gently clean each nostril with a small wet rag or a piece of cotton wool. Turn Baby in your lap so that his head is over the bath, but supported by your hand. Sponge the head, soap it with Glaxo Baby Soap (see page 32), and wash off the soap backwards, to prevent soapy water running into Baby's ears or eyes. Dry thoroughly. Should moisture run into the ears, soak up with a scrap of cotton wool, screwed to a point. Sponge the face with plain water, using no soap, and dry.

Baby is now ready to go into the bath. Put your left arm round his shoulders, hold his left arm with his head resting on your left arm. With the right hand under his buttocks set him in the bath, take your right hand away, soap and sponge him.

Should a mother be nervous about putting Baby into the bath, she should put a Turkish square diaper round him, hammock fashion, and gently lower him into the bath. Baby's head should be supported by the mother's left arm and hand, and the diaper can be loosed and remain at the bottom of the bath.

Do not move the left arm until Baby is in your lap again. Soap Baby in the bath, not on your lap. There is less risk of chills and Baby is easier to lift into the bath when dry than when soapy and slippery. Sponge with a piece of flannel or Turkish towel.

Have a warm towel ready to lift Baby into and dry him with a dabbing motion. Dust lightly with Glaxo Baby Powder (see page 32) between the folds of skin and in the navel. When the powdering is finished and the damp towel is removed, Baby should be lying on his stomach, in the correct position for dressing.

39 **The Dressing.**—With Baby lying on his stomach put on his clothes—vest, long flannel, and robe. The sleeves are tucked inside one another; now lay them all over Baby's back. Push gently through the sleeves the arm which is

How to give Baby his Bath.

next to you. Then the other. Now grip Baby firmly with both hands (thumbs on the back and fingers spread round his sides), and turn him towards you with his head resting on your left arm. Next wind the binder round him. It should be too tight to slip down, but not uncomfortably tight. Remember that the stomach enlarges a little when Baby takes food and allow for it. When the knitted belt is worn in place of the binder, draw it up from his feet.

Now put on the napkins. If the inner point is doubled back and tucked up smoothly under the binder, the binder will not get soiled.

Fasten the clothes down the front, and Baby's toilet is completed. By dressing him in this way, Baby need be turned only once. Don't forget when tying up the bottom of the long flannel, that Baby needs plenty of room to kick and stretch his little legs in.

Do not linger over the process of dressing Baby, who may become chilled if exposed too long after being bathed.

40 One Warm Bath a Day.—Baby should have only one warm bath a day, and this should be given in the morning, but in the evening his eyes, hands, mouth and buttocks should be washed.

When Baby reaches six months the warm bath should be at night. When he reaches twelve months let him stand up in the bath and put a cold, wet sponge quickly down his back; this will strengthen him, and make him less likely to take cold.

It is not wise to put a child into a quite cold bath, but if he is rubbed over with a towel wrung out in cold water, and briskly dried, it will prepare him for a daily cold bath later.

41 Points to remember:—

Baby must not be bathed within one hour after his feed.

After Baby is six months old, his hair should not be washed more than twice a week.

Baby should have crepe binders made on the unique lock-binder pattern, which does not require stitching, pins or tape. These keep in perfect condition, and allow the necessary expansion when required.

Skin Comfort for Baby

Glaxo Baby Soap

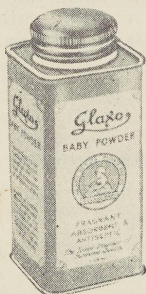
Is manufactured from the finest edible fats and is absolutely pure and neutral. An ideal cleansing agent, it is specially prepared for Baby's toilet, and its marked emollient action keeps the most sensitive skin free from blemish. It is fragrant without being unduly odorous, and it lathers readily even in hard water. The finest outcome of the soap-makers' skill made under the analytical control of the Glaxo Laboratories.



Lucogen Baby Cream

Not an ordinary cold cream, or a vanishing cream of the type so familiar, but a very fine emulsion of the purest English lanolin. Is readily absorbed and does not clog the pores or prevent healthy skin action. Lucogen Baby Cream prevents and relieves chafing, soreness, and skin irritation; saves roughness and redness; and its slight alkalinity corrects excreta acidity which oftentimes is the cause of tender buttocks.

Glaxo Baby Powder



This is a delicately perfumed and impalpably fine talcum powder, made of the purest materials and guaranteed free from any irritant or harmful ingredients. It has a gentle, soothing effect when applied to the skin after the bath, and it is agreeably fragrant. When applied between the folds of the skin it does not cake with moisture but prevents chafing. As a finish to Baby's toilet there is nothing to compare with it for economy and service.

Ask your Chemist for these Dainty Baby Products

Sleep.

42 Hours of Sleep.—Baby's brain controls every action of every muscle of his body, and every sight, sound, or feeling Baby experiences is impressed on his brain. The brain only rests during sleep, and then not entirely, because it must continue to control the action of the heart and other organs.

Long hours of sleep are therefore necessary for Baby, for good sleep in infancy means less liability to "nerves" in after life. The rule "plenty of sleep" should be enforced all through childhood.

During the first few months, a baby sleeps about 17 hours out of the 24; by the time he is nearly a year old, he should be sleeping about 14 hours out of the 24. These long hours of health-giving sleep should be continued throughout childhood; by the time the little one has reached the age of 10 years, probably 10 hours sleep will be sufficient. Up to the age of 16, at least nine hours sleep per day should be allowed.

43 Training Baby to Sleep.—Insist on Baby sleeping in a cot alone. Put Baby in his cot and make him stay there. During the early months of his life Baby should not be left to sleep in one position continuously. Following a feed he should be placed on the right side. After a time he should be turned to the left side, and later on put back on the right.

Do not feed the child during the night, teach him to have 8 or 9 consecutive hours of unbroken rest, but waken him at stated hours during the day for feeding and bathing.

Baby will not sleep soundly in a room where there is light, noise and movement; good habits cannot be formed if a child is kept during the evening in a room with adults. When he has been prepared for the night and fed, he should, about 6 p.m., be put into a quiet darkened, well-ventilated room alone and left there.

Children must be put to bed in the right frame of mind for sleep; they must not be excited just before bed-time.



A Glaxo Mermaid

Fresh Air and Cleanliness.

44 Fresh Air.—Important as is Baby's food, he does not depend on this alone for his well-being. If his body is to be properly nourished he must have abundance of fresh air. It is imperative for him to be in the open air or in rooms that are properly ventilated.

In a small room with the outside air excluded, there is not more than sufficient oxygen for one person for half an hour, yet we may find a baby sleeping with an adult in such a room the whole night through. He is restless and fretful simply because he is starving for fresh air.

If people could only see with the naked eye the disease-germs that flourish in closed-in overcrowded rooms they would be very eager indeed to let in Nature's purifiers—the sun and fresh air. From the day of Baby's birth lose no opportunity to have him out of doors, and when indoors keep him as near a widely open window as possible.

45 Cleanliness.—There are harmful germs all round us; in the air we breathe, in the food we eat, in the water we drink. Our bodies are more or less well equipped to resist the attacks of these disease-germs when they gain entrance; if our defending forces are strong, then we keep in good health—if the invading germs gain the ascendancy we become ill.

Fresh air, sunshine and cleanliness are our best allies in our fight against sickness; disease thrives in dirt and darkness. An infant has less power than an adult to resist disease. Much can be done in this direction by scrupulous cleanliness.

Baby's daily bath should be thorough, his clothing should be frequently changed, his bedding well aired every morning and washed whenever necessary, and most important of all, his feeding bottle and all the utensils which are used in preparing his food must have minute attention.



Glaxo Baby Powder is delicately fragrant and does not cake with moisture.

Baby's Temperament and Habits.

46 **Baby's Temperament.**—The first few months of Baby's life will have a tremendous bearing upon the years to follow. It rests entirely with his parent whether he develops into an obedient, self-reliant, unselfish child, or becomes obstinate, self-willed and selfish.

If Baby is to be taken up and nursed whenever he cries; if he is to be given food or a dummy to suck in order to "pacify" him, he will quickly learn that his will is stronger than the will of his mother or nurse, and realise that if he cries loudly enough and long enough he can have his own way.

On the other hand, the child who is shown plainly from the start that he will be fed and nursed not when he likes but when his mother knows it is good for him—such a child will develop self-control, obedience and kindred good qualities which will lead to consideration for others and a realisation that no one individual can live for himself alone.

47 **Regular Habits.**—You cannot begin too early to lead Baby along the way you wish him to go, which, of course, is the way of health. The world and its ways are as new to him as he is to the world. His little body is now called upon to perform functions which it has not carried out before, and it must be taught and helped to discharge them well.

Regularity is the key-note of success. If Baby is taught regular habits from the day of his birth, he will benefit not only physically but mentally and morally as well. The wise mother will write out a little time-table setting down the hours at which Baby will be fed, bathed, dressed, placed-out-of-doors, laid down to sleep and encouraged to develop healthy habits. If this time-table is strictly adhered to, Baby will be happy and healthy. He will not suffer from indigestion or constipation, he will sleep well and be a joy and not an anxiety.

Baby's Dietary from 9 months.

48 Make one addition at a time to the diet and accustom Baby to it before making another. Do not give him soft food only; it is important he should use his teeth. At 12 months of age the bottle should be quite given up. (Total liquid nourishment in 24 hours, about 2 pints). Only four meals should be given. If a child has supper at 10 p.m. he will not need anything until breakfast next day. If tea is the last meal he may require an early morning drink.

When Baby Wakes.—5 or 6 ounces mixed Glaxo.

Breakfast.—Porridge and Glaxo, and a crust of bread or a piece of bread dipped in Glaxo and dried in a quick oven, or a plain biscuit or rusk.

Lunch (if needed).—Mid-morning cup of mixed Glaxo.

Dinner. Two Courses from:—

1.—The yolk of egg lightly boiled—thin bread and butter, and a drink of Glaxo; or 4 or 5 ounces veal, chicken, mutton or fish broth with 2 teaspoonfuls of dry Glaxo added.

2.—A few teaspoonfuls steamed custard pudding; or half custard and half apple pulp; or a few teaspoonfuls of the liquid part of a rice pudding made with Glaxo.

Tea.—7 or 8 oz. mixed Glaxo—a crust of bread or thin bread and butter.

Supper.—7 or 8 oz. mixed Glaxo or Glaxo.

Fruit Juice.—The juice of one orange or two table-spoonfuls of other ripe fruit juice should be given daily.

Send for a free copy of the "Little Epicure" which contains 67 Recipes for children from 6 months to 15 years—from

GLAXO

See Addresses at Back of Book



Baby's Dietary from 18 months.

49 When Child Wakes. A biscuit or 3 or 4 ounces prepared Glaxo.

Breakfast.—Glaxo with porridge made of groats or oat flour or fine oatmeal with Glaxo added. A plain biscuit or rusk.

Lunch (if needed). 5 or 6 oz. mixed Glaxo and two table-spoonfuls of fresh fruit juice.

Dinner. Two Courses from:—

1.—Fish broth thickened with potato or crumbs, and part of fish rubbed through a sieve and added; or mutton, veal, rabbit or chicken broth thickened with rice, semolina or sago; or lentil soup; or beef tea thickened with crumbs.

2. Minced, freshly cooked mutton, beef or chicken with gravy and potato or bread-crumbs and well-mashed vegetables; or lightly boiled egg, beaten and crumbs added.

3.—(a) Custard pudding or stewed fruit; or (b) Milk (Glaxo) pudding—stewed fruit and custard—Glaxo blanc-mange—banana and Glaxo.

Tea.—5 or 6 oz. mixed Glaxo—thin bread and butter—honey or jam. Biscuits or plain cake.

Supper.—5 or 6 oz. mixed Glaxo with biscuit.

Trilact with its delightful chocolate malt flavour and its concentrated vitamin D content is an invaluable food-drink for growing children. It is lighter, more digestible and nutritious than cocoa—it contains milk and is easily and quickly prepared by mixing with hot water only.

Additions to be made by degrees.—Well-boiled vegetables (like cauliflower or spinach) passed through a sieve and given with the meat broth. Trilact at breakfast and tea-time. Plain cake at teatime. For dinner: a small slip of fish cooked between two plates over a saucepan of boiling water, sheep's brains stewed in Glaxo; rice, tapioca, or other Glaxo milk pudding.



Trilact—made in a minute, only boiling water required.

When Baby has his first tooth.

50 An adequate supply of vitamin D is required to avoid teething troubles, whether Baby has been breast fed or fed on Glaxo. For this purpose, Ostelin is ideal.

Teething.

51 In the past, many mothers looked forward to Baby's teething period as a time of troublesome anxiety. This was before scientists had found out that Vitamin D would overcome this trouble and, providing a baby had a sufficient daily supply, his teeth would not only be of good quality but would appear up to time. Prescription Humanised Glaxo contains an extra and added quantity of Vitamin D, and a baby properly fed upon it will have teeth of good quality with a covering of good enamel and they will come to time.

The expectant mother can make doubly sure of this by herself taking Ostelin before Baby comes, or by taking Prescription Humanised Glaxo with added Vitamin D regularly.

Dribbling is a sign that the teeth are coming through. The usual age for cutting the teeth is about six months. Many healthy babies cut them much later—a few cut them earlier.

Teething is a natural process and should not cause illness, though it may give rise to some little discomfort. Do not, therefore, expect your baby to be ill at teething time. If he is ill, try to find the cause. Do not be content to say "it is only the teeth." The real trouble may be something quite different.

Baby's temporary, or milk teeth, are 20 in number and generally appear in pairs.

Months.

6—9 2 central incisors (lower jaw).
2 central incisors (upper jaw).

9—12 2 later incisors (upper jaw).
2 later incisors (lower jaw).

12—15 4 anterior molars (2 in each jaw) making 12.

18—24 4 canine, "dog" or eye teeth (2 in each jaw)
making 16.

4 posterior molars (2 in each jaw) making 20.

Remember, as Baby's teeth begin to come through, that this is one of the signs that he can begin to digest more solid food, that his little digestive system needs something more solid than pure milk food.

GLUCOSE-D

Travel Without Sickness

A sea voyage for convalescence, a cruise for pleasure, a tiresome train journey, a rush visit by air, may be made safe (even for those who are always sea-sick or finish any journey in a tired, nervous, bilious state) by taking Glucose-D. Glucose-D should be taken an hour or two before an air or train journey, or regularly during the first days at sea.

Should sea-sickness have developed, the use of Glucose-D will effect a cure in almost every case.

Morning Sickness

During the early months of pregnancy, the growing embryo, not yet provided with a liver of its own, has to draw on the glycogen reserves in the mother's own liver. It follows that the mother is thereby subjected to the risk of glucose privation and thus, in a vicious circle, to the sequence of acidosis and vomiting. Early in pregnancy, therefore, the most effective preventative of morning sickness is glucose itself, preferably in the form of Glucose-D.

Everyone Needs Glucose-D

Glucose-D is more than a remedy: it is a preventive. It is an insurance for everybody—no matter how healthy—who has to undergo extra strain, whether of the body or the mind. School medical officers prescribe it for children studying for examinations; they claim, moreover, that Glucose-D is the ideal stimulus to health and energy in boys and girls training for athletic events.

Price in Tins of $\frac{1}{2}$ lb., 1/9; 1 lb., 3/-. Free sample on request.

The First Teeth

52 As you know, Baby must have a continuous supply of calcium (lime) to form good-quality bone and teeth with good-quality enamel. Though there may be ample lime in Baby's food and also in Baby's mother's food, neither of them can absorb it into their system unless Vitamin D enables them to absorb the lime in the food so that it enters into the blood stream and the system, and with the baby builds good-quality bone and tones up the system of the mother.

"Ostelin" is a concentrated form of Vitamin D, and is prepared in various forms to suit different people and conditions (see pages 12 and 42).

Mothers are inclined to think too much about the coming of the teeth and too little about the teeth after they have come. The importance of caring for the teeth cannot be emphasised too greatly. Their condition affects the general health. This is a fact which is not sufficiently realised by many mothers.

The first teeth are completely formed and are in the gums at the time of Baby's birth. Their condition when cut therefore depends on the mother's health, her food and mode of life before Baby's birth (see page 3).

It is every bit as important to care for the first teeth as it is to care for the permanent set which comes later.


When a child complains of toothache, or if the teeth are growing unevenly, or appear to be discoloured or decayed, a dentist should be consulted.

In order to promote the development of sound teeth, the following rules should be observed:—

1. Never give a dummy.
2. Promote proper development of the jaws by insisting on efficient sucking exercise at the breast or feeding bottle.
3. Give to the growing child food that needs chewing and see that it is masticated properly.

After eating soft food give Baby something which will cleanse his teeth—an apple or a crisp rusk is good for this.

Clean Baby's teeth with a soft brush—not a rag—at least twice a day. After the evening cleaning, the child must have nothing whatever to eat. If there are any scraps of food on the teeth during the night, they will tend to set up decay.



OSTELIN

Extract from "Sunday Sun."

VITAMIN D.

Building Good Teeth

WHAT DIET DOES

IN research into Dental decay Dr. Alan Deverall of the British Medical Council has, working on 1,000 children in a chain of orphanages around Birmingham, been testing for three years the theory of building up teeth from within by a daily diet of vitamin D, which has rich calcifying properties. The children have a full course of ordinary diet the only addition being vitamin D. Children undergoing the diet showed 75 per cent. less decay than children not dieting.

Dr. Deverall said: "We have only begun, I shall be satisfied if I can say definitely after 20 years that we are on the right lines. We are also conducting research into the reasons for the greater decay of boys' teeth than girls."

"The whole basis of our theories is that teeth are best doctored by building up from the body."

*Rules should be few in number
but when made should be kept*

Teething Powders.

53 Mothers are so ready to put down to teething any and every little disturbance, that they get into the habit of administering teething powders on any and every occasion. This is wrong.

Far the safest and wisest plan is to consult a doctor before giving medicine of any sort. Very likely he will tell you that Baby's illness has nothing whatever to do with teething. If that is the case, it is obviously a mistake to give medicines which are intended to relieve the disturbances due to the cutting of the teeth.

It is the child who has been overfed or unsuitably fed who is liable to troubles during teething time.

If Baby is a little feverish when a tooth is coming through give him rather less food than usual, and keep the bowels open.

Sips of cold water will relieve the heat in the gums and will quench the thirst caused by the feverishness.

Obedience.

54 A child's character is made in the cradle, where obedience must be learnt. Give Baby attention before he gets to the crying stage. If he cries to-day and you give in, he will cry to-morrow and the next day, until he gets his own way.

Give commands only when necessary and insist on them being carried out.

Be fair and consistent.

Be truthful to him and yourself.

Don't threaten a child with the doctor. Teach him to look on the doctor as his best friend.

Never punish a child by depriving him of necessary food.

Never punish a child by shutting him in the dark.

Don't let the child's punishment depend on the state of your own temper.

Remember the child who can best obey commands makes the man who can best give them. An obedient baby is far more likely to become a strong leader than a child who refuses to do everything that he is told to do.

Do not leave near your Baby
objects which may hurt him

Baby's Dangers

55 The following should never be permitted in a nursery. Keep these common dangers from your little one and you will be doing much to promote his happiness and well-being.

The Comforter or Dummy:

- (1) Injures the digestion by causing a constant flow of saliva at the wrong time.
- (2) Harms the teeth by causing the bones of the mouth to grow in an incorrect shape.
- (3) Causes adenoids by promoting mouth breathing and the deformity mentioned above.
- (4) Causes thrush, by introducing dirt into the mouth.
- (5) May cause consumption and other diseases by conveying germs into the mouth.

Flies are carriers of all kinds of disease and should, as a serious danger, be excluded from the nursery.

A **hard and stiff Cotton Binder** should never be permitted on Baby; it prevents the internal organs working properly and the muscles from developing.

A **Fire not properly protected** by a guard, open lights, or boiling saucepans or kettles within reach of the little ones, provide very grave dangers.

Clothing and toys made of inflammable materials like flannelette and celluloid, may cause tragic and fatal accidents.

Pet Animals should always be looked upon with suspicion. Infectious diseases, particularly diphtheria, have been traced to dogs and cats. It is better to be quite safe.



Glaxo Baby Powder; made of the finest talcum powder.

Why Baby Cries.

- | | | |
|----|----------------------------------|---|
| 56 | Is he wet or soiled? | Is a pin sticking into him? |
| | Are his buttocks sore? | Has he room enough to stretch his limbs? |
| | Is he too hot or too cold? | Has he plenty of fresh air? |
| | Is the hot bottle too near him? | Are his teeth troubling him? |
| | Is his binder too tight? | Are flies or any other insects troubling him? |
| | Has he flatulence? | Is he lying on a knot or ruck in his clothing? |
| | Is he thirsty or hungry? | Is he suffering from indigestion or constipation? |
| | Is he suffering from earache? | |
| | Is he in a comfortable position? | |

The hungry cry is usually loud and imperious—a cry which says, “Cannot you hear me? Kindly attend to me at once.” If the little one is not attended to the cry will grow into a scream of temper—he will thrust his fingers into his mouth and suck them hard, and then, finding this does not improve matters, he will scream again. When Baby has wind his cry will be intermittent, he will give a sharp, loud cry, then for a moment his cries will sink to a piteous wail; as he gets another sharp attack of pain he will give another scream. At the same time he will draw up his legs, and pucker his forehead, and probably clench his thumbs inside his fingers. His stomach will feel hard and tense (see page 81).

Vitamin D helps Baby to digest the fat in food—“Ostelin” is concentrated Vitamin D.



Flabby flesh in a Baby is
not a healthy condition.

Weighing Baby.

57 Baby does not welcome his weighing day as enthusiastically as does his mother, and often he strongly objects to the process. The mother, to save time when weighing Baby, should first place on the scale the number of weights she expects to require, then only a few ounces will have to be added after the little one is in the basket.

Be sure that Baby's head and limbs are supported by the basket only or the scale will not register correctly. The shawl in which Baby is wrapped must be weighed afterwards and the weight deducted.

Baby should be weighed once a week for the first few months and then once a month, and a chart should be kept to record Baby's weight increases. Send for the Glaxo weight chart supplied free.

The weighing should be done on the same day, and if possible at the same hour. each time.

Although a steady regular gain in weight is an indication that Baby is thriving well, the mother must not be unduly anxious if now and again there is no increase; the cutting of a tooth; a slight cold, a little indigestion, or other simple upsets may be quite sufficient to prevent any gain. If Baby is quickly increasing in length, he may not put on much weight at the same time.

Baby's Weekly Gain.—Too rapid a gain in weight is as undesirable as an insufficient gain; a Baby who is gaining too quickly is probably having too much food, and over-feeding leads to many disasters.

A steady regular gain of 4 or 5 ounces each week is satisfactory. On the other hand, if Baby should be regularly gaining considerably above the normal, say 7 or 8 ounces every week, it is quite time for the mother to consider seriously whether a reduction of food is advisable or not.

Baby's Height and Weight.

58 The normal infant increases in length about one inch each month for the first four months, and about half an inch each month from the fifth to the twelfth month. The height and weight of an infant are influenced by many circumstances, such as race and climate, and the physique of the parents. Here is a little table by which every mother can see at a glance if her little one's weight is satisfactory. Compare your own baby's progress with this table:—

AGE.	Weight Without Clothes.	Height.
		Inches.
At Birth 7½ 19½
1 month 8¾ 20½
2 months 10¾ 21½
3 " 12¼ 22½
4 " 13¾ 23½
5 " 15 24
6 " 16¼ 24½
7 " 17½ 25¼
8 " 18¾ 25¾
9 " 19¾ 26½
10 " 20½ 27
11 " 21½ 27½
12 " 22½ 28





Peter—Aged 2½ years

Leave the legs free—kicking is good for Baby.

Exercise.

59 During the first few weeks of a Baby's life, his only exercise will be sucking and crying, his bath and dressing. There is nothing to fear if he should cry from time to time; this helps to develop his lungs. He should suck well to obtain his food. If breast-fed the thumb and first finger should be placed round the nipple so that the milk shall not flow too easily. If bottle-fed, use a teat with as small a hole as possible for feeds.

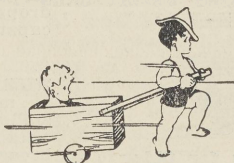
As time goes on, the child will want to stretch his limbs, lift his head and turn over on his side. This should be made easy by leaving his clothes loose so that he will be able to bend the knees and exercise himself to his heart's content.

Two or three times daily take off the child's napkin and place him in a safe place, protected from draughts, where he can tumble and kick to strengthen and develop his muscles.

At six months, the child will want to pull himself into a sitting position, but not remain there long. At nine months he can be supported by cushions and left to remain sitting up for some time.

Baby should not be compelled to sit up or stand up until he can do so by himself. To allow a young child to stand on a lap so that all his weight is thrown on the feet, without support, may cause the legs to become bowed or permanently bent.

Teach a child to crawl on all fours, i.e., on hands and feet, as this develops all the limbs equally.

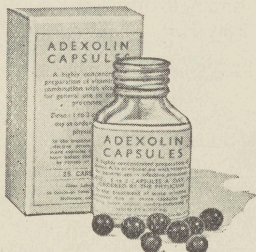
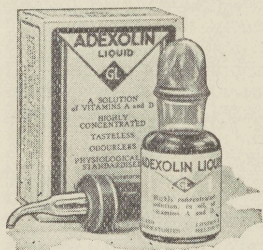


Two years' clinical trial tests by doctors ensure that the correct amount of Vitamin D is contained in Prescription (Humanised) Glaxo

VITAMINS A and D

ADEXOLIN LIQUID

COMPLETELY
SUPERSEDES
COD-LIVER OIL



**Adexolin Capsules for Older
Children and Adults**

FOR INFANTS.—To protect against infections and epidemics, to prevent rickets, and to promote normal growth, skeletal development and dentition, 2 drops of Adexolin Liquid should be added to every bottle feed.

FOR CHILDREN.—To create immunity to infection, and sustain healthy growth and dentition—10 drops daily.

FOR ADULTS.—As a preventive of colds, bronchitis and influenza; as a general tonic; as a restorative during convalescence—20 drops daily, or one Adexolin capsule a day.

FOR EXPECTANT MOTHERS.—Especially during the last three weeks of pregnancy to protect against childbed fever and other complications of labour, safeguard the health and ensure the normal growth and development of the foetus, and store up an indispensable vitamin reserve for the infant—20 drops daily, or one Adexolin capsule a day for 100 days.

NURSING MOTHERS.—As a means of ensuring a sufficient concentration of Vitamins A and D in the breast milk—20 drops daily, or one Adexolin capsule a day.

ADEXOLIN LIQUID: Phials, 3/9, 6/- (each with $\frac{1}{2}$ m. dropper)
ADEXOLIN CAPSULES: 25's, 4/-; 100's, 14/-.

Give Glaxo if you cannot Breast-feed Baby entirely

BABY'S AILMENTS.

Advice to a Mother.

60 Most of the ailments and complaints Baby may suffer from can be traced to one of the following causes:—

1. Want of cleanliness.
2. Irregularity in feeding.
3. Improper feeding.

The first two are easily remedied, but you may be misled as to the best means of curing the third.

How to Safeguard Baby's Food.

Until Baby has teeth he should not have starch in his food. But how is a mother to know if starch is, or is not, present in her baby's food?

Many manufacturers do not publish this fact on their tins or in their literature, consequently many babies' constitutions are undermined and digestions ruined by mothers giving young babies a food that has hidden starch in it!

How to tell if Baby's Food contains Starch.

61 You can safeguard your Baby from this risk, for a famous London physiologist has published a simple test that every mother can easily apply to Baby's food. He says:—

"The public are not, and as a whole cannot be, educated in the analysis of food, but, as I have shown in my book,* some simple tests can prove some foods bad for the purpose for which they are advertised.

"To take an example—a food may be advertised as excellent for a child from the second day of its existence. All medical opinion agrees that a child should have no starch in an artificial food until it is at least six months of age. Iodine, when added to starch, gives an intense blue-black colouration.

"One drop of the tincture of iodine usually found in the modern household added to a commercial baby food may prove it to be totally unsuitable for infant consumption.

Glaxo contains no starch and no preservatives. No matter where you buy it, every tin of Glaxo is guaranteed to pass any purity test, chemical or bacteriological.

* ("Food and the Family," by Dr. H. Mottram, M.A., Professor of Physiology, University of London, published by Nisbet & Co.)

Adenoids.

62 Affect both the mental and bodily welfare of the child who suffers from them, and they so alter the appearance that he is robbed of all good looks. Besides causing a great deal of unnecessary suffering, they impair the powers of hearing, taste and smell, and frequently lead to serious complaints often associated with enlarged tonsils.

Prevention.—Do not give Baby a dummy; teach him to breathe through the nose with mouth shut; ensure good development of the throat by proper sucking at the breast or bottle.

Symptoms.—A constantly open mouth; snoring; a vacant look; a pale face; difficulty in breathing and sometimes in speaking. A chronic discharge from the nose. A tendency to sore throat, earache and deafness.

Treatment.—Take your child to a doctor as soon as the first symptoms are noticed.

Bronchitis.

63 **Symptoms.**—Sometimes a cold—high temperature, weakened and laboured breathing with nostrils dilated, racking cough even during sleep. Bubbling sounds in the chest whilst breathing. Pain in the chest and bronchial tubes.

Treatment.—Keep Baby warm in bed in a well-ventilated room and send for the doctor immediately. Keep the bowels open. The chest might be rubbed with the “Three Oils”—a mixture of equal parts of eucalyptus oil, olive oil, and oil of cajuput.

Chicken Pox.

64 Incubation period 20 days.

Symptoms.—Pimples appear on successive days; which quickly become watery and then form scabs. These ultimately dry and drop off.

Treatment.—Consult your doctor as soon as symptoms appear, keeping the child isolated.



There is no fear of indigestion when Prescription (Humanised) Glaxo is used to supplement breast feeding.

OSTOMALT

The 4 Vitamin FAMILY TONIC



Many mothers place a great deal of faith in ordinary old-fashioned cod-liver oil and malt. Most of these preparations cost a few pence less than Ostomalt, and it may be argued that there is little advantage to be gained by changing to Ostomalt.

On the contrary, there are three very real advantages. They are: (1) flavour; (2) unvarying potency; and (3) Economy.

Ostomalt is three times as rich in vitamins A and D as Extract of Malt with Cod-liver Oil B.P. It is rich in vitamin B complex, and it contains concentrated orange juice, providing a guaranteed source of vitamin C and a refreshing flavour which appeals to adults and children. Ostomalt is economical in use. Teaspoonful doses—not tablespoonfuls—are sufficient.

A TEASPOONFUL OF OSTOMALT CONTAINS AS MUCH VITAMINS A and D AS THREE TEASPOONFULS OF THE VERY BEST COD-LIVER OIL AND MALT TOGETHER, WITH EQUIVALENT OF $\frac{1}{2}$ TEASPOONFUL FRESH ORANGE JUICE.

Sold by all Chemists.

$\frac{1}{2}$ lb. Jars, 3/-; 1 lb. Jars, 5/-.

FREE SAMPLE ON REQUEST.

A sick child should be dealt with
very patiently but very firmly.

Burns and Scalds.

65 Treatment.—At once plunge the injured part into warm water (blood heat) to which is added some bicarbonate of soda. Cut lint or soft rag into strips. Dip the strips into pure linseed, olive or salad oil, or spread them with vaseline, cold cream or lard. Do not prick the blisters. The dressing must be frequently changed. On no account must it be left long enough to dry, or it will adhere to the burn or scald. When changing, do not expose any large surface of the wound to the air. Take off a few strips of dressing at a time and put on the fresh ones before removing any more. Continue this treatment until a new skin forms, when a mixture of equal parts of zinc and boracic ointments will speedily effect a cure. In severe cases, the doctor should be called in.

Prevention.—Always have a fire-guard in the room where there is a fire. **Do not use flannelette** as it catches alight with just a spark from the fire. Celluloid combs, collars, and rattles are highly inflammable.

Chilblains.

66 Cause.—Bad circulation and carelessness in drying hands and feet after washing.

Treatment.—For the mildest cases, redness and itching, rub with starch powder. If not cracked or broken, follow by painting them with decolourised Tincture of Iodine. If broken, the chilblains should be treated like ulcers, with boracic lint dressings.

Prevention.—Children who get chilblains usually suffer from bad circulation or “thin blood” as some people term it. “Ostelin” in any one of its various forms is invaluable (see page 12).

Colds.

67 Causes.—The modern medical view is when one fails to absorb or get sufficient lime into the system colds are caught easily and frequently.

As “Ostelin” ensures the absorption into the system of the lime that is present in the food, any child predisposed to colds should regularly be given “Ostelin” in one of its forms.

Colic.

68 Colic is commonly termed stomach-ache, gripes, wind or flatulence, according to its severity.

Symptoms.—The symptoms usually appear soon after feeding. The baby becomes restless and pale, kicks his legs and cries as if in pain. When the attack is accompanied by severe pain, the legs are drawn up and Baby cries piercing, harsh, long screams, for the stomach is full of wind, but there is no looseness of the bowels. If the baby manages to pass either by the mouth or back passage, the attack usually subsides.

Causes.—Unsuitable food—bolting food and over-feeding—food too cold—indigestion—irregular feeding—constipation—dirty bottles or comforters—drawing at an empty bottle.

Treatment.—In case of wind, it often gives relief if the baby is held against the chest, at the same time patting his back. An ounce of warm water may be given. A warm bath or fomentation often gives great relief.

Preparation of fomentation or compress.—Plain flannel, soft linen, or boracic lint is used according to the purpose for which the fomentation is needed. Fold the material, wrap in a clean cloth and place it in a bowl, ends hanging over. Pour on boiling water. Place the hot pad over the affected part, making sure it is not hot enough to scald. Cover with oiled silk or mackintosh, and a pad of cotton wool. If necessary, apply a bandage to keep the compress in position.

Send for a doctor if symptoms do not subside quickly under simple treatment. Do not delay. There is a risk of collapse from colic.

Whilst the doctor is coming give a little dill water. (Dose: one teaspoonful of dill water, two teaspoonfuls of hot water).

Prevention.—Regularity of feeding—keep Baby spotlessly clean—do not use comforters—see that Baby takes 15 minutes over each feed. Prescription Humanised Glaxo, when mixed and given as directed, will not cause colic or wind.



Constipation.

69 Constipation is perhaps the trouble most likely to cause anxiety to the young mother. As there are various causes for it, there is no one treatment which will be suitable in every case. The cause must be determined before the remedy is selected.

A healthy stool is pale yellow, soft and smooth. There should be one to three motions in the 24 hours. A bottle-fed baby has fewer and more formed motions than a breast-fed baby so when a change is made in feeding, a change in the appearance and number of the motions is to be expected and need cause no anxiety.

If from birth Baby has difficulty in passing the motions, but the motions when passed are normal in consistency, colour and quantity, it is probable that the only trouble is weakness of the muscles of the bowels. In such a case the appropriate remedy is to strengthen the muscles by rubbing. This must be done very gently, up the right side, across the navel and down the left side.

70 Appearance of Motions.—The appearance of the motions may help one to determine why Baby is constipated. If the actions of the bowels are few but the motion is easily passed, somewhat small and of good consistency—if, in fact, the actions are in every way normal but not sufficiently frequent—it is fairly safe to assume that the baby is being underfed. In conjunction with the constipation there will probably be an insufficient weekly gain in weight and Baby may not be willing to go happily the full 3 or 4 hours between meals.

In such a case the obvious remedy is to give more food. Probably this in itself will be quite enough to get the bowels right. In the case of a breast-fed baby the mother should take Prescription Humanised Glaxo (with added Vitamin D) or Glax-ovo to improve the breast-milk and drink water before Baby's feed.

Putting Baby to the breast too frequently will impoverish the milk. If the mother cannot make enough milk, Baby must have some Prescription Humanised Glaxo in addition. If the underfed baby is being reared on the bottle, the

(continued overleaf)

Constipation.

(continued from overleaf)

quantity of the food must be increased or its quality must be enriched.

Constipation is rarely, if ever, caused by underfeeding in a baby who is given Prescription Humanised Glaxo with its added Vitamin D, according to directions.

Sometimes overfeeding will cause constipation. When that is the case the motions are bulky. They may be tough and pasty, or hard, dry and crumbly.

Give fewer feeds or a smaller quantity at each feed, or prepare a less rich mixture of food. If the baby is at the breast it is easy to give fewer feeds, and to allow less time for feeding.

If this does not improve matters, a drink of water can be given to the child immediately before putting to the breast.

A dry, hard, crumbly motion which is not bulky usually indicates that there is not enough fat in Baby's food. A child fed on Prescription Humanised Glaxo (with added Vitamin D) will rarely, if ever, get this type of motion, because Glaxo is rich in fat and the extra Vitamin D it contains will cause all the fat to be digested.

Treatment of Constipation.

71 Constipation cannot be cured quickly.—The longer the baby has been constipated the longer will be the time to get matters right. The mother who expects results in a day or two, and who is so disappointed when she does not get them that she leaves off the treatment, is never going to get her baby into regular healthy ways.

Training is the first importance. From birth, Baby must be taught to have an action at fixed regular times daily.

Give plentiful drinks of water, also water and fruit juice. The water should be boiled and allowed to cool. It can be given any time between meals. The drink which has the most effect on the bowels is that given in the early morning on an empty stomach, before any food is taken. Medicinal paraffin is always safe. It should be given as often and continued as long as necessary.

For infants over six months old, the concentrated juice of fruits, made from cut-up raisins, figs and prunes, is efficacious. Cover fruit with water, simmer in a covered jar for some hours, and strain the syrup. Or a small quantity of black treacle or demerara sugar diluted with water or added to the fruit juice.

Constipation (Treatment)

72 Exercise for Constipation.—In older children as in infants, constipation is not likely to be troublesome if regular habits are insisted upon. When a child is old enough to attend to himself he may neglect to pay the regular morning and evening visits. It is the duty of those who are in charge to enquire daily if there has been a proper evacuation of the bowels.

For any child who is old enough, to do the following exercise is very helpful in assisting an obstinate bowel. Suspend a ball on a piece of strong string above the child, in such a position that he can comfortably kick at it with his feet while lying flat on his back with his legs raised at right angles to his body. Keep the child kicking at the ball for only a few minutes at first.

73 What can be learned from the appearance of Baby's Motions.—Small white flakes in a yellow stool are caused by undigested milk, curd or undigested fat. The curds may be few or they may be just sufficient to give the stool a white, cheesy-looking appearance.

A child who passes this sort of stool is likely to be hungry, because he is deriving no nourishment from the food taken. In such a case it is worse than useless to give more food. The thing to do is to aid him to digest completely what he has taken.

A green motion in the breast-fed baby can usually be traced to the mother's having taken purgatives or to Baby being overfed.

In a bottle-fed baby, one almost always finds green motions if the child is premature or especially delicate or weakly. Too much fat and too much sugar will cause green motions, so also will too frequent feeding or too much food and constantly having on his dummy sugar, condensed milk or other food. A chill to the bowels or leaving the child too long in a wet napkin will also cause green motions.

A slimy motion is caused by an unhealthy condition of the lower bowel. This may be brought about by straining on the part of the child, or by the too-frequent use of a soap enema, or soap stick.

It is dangerous to frighten the
child, accustom him to be fearless.

Convulsions.

74 Cause.—"Teething fits" (as they are sometimes called) are caused by faulty feeding. As Baby's teeth begin to push through, he needs all the lime (calcium) he can get to help them to grow. If there is not enough lime in his system, there is a nervous reaction which brings about convulsions.

Prevention.—Baby may have enough lime in the food, but if he is not having enough Vitamin D "Ostelin," his system cannot make use of it, and it will pass out in his motions. Therefore the wise thing is to feed Baby on Prescription Humanised Glaxo, which has an added quantity of Vitamin D, or to give the breast or bottle-fed baby "Ostelin,"—the liquid form is best as it can be dropped on Baby's tongue or be shaken up in his feed.

Symptoms.—The face is pale and there are slight twitchings of the muscles of the face, eyes and fingers. There may be a catch in the breath, the eyeballs may turn up and there may be grinding of the teeth. The body becomes rigid, the limbs quite stiff, the hands being clenched and the head thrown back.

After a time the breathing, which has been held, is resumed, the child perspires, the body becomes relaxed again and the patient may fall sound asleep, or may merely be drowsy for a period, and then be quite his old self again.

The symptoms are very alarming to an inexperienced mother, but there is no occasion for her to lose her presence of mind. **Everything** depends upon prompt and reasonable action on her part.

Treatment.—Send for the doctor at once. Whilst he is coming, loosen all clothing, quickly give Baby a warm bath with the water at a temperature of 100° F., sponge the head with cold water. Don't stop to take off Baby's clothing; it can be removed in the bath. The doctor will order suitable medicine. In all cases it is wise to secure a full clearance of the bowels by a dose of castor oil, after which the child may be put to bed. Follow up castor oil with magnesia next day to prevent constipation afterwards.



Prescription (Humanised) Glaxo saves the worries
and troubles of Baby.

"A spark neglected makes a mighty fire."

Croup.

75 Symptoms.—A sudden attack of breathlessness and harsh cough, usually at night. Most common between the ages of one year and four years.

Croup must not be confused with "membranous croup," due to diphtheria.

The child goes to bed apparently well, and in the night is wakened by great difficulty in drawing breath, accompanied by a harsh, metallic cough. Later he becomes livid and struggles for air. At times convulsions may ensue. The seizure does not last long, but may recur the following night.

Treatment.—Get the doctor at once; whilst he is coming give something to make the child vomit, or he may be made sick by tickling the back of the throat with a feather.

Place hot or cold bandages round the neck and give the child warm, moist air to breathe by making a tent over the cot with a sheet and allowing the steam from a bronchitis kettle to come inside, taking care that provision is made for the steam to escape.

Diphtheria.

76 Symptoms.—Child out of sorts and may be feverish, hoarse, and have difficulty in swallowing. The tonsils and uvula are congested in the earliest stage. Later, whitish membrane in the throat, beginning grey or a delicate pearly lustre, but eventually becoming thick and opaque, and sometimes changing in colour from a yellowish to a greenish tinge. Glands under jaw about the neck often enlarged. In a fairly advanced stage a characteristic offensive smell from the ulcerated throat. Remember there is **often no fever**—the worst cases frequently have a temperature below the normal.

Treatment.—Send for the doctor at once. Isolate the child, keep him in bed on the flat of his back without a pillow. For diphtheria there is an absolutely certain cure, if it is applied soon enough. Everything depends upon the promptitude with which anti-toxin is administered; if this is delayed for a few days there is usually little hope of recovery. A Doctor's services must be requisitioned at once.

It is wise to have a small
first-aid outfit in the house.

Dysentery.

77 Symptoms.—Discharge of blood and mucus from the bowels, with a good deal of straining.

Cause.—Usually a chill; take care that the stomach and bowels are protected by warm woollen clothing.

Treatment.—Call in a doctor at once. If pain is severe, apply hot fomentations (see page 55) to abdomen until he arrives.

Earache.

78 Earache or discharge from the ear should never be regarded lightly or neglected; it is likely to lead to very serious trouble and possible death. Inflammation in the ear and nasal catarrh are frequently associated with adenoids, and often follow measles and scarlet fever and, maybe, occur during teething, **but medical advice should always be sought.**

An infant who is suffering with earache will cry persistently and roll the head from side to side. There will probably be loss of appetite, feverishness, and tenderness behind the ear. Hot fomentations and poultices will give relief. If warm olive oil is dropped into the ear, care must be taken that it is not too hot; it should be only very slightly warmed.

When the ear is discharging, it is necessary to let the matter escape; do not block up the orifice with cotton-wool. The doctor will probably order syringing; this must be done with very great care. The nozzle of the syringe should only just rest on the floor of the external ear; it should not be thrust in, nor should it fill the canal. Space must be left for the backward flow of the lotion.

It is most important to have the lotion as near to body heat as possible, for otherwise it is very likely to cause giddiness and other discomforts. After syringing the ear, the head should be moved to that side a little, so that the remaining fluids can run out.

Adexolin completely supersedes Cod Liver Oil
Emulsion.



Many Babies suffer from thirst
give them cold, boiled water.

Eczema.

79 Appearance.—A raw, moist surface covered with dried-up discharge which forms into crusts or scabs. Usually found about the face and neck, behind the ear, in the groin, and in other folds of the skin.

Causes.—Often constitutional, and is then readily produced by moisture left in the folds of the skin or by irritating motions of diarrhœa; improper feeding, over-feeding, want of cleanliness, irregularity of the bowels, teething, any irritation of the skin or any friction or rubbing.

Treatment.—Soap must not be used for affected parts. For local application, lotions are best used during discharging stage and Lucogen Baby Cream during scaly stage. The cause of trouble must be removed. Sweets, rich foods, large quantities of meat are bad. "Ostelin" in one of its various forms, especially "Ostomalt" ("Ostelin" with Malt Extract and Orange Juice), will be found invaluable.

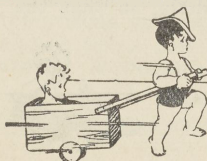
Feverish Attacks.

80 Most children have feverish attacks; but as almost all infectious diseases start with feverishness, it is very necessary to keep the child away from others until the cause of the attack is ascertained.

Symptoms.—The main sign is the child's temperature, which may go up as high as 130° F. and rapidly fall to 100° F. The normal is 98.4° F. Other symptoms may be restlessness and peevishness, skin dry and hot, breath short, pulse rapid, no appetite.

Treatment.—If any of these signs are present, put the child to bed till his temperature is normal. He must not be given solid food, but should have Prescription Humanised Glaxo, or Glaxo and barley water.

If the cause of the attack is unknown, Baby should be carefully watched for the appearance of any rash.

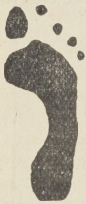


Adexolin supplies the essentials of Cod Liver Oil.

Flat Foot.

81 A painful condition which may debar the sufferer from taking selected positions in life. Flat foot is so serious a handicap that the following of certain forms of sport requiring activity becomes an impossibility.

Although a person may not actually be said to be born deformed in this manner, yet it is well known that certain individuals are predisposed to the trouble through hereditary conditions. To confirm whether anyone is actually suffering from flat foot dip the foot in inky water, then stand on a piece of clean white paper. If the mark is not like the first diagram then the arch has broken down and requires treatment.



Normal Foot

Treatment.—With young children rigid supports should not be used until it is found that other simpler methods have failed. If possible try air cushions first. Teach the child to walk with the toes turned inwards. This will tend to draw the arch up in position. Practice and watch how the inside of the foot rises from the ground when the toes are pointing inwards.



Flat Foot

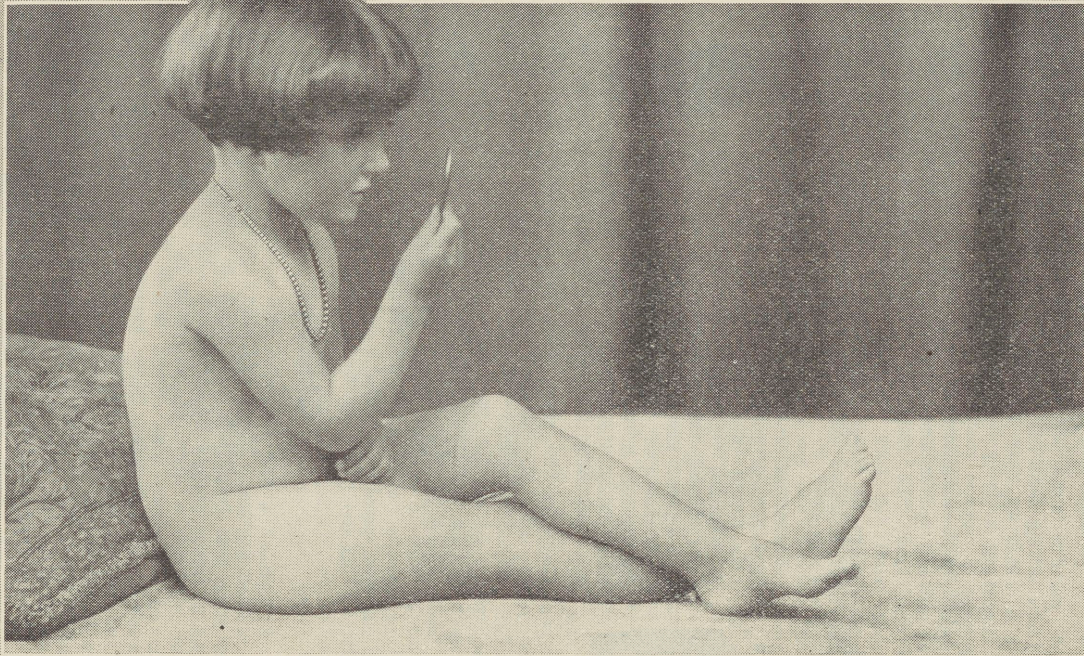
A special sole in the shoe, with pad supporting the arch in the inner side, should be worn. High heels are most harmful. Have properly fitting low-heeled shoes. The special make gives the necessary support to the arch.

Benefit will be obtained from tip-toe exercises for a short time daily (walking with toes inwards) and rest. Bathe in sea water and in a foot bath with salt added; massage; build up system with good nourishing food; sunshine and fresh air are highly essential.

“Ostelin” in any of its forms is very beneficial (see p. 12).

Glands.

82 A swollen gland is more the symptom of a disease than a disease. There are many complaints which tend to produce this condition. As soon as swollen glands are noticed a doctor should be consulted. Swollen glands in the throat may be a sign of tonsilitis, or if the ailment is neglected abscesses may form, which may burst, causing unsightly scars for life. More serious even than this, the swollen glands may be due to germs of tuberculosis. A specialist states in “*The Lancet*” that 85 per cent of cases of tuberculosis of the glands of the neck in children are of bovine origin, and that over 10,000 children die annually through drinking tuberculous milk. This terrible risk can be avoided by using Prescription Humanised Glaxo with added Vitamin D, the germ-free milk.



In the words of Pamela's mother: "She was very thin when born and would not put on weight—at about a month old we tried Glaxo and she has gained steadily!" She is four years old in the above photograph, look at her now!

Infantile diarrhoea is best treated
by eliminating the cause of it.

Infantile Diarrhoea.

83 Diarrhoea is not a disease, but a symptom of several diseases. As a rule it is an effort of Nature to get rid of some irritating substance in the intestinal tract.

Causes.—Injudicious feeding, unsuitable feeding, contaminated food, various infectious fevers, chill. In the hot weather the most common causes of diarrhoea are (1) ordinary cow's milk which is, in the raw state, almost invariably swarming with harmful germs; (2) the careless attention bestowed upon the feeding-bottle and its teats; (3) flies settling on Baby's food.

Prevention.—The only possible cure is the removal of the cause. No Glaxo-fed child brought up as directed in this Baby Book, is likely to give anxiety on account of diarrhoea.

Treatment.—When the diarrhoea is of a simple type, merely the number of motions each day being increased, it is probably due to the diet not being quite suitable, or to a general disturbance attributable to teething. The use of Prescription Humanised Glaxo, with the addition of some lime water, may be quite sufficient to correct it. Make the Glaxo with hot, boiled water and add lime water in the proportion of one teaspoonful of lime water to each ounce of plain water.

When the stools are slimy and mixed with mucus, a dose of castor oil should be given and the directions on feeding intelligently followed. Soiled napkins should be put into water in a covered pail in order to prevent flies crawling on them. The germs of the complaint are in the motions. If the mother handles a soiled napkin, and then touches food or feeding utensils without first thoroughly cleansing her hands, she is liable to convey the germs to the food and thus reinfect the child.

(continued overleaf)



Ostelin Tablets for adults containing the sunshine
Vitamin D and calcium glycerophosphate.

Flies are a great danger to children: destroy them.

Infantile Diarrhoea—(continued)

(See also *Feverish Attacks*).

84 Summer Diarrhoea.—This very serious condition always requires prompt and skilled treatment at the hands of a doctor. If there should be any delay in his coming, stop all food for 24 hours. Give as much cool boiled water as the child will take, also *albumen water*. To make this add the white of one fresh egg to half a pint of cool boiled water. Stir it gently in, but do not beat it. Of this water give Baby about one tablespoonful every 1½ hours.

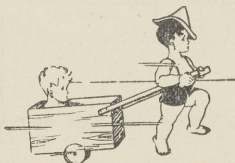
The chief danger is due to the enormous loss of fluid from the baby's tissues, and water (carefully boiled) is required to make up the deficiency. That is the only substance that can be safely given at first. Any attempt to administer milk food will only add to the baby's difficulties. Summon the doctor and follow his instructions with the utmost care and patience.

Prevention is better than cure—give your baby Glaxo, the food that has been used to rear the babies in five Royal Nurseries. Court Physicians see that Royal Babies have a safe food—and the best is not too good for your Baby.

Searching investigation has proved that the Glaxo Process completely destroys all pathogenic bacteria without impairing the high vitamin content of the milk.

"The use of dried milk in place of ordinary bacteria-polluted milk has probably done a great deal to prevent infantile diarrhoea."

Dr. Medical Officer of Health.



Five Royal Houses have reared their Babies on Glaxo.

Infantile Paralysis.

85 Onset.—Usually sudden, following a fit or feverish attack, but may come without warning. The disease is not uncommon in children under four or five. Is infectious.

Cause.—Inflammation of spinal cord, caused by a germ.

Course of the Disease.—The affected limbs are quite helpless, but the sensations are not impaired. After a few days the paralysis usually gets better and some power returns, but in bad cases the limb is quite useless. Wasting of the affected part sets in, and where one leg is affected it will become much smaller than the other; it is cold and of a bluish appearance.

Immediate Treatment.—By the doctor.

Jaundice.

86 Symptoms.—The skin becomes yellow, motions white, water brown, and stains the napkins. Newly-born babies frequently have a mild degree of jaundice, but in most cases this soon disappears if baby is kept warm. If the signs do not disappear, or if they appear in an older child, the case is serious and you must consult a doctor.

Measles: German.

(See also *Feverish Attacks*).

87 German measles can only be told from measles by the doctor—the rash appears on first or second instead of fourth day.

Symptoms.—The appearance of the rash may be the first sign commencing on the face, around the mouth. There may be slight sore throat, slight cold in the head with running of the nose, and slight fever. As the condition advances the rash is like that of measles on the face, but of scarlatina (often called scarlet fever) on the body. The colour is a faded pink, much lighter than that of measles, and tending to become brownish or yellowish. The glands about the neck, under the arms, and in the groin are usually enlarged.

Recovery is early, and is accompanied by a bran-like peeling of the skin.

Treatment.—Isolate the child and send for the doctor. Keep the child in bed on a milk (Glaxo) diet and carefully follow the doctor's instructions. See that the bowels are freely open.



When your Baby "comes out in spots" consult the table on page 79

Measles.

88 Symptoms.—The child appears to have a bad cold, with a cough, the face is swollen and puffy, the nose running, the eyes red and watery. On the fourth day dark crimson spots, slightly raised, appear on the forehead, cheeks, round the mouth, then on the neck and arms, and spreading to the body and legs. As the rash comes out the temperature rapidly rises (103°F. to 105°F.); as the rash fades the temperature falls. Convalescence is accompanied by a slight branny powdering all over the body.

Treatment.—Very infectious, so keep the child by himself and send for the doctor. Keep patient in bed on a milk (Glaxo) diet as long as the temperature is raised. Protect the eyes from strong light, and keep the eyes and the mouth clean. The mouth should be swabbed out with borax and water every four hours. Beware of complications. Any carelessness in nursing, specially when Baby is becoming convalescent, may bring on an attack of broncho-pneumonia. The bedroom must be airy, but there must be no draught.

Isolate the child for not less than two weeks from the date of appearance of the rash if convalescence is satisfactory.

Mumps.

89 Symptoms.—Slight fever, pain below the ear on one side, and slight swelling, gradually increasing until there is great enlargement of the neck and side of the cheek, raising the lobe of the ear. Then other side swells. Some difficulty in chewing and swallowing, as the patient is unable to open the mouth properly, but often no real pain. May be earache and a little deafness.

Treatment.—Isolate the child for not less than two weeks. See that the bowels are open. Apply a pad of cotton wool covered with oiled silk to the swelling. Glax-ovo, the food-drink with the chocolate malt flavour is not only nutritious and sustaining but makes a delightful change to the dietary.

Nursery First Aid.

90 Bad Bruises may be treated by applying hot water, either with a sponge or cloth. If not very severe, cold water can be used in the same manner; better still, applying a pad soaked in a cooling lotion made with methylated spirits (one part) and cold water (three parts).

Burns and Scalds (see page 54)

Choking (see Throat, page 70).

Concussion.—Loosen all clothing, allow plenty of fresh air, give nothing by mouth. Raise head slightly, wrap in blankets. Hot bottles to feet. Ample fresh air. Perfect quiet. Sponge head with cool lotion, Eau de Cologne and water, etc.

Cuts and Wounds, slight.—Tincture of Iodine, which is antiseptic—paint on with clean wool, not with finger.

Fish-hook or Crochet Hook.—If either of these has penetrated only just beneath the skin, one must try to push it forward until the hook can be cut off. With a fish-hook the line must be removed before doing so.

Hiccough.—Nearly all babies hiccough more or less. There is no need to be nervous—a teaspoonful of dill water, which you can get from your chemist, will usually set matters right. It is commonly a sign of slight indigestion.

Insect Stings.—Apply Sal Volatile or Soda Bicarbonate solution or rub on washing soda.

Poultices.—Poultices are not so often ordered these days, but if one is required, be sure the basin is heated and the plate warmed on which the poultice is carried. Put sufficient water in basin and sift in with the left hand whatever the poultice is to be made of, whilst mixing with the right hand, until the consistency is reached for spreading like thick cream. A sprinkling of mustard may be added. Antiphlogistine is more used now in place of poultices.

Sprains.—Rest and bandage—apply cold lotion with methylated spirit and water.

Strains.—Hot fomentations (see page 55).

Sunstroke.—Carry to cool shady place if out-of-doors. If indoors darken room, sponge head, chest and spine with cold water or lotion of spirits and water (methylated, whisky or brandy will do). Do not give stimulants by mouth. Avoid all heart strain.

There is no fear of indigestion if Prescription
(Humanised) Glaxo is used to supplement
breast feeding.



Obstructions in Throat, Larynx, Stomach, Ear, Nose and Eyes.

91 Throat.—Place the finger behind the tongue and try to bring up the obstruction. If this is impossible, push the obstruction down; if left in the throat there is a great danger of its leading to suffocation.

92 Larynx.—If a child, while breathing through the mouth, inhales an object into the larynx he may expel it with a strong cough. If he cannot do so, send immediately for the doctor, as the accident is dangerous.

93 Eyes.—Foreign bodies can be taken out with a point of a damp handkerchief. If the eye is inflamed, soothe it with a little castor oil. If lime or mortar enters the eye, at once drop tepid vinegar and water into the eye, or olive or castor oil. Any such injury may cause serious trouble, so a doctor should be called. In order to prevent further injury while waiting for him, close the eyelids, apply a covering over the eye and bandage very firmly to keep the eye still.

94 Ear.—If an insect has entered the ear, lay the affected ear uppermost, pour several drops of warm olive oil into the ear and the insect will come out. If a button, pea, etc., enters, do not syringe water into the ear, but see the doctor. Prevent the child from touching his ear.

95 Nose.—Make the child sneeze by inhaling pepper or powdered tobacco, or tickle his nose with a feather. The sneeze will free the nasal passage.

96 Stomach.—If a child swallows a foreign object, give some kind of stodgy food, such as bread, potatoes or suet pudding, and an hour afterwards a purge. Look for the foreign body in the motions. If the object has points or edges, give the child cotton wool spread between pieces of bread and butter. The cotton wool will surround the object in the stomach and this will be discharged without damaging the intestines.

Two years' clinical trial tests by doctors ensure that the correct amount of Vitamin D is contained in Prescription (Humanised) Glaxo.



Keep all lotion bottles out of the children's reach.

Poisoning.

97 If the child has swallowed any poison:—Send at once for the doctor! Preserve any poison bottle, medicine, food, or vomit, just as it is, till the doctor arrives. If the nature of the poison is known, it is possible to apply treatment specially adapted to it, and when sending for the doctor particulars should be given. If the name of the poison is unknown, follow these directions:—

(a) Are the lips or clothing burnt? If so, the poison is a corrosive one, and an emetic must **not** be given (i.e., a dose to make the child sick).

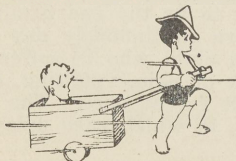
(b) If the child is unconscious, an emetic must not be given. Try to arouse him by speaking to him, shaking him, flicking him with a wet towel, but **not** by holding smelling salts to his nose.

(c) If the poison is not a corrosive one (i.e., if lips and clothing are not burnt) and the child is conscious give an emetic at once, a tablespoonful of mustard in a tumbler of tepid water; or salt and water if mustard is not at hand. For very young children one teaspoonful of Ipecacuanha wine constantly repeated until vomiting occurs is even better than mustard, which excoriates the delicate membranes. Encourage vomiting. Further—the emetic should be assisted by putting a feather or the fingers well down into the throat.

(d) If the child can swallow, give milk, beaten-up eggs, strong coffee, or tea. This may be done both before and after the emetic.

(e) Do not let the child go to sleep until the doctor has arrived, but keep him warm and apply stimulants.

(f) If the child is collapsed put a protected hot water bottle to his feet, and warm blankets. If breathing appears to stop, try artificial respiration. Draw the tongue forward. raise the arms, then lower them, pressing firmly against the chest.



Ringworm.

98 Symptoms.—Ringworm of the body consists of small circular patches slightly raised and rose coloured, and covered with small bran-like scales. As it spreads it heals in the centre, so that a red ring with a pale centre is formed. Ringworm of the scalp appears as a patch of greyish scurf or as a bald patch. Its most characteristic feature is the way in which the hairs are broken off so as to leave a fine stubble on a bare patch, with a few broken hairs around.

Treatment.—Go to a doctor directly you suspect ringworm. Ringworm on the body is readily cured by the application of weak tincture of iodine. On the scalp it is a much more difficult matter. The short deformed hairs should be pulled out with tweezers. The scalp must be shaved for an inch or two round the affected part to keep the head clean. An ointment containing 5 grains of ammoniated mercury in an ounce of vaseline, should be massaged into the diseased area morning and night.

Ringworm is a very contagious complaint. A child sufferer should not mix with healthy children. Prevent other children touching any brush, towel, sponge, hat, bedding, or clothing, which has been in contact with the affected child.

X-ray application is a valuable method of treatment.

Rupture.

99 Many mothers believe crying causes ruptures; it does not. Constipation or flatulence may bring about a rupture. Both these ailments are painful and therefore make Baby cry, but it is not the crying that causes the rupture.

The way to prevent the rupture is to cure the constipation or flatulence and to use no night binders. If Baby has a rupture it may be cured by keeping continuous pressure over the part. Special belts and pads are made for this purpose. When the rupture is at the navel, the following is a simple and effective device for exerting the necessary pressure:—

Take an ordinary wooden button mould about the size of half a crown. It is flat one side and convex the other.

Cover the mould with a piece of soft material, making it smooth on the convex side.

Place this side against the navel with a cross-wise strip of surgical strapping to fix the pad firmly in position. The support must be worn continuously day and night.

Caution.—Should a child who is suffering from a hernia have a sudden attack of pain, vomiting, and constipation, a doctor should be sent for at once. The rupture may have become strangulated, in which case delay is fatal.

Scarlatina (or Scarlet Fever).

100 Symptoms.—Scarlatina or Scarlet Fever (they are the same) is usually ushered in with headache and vomiting, very commonly accompanied by sore throat, diarrhœa, and a high temperature (which may reach 104°F. or even 105°F. on the first day). The skin is dry, the tongue furred, and the face often flushed.

On the second day the rash usually appears, commencing on the sides of the neck and chest, and spreading rapidly all over, with the exception of round the mouth, which has usually a well-marked pallor. The temperature falls slowly, being usually normal on the eighth day. On the second and third days, the tongue has a "strawberry and cream" appearance; but on the fourth day it begins to clear, and is soon perfectly free from all signs of fur, and more like raw beef.

Treatment.—Medical advice is absolutely essential. Isolate the child at once. Put him to bed, keep his bowels open, and see that he has a milk (Glaxo) diet only, until the temperature is normal. Then Glax-ovo for a nourishing drink, oatmeal porridge, milk puddings and bread and butter may be given, and these may be succeeded by additions of soup, fish, and vegetables, and lastly a little chicken or meat. Between meals the child may partake freely of such liquids as water, iced-water, toast-water, barleywater, or well-diluted lemon-juice, taken in small quantities at a time. After scarlet fever, "peeling" takes place, commencing on the ears and sides of the neck; then on the trunk and limbs, on the hands, and lastly on the soles of the feet. It is usually complete in from six to nine weeks. The child should have a warm sponge down daily, followed three times a week by rubbing the skin with olive oil; scarlet fever is very infectious, particularly while the throat is sore.

The child must not mix with others until he has finished peeling and the throat is quite well, also until there is no discharge from the ear.



Tender Buttocks.

101 Causes.—Leaving Baby with wet or soiled napkins on. Washing the napkins with soda in the water. Rough napkins, over-feeding, irritation from diarrhoea motions.

Treatment.—For tender buttocks the best application is Lucogen Baby Cream (see page 32) which is readily absorbed and—by its light alkalinity—corrects the excreta acidity which is the cause of trouble.

A small quantity of the cream should be applied to the skin with a soft gentle movement every time Baby's napkin is changed. This treatment may be continued until the child has been trained to keep dry. If the buttocks are very tender, treat in the following manner: take two pieces of soft rag, spread these thickly with the cream, and lay one on each buttock before putting on the napkin. It is necessary to have two pieces; one covering both buttocks will not answer the purpose. By using two pieces, the motions are allowed to escape into the napkins and the rag prevents the irritating matter from coming in contact with the abraded surface.

Thrush.

102 Symptoms.—Small raised, white patches on the tongue, lips, and inside the mouth. The baby is feverish and cries when being fed.

Cause.—Is caused by a germ being introduced into the mouth. This may be brought about by:—

Want of care of the nipples, if Baby is breast fed.

Use of a comforter.

Dirty bottle and teat (see pages 25 and 26 on feeding bottles and teats).

Sucking a finger or other object which is not clean.

Treatment.—After each feed clean the mouth and gums with a weak solution of boric acid, as follows:—Wrap round the finger a small piece of very soft old rag dipped in the boric acid lotion, and with this wipe round the little mouth as gently as possible. A harsh piece of rag, hard rubbing, or the tiniest scratch with the finger-nail may do a great deal of harm by creating a sore place where disease germs can lodge. Wash carefully over the tongue, roof of the mouth, and round the gums. About three pieces of rag should be sufficient. As each piece is taken from the finger it must be thrown into the fire. On no account must a used piece of rag be returned to the lotion or dipped into it a second time. The lotion must be prepared fresh every morning; not allowed to stand about in the dust. It must be made with boiled water. Keep the bowels open. Absolute cleanliness is essential.

Vomiting.

103 Cause.—More frequently due to over-feeding than any other cause. It is sometimes due to Baby not being kept sufficiently still after meals, and not bringing up the wind.

Treatment.—Feed the child slowly; he should take fully fifteen minutes over each meal. Remove the bottle from his mouth twice during each feed to bring up the wind. Let him rest quietly after every meal.

If he is suddenly taken with a fit of vomiting, accompanied by stomach-ache, with either constipation or diarrhoea, and is not relieved by simple measures, he requires medical attention.

Whooping Cough.

104 Symptoms.—Commences like a cold on the chest, or a mild attack of bronchitis; but instead of the cough subsiding it increases and tends to come in paroxysms. There is a slight amount of fever, running at the nose, and eyes inflamed. After a week or ten days the familiar "whoop" is heard. A strangling cough coming on occasionally, worse at night and ending in the spitting up of phlegm which resembles the white of raw egg, even if there is no "whoop." The child may get red—almost black—in the face in its efforts to breathe but the mother need not be over-anxious, because the deep crowing inspiration, so alarming at first, is really air re-entering the lungs, and the sign that the little patient will soon be all right again.

Incubation period: 16 days.

Isolation period: Until cough has been absent for two weeks.

Treatment of Whooping Cough.—Isolate the child and send for the doctor. Plenty of fresh air is necessary. When convalescence has begun the greatest possible care must be taken, because it is at this stage that broncho-pneumonia is apt to appear. Rub the chest with warm camphorated oil. On no account must a child be poulticed in this condition. The breathing will be eased if naphthalene crystals are sewn in a muslin bag and hung round the neck.

If you would like friends of yours
to have this book turn to page 87.

Worms.

105 Thread-worms are white and thread-like, about half an inch long. Round worms are just like common earth worms of pale colour, and may be 9 or 10 inches long. Tape worms are flattened and consist of numerous segments.

Symptoms.—Restlessness, wasting, bloodlessness, irritation at the nose, itching at the bowel, digestive derangements, grinding of the teeth. Examine the stools after a purgative has been given. It is impossible to say whether worms are present unless they are seen.

Examine the stools after giving an injection of warm salt water:—proportion, a teaspoonful of salt to a pint of water. The quantity to be injected must depend on the age of the child.

Treatment.—Consult a doctor. Thread-worms are easily got rid of, but a case of tape-worm is more obstinate. The child will not be cured until the head is passed. Any pieces which come away should be saved for the doctor's inspection. The child will require good nourishing food.

Caution.—A sufferer from worms may communicate them to any person. Animals are also a source of infection. Some children start the complaint by nibbling pieces of grass plucked from lawns where dogs or other animals have been at play. Uncooked vegetables are a danger for the same reason unless thoroughly washed. This danger does not mean that watercress and lettuce should be excluded from the nursery menu. These foods are so health-giving that children should be allowed to eat them. The point to emphasise, however, is the need for very careful washing.

Prescription (Humanised) Glaxo can be given
directly following a breast feed.



Do not give the child medicine, send for the doctor.

Medicines.

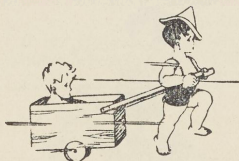
106 Many parents make a practice of dosing their children with patent medicines as a sort of routine treatment. This is unwise and dangerous. If all Baby's organs are not working perfectly, there is a reason; the mother knows that the child has constipation or indigestion, but may not know why.

Without stopping to find out the cause of the trouble, she gives some kind of patent medicine, of the contents and action of which she knows nothing. She may be lucky and give something suitable which does good—it is quite likely, however, that she will give the wrong thing and it will do harm.

Pain is Nature's first alarm. No one would thank a fire-brigade who stopped a fire alarm, but did not put the fire out; yet, this is just what many patent medicines do; they deaden the pain without having any effect on its cause.

For example, a baby is suffering from wind; the mother administers something which gives temporary relief, but which does not cure the indigestion which gives rise to the suffering. The trouble goes on, and the child's health is damaged. The probable cause of many chronic illnesses is the regular dosing of a baby with aperients, to ensure a motion, instead of causing Baby to form regular habits and have natural motions and so strengthen the muscles to do their work without artificial aid.

If Baby is ill enough to need medicines, he is ill enough to require the services of a doctor, who alone is competent to determine what medicine is needed.



A Table of Isolation Periods for the Prevention of Infection.

<i>Disease</i>	<i>Patient must be kept isolated for</i>	<i>Children who have been in contact with the patient should not be allowed to go to school for</i>
Measles	2 weeks from date of appearance of rash if convalescence is complete, or as long as there is any soreness of the throat	16 days
German Measles	10 days from appearance of rash if no nasal or other symptoms persist	20 ..
Scarlet Fever ..	Not less than 6 weeks from appearance of rash or as long as there is any soreness of the throat or discharge from ears or nose	10 ..
Chicken-pox ..	Till every scab has fallen ..	20 ..
Smallpox	Till every scab has fallen and skin is all healed	16 ..
Mumps	2 weeks from commencement; and one week after all swelling has subsided	24 ..
Diphtheria . . .	At least four weeks; longer if sore throat remains, and till there have been three negative swabs in a week.	12 ..
Whooping Cough	At least 5 weeks from commencement of whoop, or until cough has been absent for two weeks	21 ..

Clothing, utensils, and sick rooms must be properly disinfected



This Table will help Mothers to find out "What those spots mean."

<i>Disease</i>	<i>Is it infectious?</i>	<i>Day of Illness when Rash appears</i>	<i>Where Rash appears first</i>	<i>What Rash looks like</i>
Chicken-pox	Yes	1st or 2nd	Face, head, waist	Small red raised spots, rather like flea-bites, rapidly becoming watery blisters that later form crusts.
German Measles	Yes	2nd	Face	Smaller and pinker than measles, but otherwise similar, usually very irritating.
Measles ..	Yes	4th	Face, behind ears, arms	Dark crimson pin-point spots, gradually becoming larger.
Nettle-rash	No	1st	Any part of body	Raised white lumps on red surface, resembling "heat bumps," very irritating.
Red Gum ..	No	1st	Face	Small bright red spots.
Scarlet Fever or Scarletina	Yes	2nd	Neck, back chest	Small bright red dots close together.
Septic Poisoning	No	—	—	Almost indistinguishable from Scarlet Fever
Sweat-rash .	No	1st	Any folds in skin where patient is likely to perspire	Red pimples.
Smallpox ..	Yes	3rd	Face and wrists	Somewhat similar to Chicken-Pox.
Typhoid Fever	Yes	10th	Abdomen, back, chest	Small pale pink spots, few in number.
Drug Rashes	No	If the child is taking bromide or other medicine liable to produce a rash this is probably the cause.		





Tony has a smile for everyone.

Regularity is beneficial in feeding any Baby.

Why Baby has Wind.

107 If Baby is troubled with wind, it will probably be found that one of the following is the cause:—

He is having unsuitable food.

He is being over-fed.

His food is too rich.

He is having too much sugar in his food or in some form (see page 58, para. 73).

He takes his food too quickly.

His food is too hot or too cold (see page 24).

He is constipated (see page 56).

The feeding bottles are improperly washed.

He is being fed at irregular intervals (see page 19).

He has been "wind sucking" through having a comforter or through drawing at an empty bottle.

He is chilled by a perpetually wet napkin.

Prevention.—Remove the cause when possible. About half-way through each feed and at the close of the feed, raise Baby gently against the shoulder until he has brought up the wind.

When Baby is bottle-fed, the advice given in pages 16 to 26 will be found very helpful.

Treatment.—Half a teaspoonful of warm water will relieve baby when he is suffering from flatulence.

A warm bath will often give relief. Fomentations of flannel soaked in warm water, wrung fairly dry, may be applied to the stomach. Baby should then be wrapped in warm, dry flannel for at least half an hour. (For fomentation see page 55).



Prescription (Humanised) Glaxo being humanised,
is easily digested.

Why Baby Vomits.

108 Often a mother worries herself unnecessarily because Baby throws up a little of his food now and again. There may be really nothing wrong, simply that he has taken a little more than he needs at the time.

If he throws up undigested or curdled milk, or if he vomits an hour or so after finishing a meal, then he is not digesting his food and his diet must be regulated.

How to do this is explained in page 19.

Baby should take fifteen minutes over each feed. If he is suddenly taken with a fit of vomiting, accompanied with stomach ache, and is not relieved by simple measures, send for the doctor. Whilst the doctor is coming, don't give Baby any food, but a little cooled boiled water to drink.

But make quite sure that the cause of Baby's sickness is not among the following:—

Is Baby's binder too tight? (see page 31).

Is Baby fed too often?

Is he given too much at each feed?

Is he allowed to suck too rapidly? (see page 24).

Has he been given food too hot or too cold?

Is he jolted after meals?

Are his feeding-bottles improperly washed?

In the majority of cases it will be found that Baby's sickness can be attributed to one or other of the above causes.



An Obstetric Table

FOR CALCULATING THE PROBABLE DATE OF CONFINEMENT.

All you have to do is to find the date (on the lines marked i) on which the last menstrual period began. The figure under it (on the lines marked ii) is the date on which Baby should be born. It is not possible to estimate the exact day. A baby may be born a few days before or a few days after the date indicated in the table. This is especially likely in the case of a first baby.

i	January	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	January	i
ii	October	8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5 6 7	November	ii
i	February	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	February	i
ii	November	8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 1 2 3 4 5	December	ii
i	March	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	March	i
ii	December	6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5	January	ii
i	April	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	April	i
ii	January	6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4	February	ii
i	May	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	May	i
ii	February	5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 1 2 3 4 5 6 7	March	ii
i	June	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	June	i
ii	March	8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5 6	April	ii
i	July	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	July	i
ii	April	7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 1 2 3 4 5 6 7	May	ii
i	August	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	August	i
ii	May	8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5 6 7	June	ii
i	September	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	September	i
ii	June	8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 1 2 3 4 5 6 7	July	ii
i	October	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	October	i
ii	July	8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5 6 7	August	ii
i	November	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	November	i
ii	August	8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5 6	September	ii
i	December	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	December	i
ii	September	7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 1 2 3 4 5 6 7	October	ii

SOME APPRECIATIONS.

DOCTORS, nurses, and grateful parents in all parts of the world are continually adding their testimony to the supremacy of Glaxo as a food for infants, children, invalids and nursing mothers. A few appreciations of Prescription Humanised Glaxo with added vitamin D are given. Professional etiquette requires the omission of the names of doctors and nurses and as a general principle we rarely publish names and addresses where we have permission to do so. Original letters may be seen at our offices on request.

From a Mother.

It gives me much pleasure to inform you of the wonderful results of the use of Glaxo on my baby. From her birth until she was three months old she was crying nearly day and night, and could not retain milk, suffering from wind and diarrhoea, and weighed only 9 lb. 10 oz.

I consulted my doctor and he recommended Glaxo, with the result that the wind and diarrhoea has ceased. She scarcely ever cries, although she has cut four teeth, and I get a good night's rest myself.

From a Doctor.

I am giving your food to a baby who, when I first saw it, seemed to be hopelessly ill, but is wonderfully improved and gaining strength.

I have also used the Glaxo in a few cases, which have seemed most suitable, on account of their not being able to tolerate any other form of nutriment whatever, owing to excessive irritability of the stomach and persistence of diarrhoea.

The remarkable manner in which these cases began rapidly to improve on being fed on Glaxo, proves that the secret of success in this disease lies in the food, rather than in the physic. I found, that I could very soon stop medicine and leave the case entirely to your preparation.

(Signed) —, L.C.R.P., M.R.C.S.

From a Mother.

Liverpool.
"My little girl, born in Calcutta, has been brought up on Glaxo from four months old. At three months old she only weighed 5½ lb. and she suffered with green diarrhoea, until I gave her Glaxo, when she made wonderful progress and everyone was surprised to see her thrive so well."

From a Nurse.

I am pleased to tell you of the splendid results of Prescription Glaxo at my last case. The baby was only 5½ lb. at birth. I tried with the breast for a fortnight, with an occasional feed of Glaxo, which I am sure kept the infant going, then the doctor gave me permission to put her on Glaxo altogether, with the result that in the first week she gained 6 oz., same second, and last week 8 oz., so naturally we feel grateful to Glaxo.

From a Nurse.

London, N.
It is now many years since to me, in a children's ward with apparently hopeless cases of Infantile Diarrhoea and Marasmus, the Doctor entrusted a trial of your food. The effect on the babies was simply marvellous and I believe that after my report of its benefit and from the improvement in the emaciated infants (who are brought in sometimes literally skin and bone) we have never since that time been without Glaxo in the hospital.

From a Nurse.

Purley
Once more your Prescription Glaxo has saved the situation! My patient, Mrs.—, had twin girls three weeks ago, one weighing only 2 lb. 14 oz., the other 6 lb. 8 oz. Unfortunately she was quite unable to feed either of them, and I started them on milk and water (at their mother's express desire) but they made no progress and were always screaming with colic. The tiny one was nearly at her last gasp when I sent for a tin of Prescription Glaxo, and put them both on. They are now going well—the tiny one having gained 5 oz., the other 8 oz.

From a Doctor.

I have tried Glaxo in the case of a baby, 3 months, diarrhoea and vomiting. I tried beef-juice, albumen water, whey and cream, patent foods, cow's milk and water, etc., but to no avail; but directly I gave it Glaxo it kept it down and began to do well, and has now perfectly recovered—all diarrhoea and vomiting ceasing—and the mother has, I believe, obtained some more from you on my advice. I gave this case two of your tins, and consider that it saved the patient's life. I consider Glaxo a sterile food, invaluable for many cases of infantile debility. You are at liberty to use any part of this letter if you so require.

(Signed)——, M.R.C.S., L.R.C.P.
D.P.H.

From a Doctor.

You will be pleased to hear that Glaxo has been effective in all cases where I have used it, and much preferred to ordinary and sterilized milk.

I have used it in many cases of Summer Diarrhoea and Gastro-Enteritis with good results in every instance—infants, Children and adults.

(Signed)——, M.D.

From a Doctor.

I should be glad if you will supply me with three more tins, and if not too much trouble, may I ask you, so as to save time, to send one tin direct to Mrs. ———. This is another case in which I am certain that Glaxo has saved the child's life. I find that even with severe diarrhoea, acute gastritis and intestinal catarrh, babies or children can take, digest, and recover with your excellent preparation Glaxo. I have ordered Glaxo in this case for the next three months, and feel sure that if my instructions are carried out, the baby will grow up healthy.

(Signed)——, M.R.C.S., L.R.C.P.,
D.P.H.

From a Mother.

South Action.

My twins have had nothing but your wonderful food Glaxo since they were 4 months. At that time they were very ill with indigestion and diarrhoea. We tried a number of different foods and cow's milk and barley, but nothing could they digest. We were obliged to have our doctor, and he at once recommended Glaxo. Since that day they have made rapid progress and are both strong and no sign of rickets, for their flesh is so very firm.

From a Doctor.

I have tried your Glaxo in several cases with benefit, and in one case with quite extraordinary results. This was a child who six months ago appeared to be without hope of recovery as a result of chronic gastric intestinal catarrh, for which she had milk, ——— and ——— foods, peptonized milk, ——— milk, cow's milk and barley water, broth, raw meat-juice, etc., at different times without any arrest of the downward tendency. The child was, in fact, a miserable, emaciated little object. One of your sample tins coming to hand, I tried it just because I had tried everything else, and the child began to improve. The mother, Mrs. ———, of ———, has persevered with the food for the past six months, and the baby is now a fine, healthy, laughing child. I write this letter to you partly at my patient's request and partly because I think I owe you some acknowledgment.

(Signed)——, M.R.C.S., L.R.C.P.,

From a Nurse.

Blackburn.

Permit me to tell you that I have several premature babies nursing, also babies of almost 12 months old, whose mothers were unable to nurse their children. I put them at once on Glaxo, and the results are really astonishing.

From a Doctor.

I have fed altogether more than thirty children with this food continuously, some of them for more than 12 months. Nearly all these children have gained steadily in weight, although when they commenced to take the food they were, almost without exception, unhealthy and wasting, and some of them were more or less acutely ill.

In addition to these children, I have fed on emergency something like 120 for a day or two at a time, also with good results.

On the whole the experience which I have had proved to my satisfaction that if a child cannot receive its natural nourishment from the mother, and an absolutely pure and suitable modified milk is not obtainable (which I may say in practice is unfortunately the case), then I consider your Infants' Food to be the best kind of nourishment that a child can receive. It keeps perfectly during the hottest weather, and from this point of view only it solves one of our most serious milk difficulties.

(Signed)——, M.D.,
Medical Officer of Health.

From a Doctor.

My experience of Glaxo in dozens of cases extending over many years enables me to recommend it with absolute confidence as being **facile princeps** either to supplement or, if needs be, to entirely take the place of mother's milk.

(Signed) —, L.R.C.P. and S.I.
Author of **Infant's Feeding Management**.

From a Mother.

Felling.

My little boy was a fine baby born, and quite up to the standard. Unfortunately he went back, and at five weeks was not expected to live—in fact, given up by two doctors—could not keep anything down, vomiting whatever was given to him—in fact, I don't think he weighed five pounds at five weeks old.

The doctors (both of them) recommended Glaxo, and since using it he has improved daily. He is now three months old (we have used Glaxo for seven weeks).

I have a little girl 3½ years, and I only wish (from the bottom of my heart) that I had known of Glaxo, as she is now being treated by a doctor for rickets—a big fat, healthy child in every respect, but **no bone**.

The food she had (I will not mention the brand) formed plenty of fat, but (we are now finding out) **no bone**.

From a Nurse.

I send you a photo of a baby whose weight when born was 4 lb. Mother unable to feed him, and he could retain no food, and was fearfully sick after every feed. In two weeks wasted away to about two lb.—dreadful to look at—and was nothing but a frame of bones; doctor said he could not live, but we might try what Glaxo would do for him. Gave it a good trial, very diluted at first, and feeding him from a spoon as he was too weak to draw from the bottle. In a few days he was strong enough to take from bottle and was less sick after feeds, and went on improving every day, and at eight

months is the **bonniest, happiest little chap** one could wish to see. A perfect picture of health, and flesh firm as a rock. Has six teeth which he cut without any trouble.

From a Mother in the Far East.

Pehang, Federated Malay States. Everyone said she was a splendid little specimen of babyhood, and more than one asked if she were a Glaxo baby—all the nursing staff—all ex-service women—are advocates of Glaxo, and have saved more than one tropical baby from an early grave. So I think your excellent food requires no advertising even in this remote corner of the globe.

From a Nurse.

Birmingham.

I am taking special interest at the present time in a very small premature baby (7 months), 2½ lb at birth. The mother had a very scanty supply of breast milk. I supplemented it with Prescription Glaxo, with great success. It is now 6 weeks old and has gained one pound. The parents are delighted.

From a Mother

Upton Park.

When my baby was only a few months old he had septic enteritis, and my doctor advised me to put him on Glaxo, and I must certainly say it saved his life, as he had fallen away so terribly and had symptoms of rickets, which are now both thoroughly absent, I am pleased to say. He still has his Glaxo, but up to the time he was twelve months old he had nothing else.

From a Nurse.

Leicester.

I have used your Humanised Glaxo for many babies and have always found it most suitable. I fed a premature baby girl with it—she weighed only 2½ lb. at birth, and after the second week she gained regularly 1½ oz. every three days for two months, and is still gaining very satisfactorily. She has never once vomited.



Send to your friends a copy of this Book with your compliments

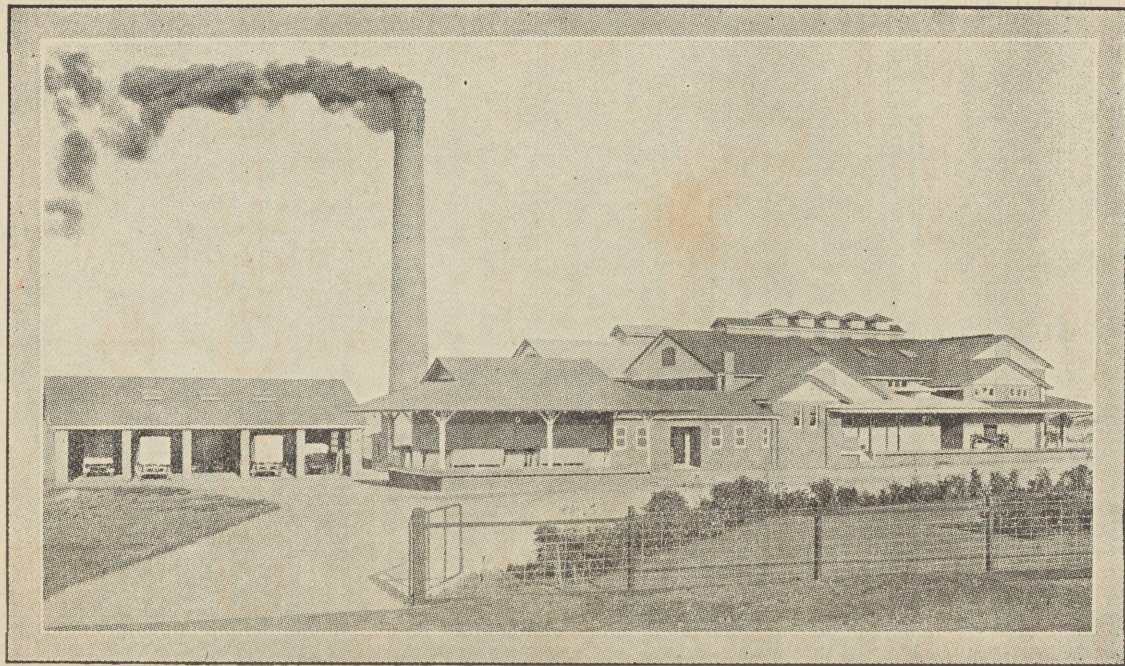
Fill in the form below with the names and addresses of any friends to whom you feel this Baby Book would be helpful. We will gladly give your instructions our immediate attention.

NAMES	ADDRESSES
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*Cut along this line and send to Glaxo—
See Addresses at back of Book.*

The dainty booklet, "Before Baby Comes—A Cheerful Message," will be sent free, on request, to any Mother who sends a postcard with her name and address, and date she expects her baby. Every expectant Mother should read this book. It comprises 48 pages (illustrated) of necessary information. The principal contents are:—The Expectant Mother—Her Food Problem—Exercise—Fresh Air—Clothing—Hygiene—care of the Teeth and Breasts—Sleep—Mental Health—List of Articles needed at confinement for Mother and child.

Send a postcard for this book to—
GLAXO
See Addresses at Back of Book



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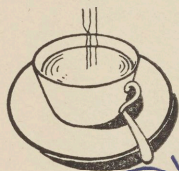
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3 or 4 of equal part of
milk & water



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