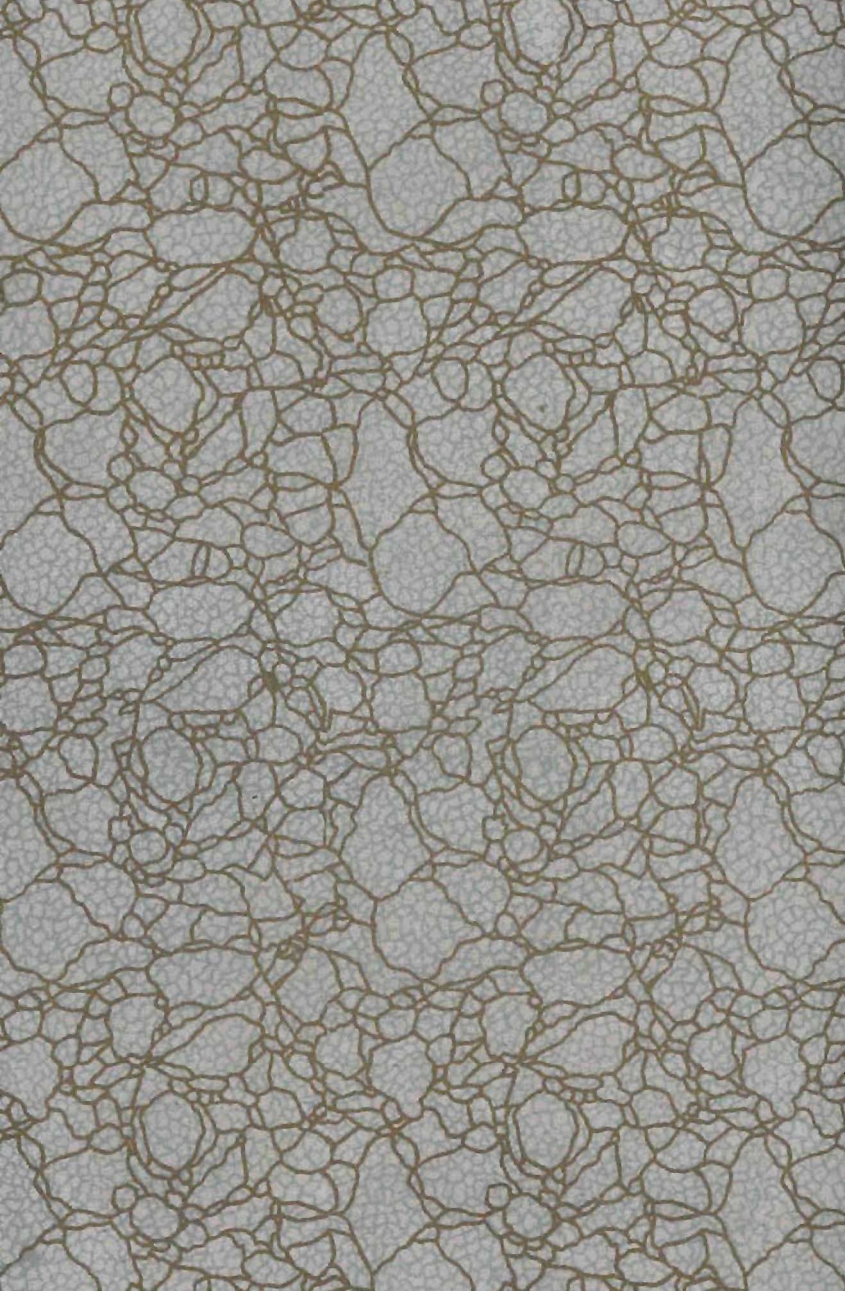




The Indiana
BABY BOOK



THE INDIANA MOTHERS' BABY BOOK

A BRIEF TREATISE FOR MOTHERS UPON
PREGNANCY, PREPARATION FOR AND
MANAGEMENT OF LABOR, THE
CARE OF MOTHER AND
CHILD, AND BREAST
AND BOTTLE
FEEDING

Second Edition

DISTRIBUTED FREE
BY THE
INDIANA STATE BOARD OF HEALTH

PREFACE.

This book is printed and distributed **free** to Indiana mothers by the Indiana State Board of Health. It is a brief compilation, and its object is to give **simple and plain instructions** concerning **pregnancy, childbirth** and the **care of babies**. That a demand exists for such instructions is evidenced by the large number of letters received at the Board of Health office from mothers of all ages, asking for information.

One mother in her letter says: "My baby is not flourishing. He does not grow and cries a great deal. The doctor gives me medicine which quiets him, but I know something more can be done, and won't you please tell me if you can? Perhaps he did not have a good start." It is to supply a demand of this kind that this book is offered, and it is intended that **it shall supplement and aid the physician**, not in the least degree prescribing medical treatment.

A law passed by the Legislature of 1919 authorizes the publication and distribution of this little book. The law was passed because the vital statistics show that the birth rate is diminishing, especially in American families, and because of the **increasing inability** of the American mother to nurse her baby, and because it is true that the average baby of these days does not have the strength and vital force of the average baby of past days. It is hoped this book will be useful and be an addition to the forces for the betterment of the State and nation.



*The greatest blessing for a child
is to be born of healthy parents.*

Indiana Child Creed

Every child has the inalienable right to be born free from disease, free from deformity and with pure blood in its veins and arteries.

Every child has the inalienable right to be loved; to have its individuality respected; to be trained wisely in mind, body and soul; to be protected from disease, from evil influences and evil persons; and to have a fair chance in life. In a word, to be brought up in the fear and admonition of the Lord.

That State is delinquent which does not ceaselessly strive to secure these inalienable rights to its children.

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PART I

I.

PARENTAGE.

The holiness and beauty of motherhood have ever attracted the attention of the world. The supreme accomplishment of woman is motherhood. There is no beauty or honor like unto it. The mother who has given birth to and reared a family of healthy, well-trained children, has done the greatest possible service to God and to mankind. Healthy children can only be born of healthy parents.

Only those should become parents who are healthy and who are free from hereditary taint. The feeble-minded cannot be legally married in Indiana; for, with a few exceptions where injury or acquired disease have done the harm, feeble-mindedness is hereditary.

Brain fever or a blow upon a child's head may cause feeble-mindedness, but the vast majority of feeble-minded are born of feeble-minded parents, or of those who are tainted with this defect. Hare lip, club feet and similar physical defects are, like red hair or blue eyes, always hereditary. Those possessing inherited, and hence transmissible physical and mental defects, should never become parents, unless it is thought desirable to multiply the physically and mentally defective.

Weak and sickly people, and those who have tuberculosis or syphilis, should never become parents. It is contrary to Indiana law for such to marry.

II.

PREGNANCY.

The care of the baby begins with pregnancy. An overworked, worried, sick or underfed pregnant woman cannot have a healthy, strong baby. A mean, drunken, cruel or brutal husband, or one who does not do his utmost to give good and tender care to his pregnant wife, is a low specimen, he is devoid of manhood and the law should **deal severely** with him.

Signs of Pregnancy. Cessation of the "monthlies" is usually regarded as the first symptom of pregnancy. This symptom is quite reliable in women who are "regular", yet the stoppage of the monthlies may be caused by anemia (lack of blood), and anemia results from many diseases. Excessive fatigue or excessive excitement or fear of pregnancy may cause stoppage. **Nausea** and **vomiting** may be signs of pregnancy, but they are not reliable symptoms, for they proceed from many causes. **Salivation** may be caused by pregnancy, but it is an unreliable symptom, for it, too, has other causes. **Breast changes** are almost certain symptoms, for it is rare indeed that noticeable changes in the breast do not occur by the second month of pregnancy. **Quickening**, which means movement of the child in the womb, is not usually noticed until about the middle of pregnancy. **The**

duration of pregnancy is about 270 days. Conception generally occurs in about one week after the menses stop.

By counting forward 280 days from the beginning of the last monthly period, a probable date for the beginning of labor is secured. **Care during pregnancy** is very necessary to secure healthy offspring even when parents are healthy. From the beginning of pregnancy the mother should be under the care of a physician. Every rule necessary to preserve health and vigor must be followed. The diet must be simple, only plain foods should be eaten. Rich foods, like meats, pastry, rich desserts, confectionery, etc., must be eaten in reasonable moderation. The teeth should be brushed at least twice daily and be examined by a dentist and all necessary repairs made, as this is of the greatest importance. The expectant mother should chew her food unusually well. Highly seasoned foods, which are always irritating and constipating, also pickles and salads, except in very small quantities, must be avoided. If the mother finds that any dish or article of food disturbs her in the least she will be unwise to continue it. The pregnant mother is living for two souls and two bodies; the responsibility is very great, and failure to carry this responsibility wisely is a sin.

Exercise must not be neglected, for it will greatly benefit both child and mother. Light household cares give exercise and are beneficial. Much running up and down stairs must be avoided. Work at the washtub or

ironing in a hot room on a hot day will be likely to bring complications, and so will heavy sweeping. Fresh air, and more fresh air, with sunshine, are of the greatest importance to secure health. Good health is impossible without freely breathing of fresh air. The home should always be well ventilated and sunshine admitted. It is foolish and a great mistake to tightly close any room and keep out the life-giving air. The pregnant woman must live out of doors a great deal. She should go out every day, even if the weather is bad, but, of course, well protecting herself with proper clothing. **She should sleep in a bed by herself in a thoroughly ventilated room.**

The clothing throughout pregnancy should be loose-fitting. The regular corset should be put aside, or if worn, must be very loose. A special support, called a maternity corset, should be worn after the third month. This corset is much like an abdominal support, and should be worn at certain times upon advice of the physician. Great care should be taken to see that the clothing does not compress the abdomen or have a downward pressure upon the womb, or press upon the nipples.

Bathing must not be neglected. A clean skin and open pores are absolutely necessary for good health. If accommodations and circumstances permit, a daily bath should be enjoyed. In any home it is possible to have a tub bath and enjoy its benefits. A bath twice a week in winter and daily in summer is the least that should be thought of. Baths should be taken at an agreeable temperature, not too hot, for when too hot a healthy

reaction is not secured. Hot baths or sweat baths should only be taken upon the advice of the physician.

During the last two months of pregnancy, a hot sitz-bath not lasting over five minutes, may be taken with advantage. Every third night is often enough to take a sitz-bath.

Nervousness not infrequently appears during pregnancy, and to prevent it, a quiet and unexciting life must be led. All home surroundings should be pleasant. The pregnant woman must have wholesome entertainment and be kept cheerful. Indigestion and other disturbances of the intestinal tract cause most of the nervousness from which we suffer, and this is another reason for eating the right food, in right quantity and in the right way.

Complications sometimes arise during pregnancy, and when they do, the physician must be called immediately. Whenever any of the following conditions occur don't do any self-doctoring, for much harm may result: 1, severe and persistent headache; 2, severe and persistent backache; 3, swelling of feet, hands or legs; 4, dizziness and spots before the eyes; 5, scanty, red or odorous urine; 6, any appearance of blood; 7, sudden or severe pains in the abdomen; 8, sickness at the stomach and vomiting if they are at all severe; 9, persistent constipation; 10, frequent bad dreams or nightmare or sleeplessness or excessive drowsiness.

Medicines should always be prescribed by a physician. Don't do self-doctoring. Don't take patent medicines. It long ago was said: "He who doctors himself

has a fool for a doctor." Most people have remedies to recommend for all ills. Listen to such people patiently and kindly, thank them, and then do what your family physician says. A very few emergency medicines might be kept, such as a small bottle of ammonia water stoppered with a rubber cork, and also a bottle of spirits of camphor and a bottle of castor oil. For fainting or alarming dizziness, place a few drops of aqua ammonia on cotton or on a handkerchief and hold to the nose. Two to six drops given in two three swallows of cool water will act as a stimulant and help revival. For constipation do not fly to drugs and patent medicines. There are times when laxatives and cathartics must be used, but on the whole they are harmful. A high medical authority says: "Constipation, the bane of civilization, is generally the result of the neglect of the bowels and of wrong eating, and cathartic medicines have through abuse become a plague."

Pay attention to the bowels. Be regular in habit. Be sure to have at least one good movement every day. Eat little meat. Don't eat highly spiced food. Eat fruits and vegetables freely. Drink very little coffee and tea, or better, don't use them at all. Drink freely of pure cool water. Of course milk, cleanly drawn from healthy cows, is a wholesome drink as well as a food.

Pregnant women should not take beer, wine, whisky, sleeping medicines or drugs of any kind unless the physician orders them. All drugs are dangerous and must be used intelligently and wisely. Send a sample of urine

(4 to 6 ounces) to your doctor regularly every month until the last month and then twice a week.

The following dietary is recommended during pregnancy and nursing.

Soup—All kinds.

Fish—Fresh fish of any kind, boiled or broiled. Raw oysters and raw clams.

Meats—Chicken, beef, ham, or bacon, veal, lamb, tender lean mutton. Red meats should not be allowed. All meats in great moderation.

Cereals—Hominy, oatmeal, farina, cream of wheat, rice, mush, shredded or toasted wheat biscuits, etc.

Breads—Stale bread, corn bread, graham bread, rye bread, brown bread, toast, crackers. Not fresh bread.

Vegetables—Potatoes, onions, spinach, cauliflower, asparagus, green corn, green peas, beans, celery, lettuce and other salads with olive oil.

Desserts—Plain puddings, custard, junket, ripe raw fruits, stewed fruits, ice cream. Very little pastry and no rich desserts.

Drinks—Tea and coffee very sparingly, never more than one cup a day; better leave out altogether. NO ALCOHOLIC BEVERAGES, BEER, ETC. AT LEAST TWO QUARTS OF WATER A DAY. Milk, butter-milk, cocoa, malted milk.

Care of the Breasts—Don't use anything to toughen the nipples. They should be kept soft and elastic, and this may be done by once daily rubbing them gently with sterile lard, olive oil or vaseline. Use the thumb

and forefinger in a way similar to the act of nursing. Don't put poultices or lotions on the breast unless the doctor directs them.

III.

PREPARATION FOR LABOR.

In our present state of civilization a skilled physician should attend every case of labor. Of course there are instances when this is impossible, and then we must do the best we can. A skilled nurse should also be present, when it is possible to have one. Over ninety per centum of the cases of the awful "childbed fever" develop under the hands of the neighborhood midwives. The majority of cases of laceration of the neck of the womb and of other disasters also happen under them.

Childbed supplies should be ready a month before the expected confinement. It is plain feeble-mindedness not to have on hand at delivery such supplies as are necessary. The following articles are recommended:

1 quart boric acid water. (1 oz. boric acid in 1 quart boiled water. Keep in a bottle or fruit jar.)

2 ounces of pure chloroform.

1 pint of alcohol.

4 ounces of powdered boric acid.

2 ounces carbolic acid.

2 ounces vaseline.

2 pounds absorbent cotton.

2 pounds cotton batting.

1 fountain syringe.

3 bed pads.

1 bedpan.

4 pieces of carbolic or lysol soap.

1 or 2 nail brushes, 5 cent kind.

3 yards of rubber sheeting or oil cloth cut in two pieces.

100 gauze sponges.

Boil 5 gallons of water for ten minutes and keep in quart fruit jars. Scald the jars, the tops and rubbers and can the water as fruit is canned. This is **sterile** water and ready for use when needed.

Gauze sponges are easily made out of gauze. They are cheap and very useful. Tear gauze into strips three inches wide and roll into rolls one inch or even two inches in diameter. Loosely sew together. Drop these sponges into paper bags, tie the bags, and bake in an oven for thirty minutes at a temperature not exceeding 220 degrees. The sponges will then be sterile, and the bags must not be opened until the sponges are needed.

Leggings are useful, adding greatly to the comfort of the patient. Out of bleached or unbleached muslin make a pair of loose stockings long enough to reach to the hips.

Nightdresses, at least three. They must be clean, and ready for use.

Sheets, at least six, must be at hand and ready for use.

Towels, at least six, must be at hand, clean and ready for use.

Salt Solution. Pour four level teaspoonfuls of ordinary table salt in two full quarts of water, boil for ten minutes, and then strain while hot through clean flannel into a two-quart fruit jar. The jar, the top and rubber must be clean and well scalded. Label Salt Solution.

How to Sterilize. Sheets, nightdresses, towels, leg-gings, pads, etc., should all be sterilized, if childbed fever is to be certainly prevented.

A good steam sterilizer may be made by first placing two clean bricks in the bottom of an ordinary clothes boiler; upon them place a smooth, clean board fitting the shape of the boiler pretty well and which has several holes bored in it. This diaphragm could best be made of galvanized iron. The cover of the boiler must fit well, but if it does not, then place two layers of cloth under it and over the top edge of the boiler. Now put in water to the depth of four inches, then put in the articles to be sterilized, packing them moderately. Place over the stove and heat to boiling for thirty minutes. The steam will penetrate the articles, kill all germs, and thus render them sterile. The heating should be done for thirty minutes for three successive days, being sure each day

that four inches of water is in the boiler. Before being placed in the sterilizer, the towels, nightdresses and other articles to be sterilized should be made into packages and wrapped in cheese cloth and tied with cotton string. After sterilization, the packages should be dried in the oven and placed on a clean shelf and covered with paper, or better, placed in large paper bags.

It is true some people are too poor to buy the supplies here recommended, but those who are able should supply them without fail.

IV.

MANAGEMENT OF LABOR.

Always have a physician present if possible. Don't fail to engage him ahead of time. The perils of childbirth are many, and only those of experience and skill should think of conducting a case of labor. It is sad and most regrettable, but true, that some physicians are not clean, not well informed and not conscientious. Such will neglect precautions against accidents and infection and are a menace to the health and lives of mother and child. Don't employ a dirty doctor. **We say again, always, when possible, have a physician present to manage a case of labor.** However, there is always a possibility that the physician is away or can't come because

of other urgent medical duties, or labor may come on so rapidly that he can't get there in time. For these reasons, every husband and wife should know at least a few things concerning labor management. If it is possible, a trained nurse should always be engaged in time and be on hand a few days before labor is expected. When a nurse is present she will take the place of the physician before he arrives.

The first stage of labor can always be foretold by the expectant mother even if it is her first child. During this stage, which is before the coming of the hard bearing-down pains, the patient may assume any comfortable position. It is well for her to walk about the room between pains, lying or sitting in any comfortable position. Sometimes kneeling at the side of the bed during each pain gives some ease. No effort should be made to bear down during the first stage, as it does not aid in delivery and wastes strength. If the first stage is long and the pains severe, morphine or some other anodyne may be given, but only under the direction of the physician or by the trained nurse.

The second stage begins when the child commences to pass out of the womb. During this stage the patient must be in bed, and be sure the rubber sheet or oil-cloth has been placed beneath the under sheet, and a bed pan under the hips. If the labor is slow and the physician does not come and the pains are very severe, then drop ten drops of pure chloroform upon a handkerchief and let the patient hold it to her nose. Her hand

will drop away before complete sleep comes or before any possible harm can occur. In the second stage of labor the patient may bear down when the pains come. Comfort may also be given by washing the face with cold water and giving small quantities of cold water to drink. Rubbing the back between pains and also drawing up the knees, is helpful.

As soon as the child is born, wipe its face with a gauze sponge, absorbent cotton, or a clean rag, after dipping in boric acid solution. This solution is made by soaking 1 ounce of boric acid in one quart of boiled water for one day, shaking occasionally, and straining through two thicknesses of clean linen or muslin. Keep in a bottle or fruit jar. When the face is washed, burn the sponge or rag or throw into a slop jar; take a new one, dip into the boric acid solution and wipe the eyes very carefully from the nose outward, cleaning each eye with a separate cotton pledget and when through, again burn the sponge and all cotton pledgets or throw into a slop jar. Then gently wipe out the mouth with cotton or a rag drawn over the front finger. Dampen the cotton or rag with boiled water.

When delivered, the baby should be received in a soft flannel blanket, the cord tied near the body in two places about one inch apart, with a sterile thread or string and **when the pulse beat ceases** then cut between the two tied places with a pair of sterile scissors. Wash the cord end with alcohol and tie up with sterile gauze. When the cord is cut, wrap the baby in a warm blanket, place