

"He called a little child to Him and set him in the midst."

"The greatest gift is a child, and the greatest honour is to be a mother¹!"

THE CANADIAN MOTHER'S BOOK.

This book has been written for you—a Canadian Mother. The Government of Canada, knowing that the nation is made of homes, and that the homes are made by the Father and Mother, recognises you as one of the Makers of Canada. No National Service is greater or better than the work of the Mother in her own home. The Mother is "The First Servant of the State²."

THE BABY IS COMING.

Your Baby.

Homes are made by the father and mother and this little book is a message to both. "What is home without a mother?" But what is a home without a child?

Your Greatest Happiness.

Your greatest happiness is coming to you in the birth of your baby, a happiness that will be renewed by every child that comes to you. Children are the security of the home and nation. When children come you know that your home will not pass away with your generation. It will last for another generation and the promise of the new homes which your children will one day make for themselves, surrounds the future of your home. A home without children is a sad contrast. It lacks interest, happiness, reality, stability. Its end is in sight. It has lost the greatest loveliness and usefulness of the normal home.

No Baby—No Nation.

There are homes in Canada where children would be welcomed, and where they were expected, to which children have never come. But these Childless Homes could find a Homeless Child. If we give our best thought and work to National Child Welfare, the time will come when there will be no Canadian Home that never had a child and no Canadian Child who never had a home. No Baby—No Nation.

Be Glad.

You have the promise of a child. The angel of the Lord is coming to your door. God and man will help you with your burdens and share your joy. Through you and your child, the stream of human life will flow on to eternity. New duties, new interests and new pleasures will fill your days.

“We must purify, glorify and dignify motherhood by every means in our power³.”

Be Brave.

This is not some strange thing which is going to happen to you. It is the right, natural and healthy thing for you, just as it was for your own mother when you were born. Too sacred to be spoken, the dearest wish of a true woman is to be a mother.

Be Cheerful.

Go on with all your regular work and interests and recreation and, amusement, but moderately, and you and your husband should plan so that you will be free from any strain, extra work, or other responsibility for several months before the date of the birth.

Do you keep a diary? Would you not like to keep a very private diary at this time?

Do not give up anything that does you good, or gives you pleasure, except for a satisfactory reason. Do not listen to any silly, gloomy stories. Ask the Doctor.

A sensible woman like you knows better than to “worry” or “fuss”! Keep up your heart and keep up your health. If you have a few silly ideas come into your head, just put them out again and think of something “pure, lovely and of good report.” We all have silly ideas come into our heads sometimes, but they do no harm if we just think of something else, or go out for a walk. Cheer up!

Be Well.

You know we have the health we deserve⁴. Keep the laws of health, live a normal life, and you will be well. Nature always stands by the mother and the baby-to-be; nature has specially wonderful resources for motherhood which she never uses at any other time. Therefore many mothers find their health at this time better than ever. If there is anything the matter with you, do not say.—“O, I suppose it cannot be helped.” It can be helped. Ask the Doctor.

Health is the great riches. If you love your husband, and your baby and yourself—be well; keep your good health. You can. This Canadian Mother’s Book will help you to keep your good health.

Be Prepared.

You have already noticed some changes. The usual “monthly flow” has not appeared. Perhaps the breasts are larger and the colour of the part around the nipples is darker. You should go at once to see your family doctor. If you and your husband have no family physician, then choose one now. Inquire from sensible, trustworthy people as to who is the best family physician for mothers and babies. Consider this matter of choosing a doctor carefully, for it is important. When some sensible neighbour says “He is a good Doctor. He is very clean and careful about everything. Never heard of him losing a mother when her baby was born and he is good with the baby too”—listen and pay attention. Having found a good Doctor, you will then have good

medical advice and supervision all through your pregnancy. Do not delay. Listen—See the Doctor at once.

The Public Health Nurses are a great help to the mothers, in advising and visiting them. They are also a great help to the Doctors.

Go to See the Doctor.

During the first few months, the Doctor will want to see you two or three times, but after the sixth month, it is necessary to see the Doctor about once a month, or oftener. Into an ordinary bottle, which has been washed out thoroughly, put about six ounces (equal to a large cupful) of the water which you pass. This is the “specimen of urine” which the Doctor examines, to make sure you are in good health. Take it to him when you go to see him.

Ask the Doctor.

If there is anything wrong with you at all, especially headache, dimness of sight, swelling of the legs and feet, or nausea, scanty urine, sores, severe pains, dizziness, twitching, or any other trouble, ask the Doctor about it at once, for you should not have it. You should be well. It is easy to cure if it is in the beginning, but often hard in the end. And there is always something the Doctor can do to make you better. That is what a Doctor is for.

Perhaps you will notice that on rising in the morning you have a feeling of nausea. This is called “morning sickness.” You may never have it at all, or it may pass off very soon, and may not amount to anything. But if you happen to have it you will know what to do to-morrow morning.

To-Morrow Morning.

Leave everything ready the night before for a cup of tea, and a bit of toast or a biscuit or a bit of bread and butter, and ask your husband to put on the kettle and make you a cup of tea first thing

in the morning. If you are not fond of tea and toast, he will bring you an apple or an orange or a banana or two or three crisp crackers and a cup of hot water. Take it as soon as he brings it and then lie still for ten or twenty minutes. You will likely be all right. Your stomach is a little upset by the new state of affairs, but if you give it something to work on, it will take the hint and “carry on” again. You get up, feel quite comfortable and enjoy your breakfast.

Try This.

If this does not cure you, try five small meals instead of three regular meals. Eat little or no meat or fish or eggs. Eat more cereals, fruit, salads, vegetables, and drink plenty lemonade, orangeade, water and very weak tea—about ten or twelve cups of liquid a day, between meals.

If these plans do not cure you, ask the Doctor.

The Dentist.

It would be well to see your dentist, for sometimes the mother’s teeth need special attention at this time, and the sooner you go and have your teeth attended to the better. A little hole does not cost much to fill if you go at once.

What to Do.

If at any time you have any sudden bad headache, or bleeding or discharge, or do not pass as much water as usual, or have any other trouble of any kind which makes you and your husband anxious, go to bed, keep quiet, and send for the Doctor at once. This is very important. You may not think much of the trouble, but you do not know. The Doctor is the only one who knows whether it is dangerous or not and so the Doctor must be had at once.

Arrangements.

The right kind of Doctor will not be trying to make money out of you, but will ask only a reasonable fee. Don't have any other kind of doctor. It might be well for you to mention what you can afford when you first go to see the Doctor, for you and your husband have no doubt been wisely trying to save money for the baby and the necessary expenses. But even if you have no money you can always have the best of care. All hospitals have, or should have, maternity departments, and you could go to the nearest good hospital, ask to see the nurse in charge of the maternity ward and find out from her when you can see the Doctor and arrange for coming regularly for medical care.

The Best of Care.

At the time of the birth, you and the baby can usually be better taken care of in the hospital than anywhere else, whether you are paying your hospital fees yourself, or whether you are having your medical and nursing care free. If you are going to stay at home and not going to a hospital, engage your nurse in good time. The Doctor will advise you about this.

What shall you eat?

Your regular meals. Simple, pure, nutritious food. A fresh egg (not too hard-boiled) is simple food, because it is in its natural condition as laid by the hen and not highly spiced or seasoned; it is pure, because no preservative has been used on it, and it has not been kept a long time and become bad; it is nutritious, because it contains the very things the mother needs to build up the muscles, nerves, bones and all other parts of her body, and her baby's body, which is now part of her own. Milk is the same, an ideal food for the mother. Both egg and milk should be prepared in many different ways; they seem like new foods every time. Roast, boiled or broiled meat or fish once a day; well-cooked cereals, fresh or stewed fruit, bread, not too fresh, and butter, some cheese, plenty of vegetables, especially green vegetables, are the right foods. It has been found out recently that milk, butter, cream, and green vegetables are even more important than we

thought. They contain vitamins and we cannot do without them. This is especially true of the mother. She and the baby will both suffer unless she takes these foods every chance she can get, every day if possible at all. These foods are indispensable.

Eat Slowly.

You will likely have a better appetite than usual; eat accordingly, a little more than usual, but not too much. The mother does not need to over-eat, for nature seems somehow to make extra good use of all the food she takes. If she likes ice cream, well and good, but not too much. Cake, or anything else you are fond of, is a treat, so long as it is not hard for you to digest. Digestion will take longer than usual, and by and by, when nature needs more room for the growing baby, you will find it wise to fall back on very simple, easily-digested foods. Take small mouthfuls and eat SLOWLY. This is a rare accomplishment. Few people know how to eat slowly. But you are sensible and you know it will repay you well to take the trouble to remember this and do it. Chew all your food thoroughly.

Not Between Meals.

You will not need food or candy between meals. If you are fond of candy and can afford it, take one or two pieces of candy after a meal. It will taste best then and do you no harm, Of course you don't need it.

List of Foods.

Choose the foods you like, and have a variety. ,Here is a long list of foods to choose from

Cereals. Oatmeal porridge or any other cereal, eaten with milk and a little cream and sugar, if desired: cream of wheat, wheatena, hominy, farina, tapioca, rice and cornmeal; thoroughly cooked.

Bread and Biscuit. Brown, graham, rye, or white bread. Stale bread. Whole wheat bread. Toast. Rusks. Cream crackers, biscuits.

Vegetables. Any vegetable, in any form, except fried. All green vegetables, green peas, string beans, asparagus, tomatoes, boiled onions, potatoes, carrots, spinach, celery, lettuce, parsley, watercress and olives; plain salads with olive oil. Avoid cabbage, cauliflower, turnips, baked beans, radishes, raw onions, pickles and cucumbers, if these are not readily digested. Do not use too much seasoning.

THE CANADIAN WAY.

It is to the Canadian Mother that we look for leadership in Child Welfare and especially in establishing Maternal Nursing as the Canadian Way.

There is a right way and a wrong way to teach the baby to nurse. We need intelligence, perseverance and patience. Nursing needs a little management, for there is a “technique” of nursing. The first rule has just been explained, namely that the baby must be put to the breast when he is not more than six hours old, so that he can learn to nurse.

The Leadership of the Mother.

The Canadian Mother knows about this and she is willing. She knows her nursing is the greatest safeguard for the baby’s life. She knows that her milk will not only nourish him, but protect him from many of the diseases of infancy. She does not want her baby to die. Nursing the baby is the easiest way. No formula with bottles and rubber nipples, and measuring spoons and milk-sugar and sterilizing, and no one knows what else, for the Canadian Mother. These things will get dirty, and dirt in milk is death to the baby. Nothing can contaminate the mother’s breast for nothing can reach it. Her milk is always ready and always right.

It is the cheapest way. What is the use of injuring your baby and wasting money.

It is the wisest way. Wise Mothers nurse their babies.

It is the most successful way and the right and natural way to bring up a baby.

All the Child Welfare Centres try to have all their babies breast-fed for nine months. All the best Child Welfare authorities in the British Empire, the United States, France and everywhere else in the world say so too.

The mother has gone through a great battle in the last few hours. None but she can know how her whole body aches and is sore. Yet, thinking not of herself, she gives a supreme proof of her love for her child. Everything possible should be done to help her. Every mother is a heroine. There may be a little difficulty at first in teaching the baby to nurse, but kindness and good sense will win.

Four Rules for Maternal Nursing.

1. The baby must be taught to nurse when he is about six hours old.
 2. The baby must be put to the breast with perfect regularity. Never break the time table.
 3. The flow of milk increases if the baby nurses regularly and decreases if he does not.
 4. The breast must be completely emptied of the milk it has secreted since the last nursing.
- As a rule, it is better at first to let the baby nurse at both breasts each time. If necessary, when the flow of milk increases let the baby nurse from each breast alternately.

The Mother's Helpers.

The Mother is the leader, but the Father, the Doctor, the Nurse, the rest of the family and all of us Canadians must help the Mother to make Maternal Nursing the Canadian Way.

They Are Responsible.

Since the first edition of the Canadian Mother's Book was published, we have received information showing that, in too many cases, Doctors and Nurses are responsible for the baby being taken from the Mother's breast and fed artificially.

The Doctor's Duty.

It is the duty of the Doctor to make sure that the baby is nursing properly within the first twelve hours.

The Nurse.

The Doctor, of course, depends on the Nurse to manage the nursing. But the Doctor is responsible for seeing that the Nurse manages it properly and advises the Mother wisely.

Nursing by the Mother is the One Best Way to save the life of the Canadian Baby.

Your Reasons?

No Doctor or Nurse should deprive a baby of his mother's milk' except for clear, definite and insuperable reasons.

Danger.

Any Doctor or Nurse who advises that a baby should be taken from the mother's breast and fed artificially takes a great responsibility and such advice should never be given except after careful consideration and full knowledge of the danger it means to the baby's life and health.

Artificial feeding greatly reduces the baby's chance of life and health. The artificially fed baby runs nine times as many risks of dying in infancy as the baby nursed by the mother does.

¹ The mother of a Canadian V.C.

² *London Times*.

³ Rt. Hon. John Burns.

⁴ There are exceptions to this rule, but the Canadian mother is not going to be an exception if she can help it.

Source: Department of Health, *The Little Blue Books* (Ottawa: 1921).