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TALKS *to* MOTHERS *about* THEIR BABIES

By DR. J. H. MASON KNOX, JR.,
Chief, Bureau of Child Hygiene, Maryland State Department of Health.

A FOREWORD

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IN THIS series of talks to mothers it is proposed in the simplest informal way to go over some of the important matters that concern the health of herself and her children, and to point out obvious precautions which should be taken to make this wonderful relationship of mother and child as safe as possible for each.

MEDICAL SUPERVISION

IT IS now generally agreed that adequate care of the baby must begin nine months before it is born—that is, it must start with proper care of the prospective mother. If this is true, the following natural query must be answered:

What shall be the first duty when the coming of the baby is expected?

Unquestionably the answer should be—consult an experienced physician.

We must realize that this business of being a mother is a serious one at best. One in which two lives are at stake, and surely, it is only right for the husband to provide for his wife, and if necessary, for the community to provide for every woman the best available care at this critical period.

THERE are many needless worries and fears the inexperienced woman has at this time which her physician may quiet. She should look to him for advice and not to the thoughtless gossip of any irresponsible neighbor or relative. More important still, the physician will give the waiting mother a careful physical examination.

Neither mother nor baby can be given satisfactory care unless the physician knows the physical condition of the mother, whether her heart, kidneys and lungs are sound, and she is otherwise well. It is just as necessary to find out whether there is any deformity which may interfere with the spontaneous birth of the baby.

These and similar facts should be ascertained early, so that the proper lines of treatment can be started. The doctor, too, will help to settle the expected date of the confinement.

AN IMPORTANT aid to the physician is the public health nurse. This is especially true in rural communities, where the doctors may not have time to give each patient the minute detailed advice she craves. In these cases the public health nurse is invaluable. As woman to woman she is the waiting mother's friend in need. She allays her useless fears, but recognizes signs and symptoms of danger and calls the doctor in time to avoid trouble. When he comes she is his trusted assistant. This kind of nurse is much too rare in our country districts, but their number is rapidly increasing to the great benefit of the health of the rural home.

Besides the physician, no person can do as much to help the young mother safely through the waiting period as the public health nurse. It often happens that she first knows the mother's secret and can help her to secure a competent physician and make necessary arrangements for the comfort of the baby.

THERE are certain symptoms which often occur early in the period which sometimes alarm the mother and which should be mentioned. Perhaps the most distressing, although not dangerous one, is nausea and vomiting, known as morning sickness, which more than half the women in this condition have. It is particularly troublesome upon rising in the morning. It may sometimes be relieved by taking a little dry food before rising, such as toast or crackers swallowed without liquid. Many women are relieved by eating several small meals a day instead of three large ones. It is wise to do all one can to ward off the first attack, as the tendency to nausea is easily established. It is wise to keep the mind upon other matters, as brooding upon the discomfort exaggerates the trouble. Out-of-door life and normal interests will help. If the symptom becomes worse in spite of this suggestion, a physician should be consulted.

THE doctor will determine in each case how often he would like to see his patient. He usually will have a report from her each month during the early months, and oftener toward the end of the waiting period.

The Citizens Bank
—OF—
Chestertown, Maryland.

Table Showing Growth

RESOURCES

September 5th, 1922
(Began Business)
September 15, 1922
$92,028.58

December 29, 1922
$164,389.79

April 30, 1923
$187,786.66

June 30, 1923
$201,860.23

4½ Per Cent. on Savings Deposits

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DIRECTORS:

D. Thomas Hurlock — Edwin R. Wallis
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MONEY TO LOAN

Money to loan on real estate mortgages. JOHN D. URIE, Attorney. m31

Farm Bureau Exchanges Big Aid to the Farmers

In six months the Michigan State Farm Bureau's Produce Exchange at Detroit has developed 47 local associations among farm bureau members. It markets an average of $50,000 in farm produce monthly. The exchange operates a wholesale commission house serving Detroit retailers and others, a car-lot and jobbing business at the railroad yards and is the only farmers' co-operative association represented on Detroit's two great farmers' markets. Last summer it handled 173 solid carloads of fruit and vegetables for members, often consigning them to other markets than Detroit.

The organization of commodity exchanges to market farm products within a state is one of the vital services being developed by state farm bureau federations.

Following the lead of Michigan, Missouri, Arizona, Texas and Louisiana, many other state federations have planned and built up commodity exchanges which are taking an increasingly important part in the commerce of the state.

The state farm bureaus co-ordinate the various commodity organizations and give to them a general service on transportation, publicity and legislation.

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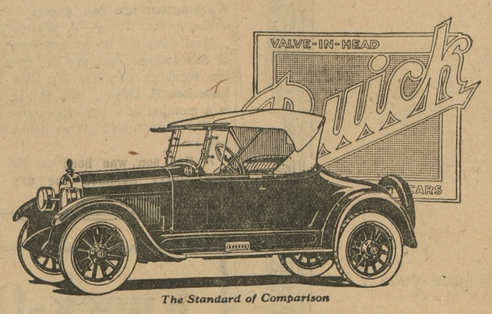

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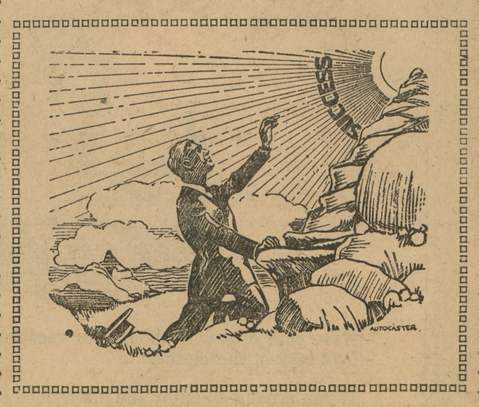

In the first century A. D., lived Epictetus, Greek philosopher. He said:

"Bad actors cannot sing alone, but only in charus. Some men cannot walk alone. Man, if thou art ought, strive to walk alone. Think; look around thee."

His advice is as good now as it was eighteen centuries ago. It means financial success and mental and spiritual growth for the man or woman who heeds it. It is part of the struggle upward toward your success to think for yourself. Have the initiative and the courage to shape your own ends.

Make saving a part of your plan—give it a thought. For a vital part of your success money is power—a power in self respect, and in the fulfillment of your life's ambitions. The right way to accomplish results, is to think out your plan for saving regularly and consistently save a part of your earnings.

The Peoples Bank
Chestertown, : : Maryland

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