

ulative effect which probably con-
 ites to the reaction of colic in the

out twenty years, we have
 a very peculiar nervous re-
 in infants. It is called the Moro
 . If the baby's bed is struck sharply
 the baby's head, the child spreads
 arms and arches them over his body.
 st all infants show this same re-
 n when startled or frightened dur-
 pproximately the first three months
 birth. The older infant will not
 in this way.

any observers believe that colic is a
 lopment of the nervous sensitivity
 ants to their surroundings and their

During the early weeks after the
 is born, mother is exhausted, is apt
 nervous and emotionally sensitive.
 condition may easily affect the

Moreover, irritability in the
 er may influence the quality and
 tity of the mother's milk, to pro-
 a shortage or poor digestibility of
 ood. Colic cramps in the baby are
 esult.

e baby should be handled as little
 ssible. And when he is handled, it
 d be done slowly, gently and care-
 every effort being made not to
 e or frighten him.

en fed, the baby should be held in
 ight position, in a quiet, partially
 ned room.

ent is a bit of life just emerged
 nvironment to which he must
 e adjusted. Every part of him,
 and outside—his nervous system,
 igestive system—is delicately bal-
 l. He is the most helpless creature
 nable and the happenings in his
 undings, which are of no signifi-
 to a six-month-old baby, may be
 ry serious consequence to a two-
 h-old baby.

s, most young babies have colic, and
 can be treated successfully. But it
 e, no doubt, that fewer babies would
 colic and the attacks would be less
 e if there were less noise and excite-
 around them, if the infants were
 led gently, and if the mothers would
 ecome tired and irritated. A mother
 ctly relaxed, content and happy,
 ling her infant tenderly and gently,
 ing him away from all things that
 tle or frighten him, would
 bring her baby through the first
 months without very much colic.

WATCHING

(94)

inations than a feverishly nervous
 and that taut muscles and edgy
 er helped any athlete yet.
 is. e is another pleasant part of
 eatment, but not prolonged exposure
 ming rays, which is fatiguing and
 ctually be harmful. As to the arti-
 sunlight or violet rays provided by
 us machines, these treatments are
 imes highly beneficial, but at no
 should such treatment be taken
 ut medical direction.



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"GOLDEN GUERNSEY, she says, is good
 and rich. It helps make nice straight
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 a lot of things, like vitamins and min-
 erals, that a little girl just has to have.

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