



An Appeal to Mothers



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Upon fathers as well as mothers rests a responsibility for the child's earlier as well as its later training, and for both parents the demand for careful and thorough preparation is most urgent. Before taking upon themselves the possibilities of fatherhood and motherhood, men and women should become acquainted with the laws of physical development--with physiology and hygiene, with the bearing of prenatal influences, with the laws of heredity, sanitation, dress, exercise, and the treatment of disease; they should also understand the laws of mental development and moral training. Never will education accomplish all that it might and should accomplish until the importance of the parents' work is fully recognized, and they receive a training for its sacred responsibilities. Parents should study the laws of nature. They should become acquainted with the organism of the human body. They need to understand the functions of the various organs, and their relation and dependence. They should study the relation of the mental to the physical powers, and the conditions required for the healthy action of each. To assume the responsibilities of parenthood without such preparation is a sin. {Ellen Gould White Child Guidance pages 63.3-64.2}

Every woman about to become a mother, whatever may be her surroundings, should encourage constantly a happy, cheerful, contented disposition, knowing that for all her efforts in this direction she will be repaid tenfold in the physical, as well as the moral, character of her offspring. Nor is this all. She can, by habit, accustom herself to cheerful thinking, and thus encourage a happy state of mind, and cast a cheerful reflection of her own happiness of spirit upon her family, and those with whom she associates. And in a very great degree will her physical health be improved. A force will be imparted to the life springs, the blood will not move sluggishly, as would be the case if she were to yield to despondency and gloom. Her mental and moral health are invigorated by the buoyancy of her spirits. The power of the will can resist impressions of the mind, and will prove a grand soother of the nerves. Children who are robbed of that vitality which they should have inherited of their parents, should have the utmost care. By close attention to the laws of their being, a much better condition of things can be established. {Ellen Gould White Solemn Appeal page 123 paragraph 3}

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GOD`S PLAN FOR HUMANITY

The effect of prenatal influences is by many parents looked upon as a matter of little moment; but Heaven does not so regard it. The message sent by an angel of God, and twice given in the most solemn manner, shows it to be deserving of our most careful thought. {CD 217.1}

Let them so live, through the merits of the grace of Christ, that he may say of them at last, "They shall be mine, saith the Lord of hosts, in that day when I make up my jewels; and I will spare them as a man spareth his own son that serveth him."

The world is full of snares for the feet of the young. Multitudes are attracted by a life of selfish and sensual pleasure. They cannot discern the hidden dangers or the fearful ending of the path that seems to them the way of happiness. Through the indulgence of appetite and passion, their energies are wasted, and millions are ruined for this world and for the world to come. Parents should remember that their children must encounter these temptations. Even before the birth of the child, the preparation should begin that will enable it to fight successfully the battle against evil. {AH 255.4}

God`s Purpose For Humanity

The system of education established in Eden centered in the family. Adam was "the son of God" (Luke 3:38), and it was from their Father that the children of the Highest received instruction. Theirs, in the truest sense, was a family school. {AH 181.1}

In the divine plan of education as adapted to man's condition after the fall, Christ stands as the representative of the Father, the connecting link between God and man; He is the great teacher of mankind. And He ordained that men and women should be His representatives. The family was the school, and the parents were the teachers. {AH 181.2}

Edenic Family

Genesis 4:1

Cain; meaning possession.

A man; man-child, a son.

From the Lord; that is, by intercession with him, and with his aid. Some suppose she thought this son to be the promised Seed, who should bruise the serpent's head. God`s purpose for children are to finish the work of sin - ` I have glorified thee on the earth: I have finished the work which thou gavest me to do.' John 17:4 What was the work of the son of God - ` And she shall bring forth a son, and thou shalt call his name JESUS: for he shall save his people from their sins. `Matt 1:21. God has a purpose with Cai to be a light to the

world `... and an ambassador is sent among the heathen....' Obadiah 1:1 but he failed to identify his high calling, `The Cain worshipers despised everything like the sacrificial offerings that represented the Lamb of God that was to take away the sins of the world.

What of Abel-means vanity through true education identify his high calling `... but followed the injunction of God. He mingled with his offering the blood of the victim representing the efficacious offering, the real person of Christ, as a Lamb without blemish...' Ms53 1890

The Lord preferred the offering of Abel because it was correct. His offering was of value because it prefigured the redemption plan of God in the costly offering of His only begotten Son as the hope and salvation of the fallen race. {Lt16-1897}

After the Flood, Noah`s Son was to Finish the work

Genesis 9:20, 23, 26, 27

These [are] the three sons of Noah: and of them was the **whole earth overspread**. And Noah began [to be] **an husbandman**, and he planted a vineyard: And Ham, the father of Canaan, **saw the nakedness of his father, and told his two brethren without**. And Shem and Japheth took **a garment, and laid [it] upon both their shoulders, and went backward, and covered the nakedness of their father**; and their faces [were] backward, and they saw not their **father's nakedness**.... And he said, Cursed [be] Canaan; a servant of servants shall he be unto his brethren. And he said, Blessed [be] the LORD God of Shem; and Canaan shall be his servant. God shall enlarge Japheth, and he shall dwell in the tents of Shem; and Canaan shall be his servant.

Noah, speaking by divine inspiration, foretold the history of the three great races to spring from these fathers of mankind. Tracing the descendants of Ham, through the son rather than the father, he declared, "Cursed be Canaan; a servant of servants shall he be unto his brethren." The unnatural crime of Ham declared that filial reverence had long before been cast from his soul, and it revealed the impiety and vileness of his character. These evil characteristics were perpetuated in Canaan and his posterity, whose continued guilt called upon them the judgments of God. {PP 117.2}

On the other hand, the reverence manifested by Shem and Japheth for their father, and thus for the divine statutes, promised a brighter future for their descendants. **Concerning these sons it was declared: "Blessed be Jehovah, God of Shem; and Canaan shall be his servant. God shall enlarge Japheth, and he shall dwell in the tents of Shem; and Canaan shall be his servant." The line of Shem was to be that of the chosen people, of God's covenant, of the promised Redeemer. Jehovah was the God of Shem. From him**

would descend Abraham, and the people of Israel, through whom Christ was to come. "Happy is that people, whose God is the Lord." Psalm 144:15. And Japheth "shall dwell in the tents of Shem." In the blessings of the gospel the descendants of Japheth were especially to share. {PP 117.3}

The posterity of Canaan descended to the most degrading forms of heathenism. Though the prophetic curse had doomed them to slavery, the doom was withheld for centuries. God bore with their impiety and corruption until they passed the limits of divine forbearance. Then they were dispossessed, and became bondmen to the descendants of Shem and Japheth. {PP 118.1}

The prophecy of Noah was no arbitrary denunciation of wrath or declaration of favor. It did not fix the character and destiny of his sons. But it showed what would be the result of the course of life they had severally chosen and the character they had developed. It was an expression of God's purpose toward them and their posterity in view of their own character and conduct. **As a rule, children inherit the dispositions and tendencies of their parents, and imitate their example; so that the sins of the parents are practiced by the children from generation to generation. Thus the vileness and irreverence of Ham were reproduced in his posterity, bringing a curse upon them for many generations. "One sinner destroyeth much good." Ecclesiastes 9:18.** {PP 118.2}

On the other hand, how richly rewarded was Shem's respect for his father; and what an illustrious line of holy men appears in his posterity! "The Lord knoweth the days of the upright," "and his seed is blessed." Psalm 37:18, 26. "Know therefore that the Lord thy God He is God, the faithful God, which keepeth covenant and mercy with them that love Him and keep His commandments to a thousand generations." Deuteronomy 7:9. {PP 118.3}

Abraham

He comes from the lineage of Shem who was blessed and a chosen people of God's covenant of the promised redeemer. The children of Shem; Elam, and Asshur, and Arphaxad, and Lud, and Aram... These [are] the generations of Shem: Shem [was] an hundred years old, and begat Arphaxad two years after the flood: ... And Terah lived seventy years, and begat Abram, Nahor, and Haran. Now these [are] the generations of Terah: Terah begat Abram, Nahor, and Haran; and Haran begat Lot. 'Gen 10:22,11:10,24-26.

Everywhere Abraham went, he built an **altar to the Lord**. As you read this, remember that the promise that all nations should be blessed in Abraham, specified families. "In thee shall all families of the earth be blessed." **The religion of Abraham was a family religion. The "family altar" was never neglected in his household.** This is not an empty figure of speech, but comes from the practice of the fathers to whom the promise was made, and of which we are partakers if we are of their faith and practice God said of Abraham, "I

know him, that he will command his children and his household after him, and they shall keep the way of the Lord, to do justice and judgment; that the Lord may bring upon Abraham that which He hath spoken of him." Gen 12:3,18:19

Note the words, "He will command his children and his household after him, and they shall keep the way of the Lord, to do justice and judgment." He would not simply command them to do it, and there let the matter rest; but He would command them, and the result would be that they would keep the way of the Lord. His teaching would be effective. We may be sure that the commands of Abraham to his children and his household were not harsh and arbitrary.

We shall understand them better if we consider the nature of the commandments of God. They "are not grievous." "His commandment is life everlasting." They are living, in that they carry with them the fulfillment of that which they require. He who thinks to follow the example of Abraham in commanding his family, by harsh, arbitrary rules, and by acting the part of a stern judge, or a tyrant, making threats of what he will do if his commands are not obeyed, and enforcing his commands, not in the spirit of love, because they are right, but because he is stronger than his children, and has them in his power, has much need to learn of the God of Abraham. "And, ye fathers, provoke not your children to wrath; but bring them up in the nature and admonition of the Lord." A command that does not involve instruction, help, and training, is but a dead letter. At the same time we may be sure that the commands of Abraham were not like Eli's, weak and querulous reproofs to his wicked and worthless sons: "Why do ye such things? For I hear of your evil dealings by all this people. Nay, my sons; for it is no good report that I hear." Judgment came upon Eli and his house, "because his sons made themselves vile, and he restrained them not." Abraham transmitted a blessing to all eternity, because the commands which he gave to his children had restraining power. John v. 3. John xii. 50, Ephesians 6:4, 1 Sam ii. 23 21.

I know Abraham that he will command his children, and his household after him-This is a bright part of Abraham's character. He not only prayed with his family, but he taught them, as a man of knowledge; nay, he commanded them as a man in authority, and was prophet and king, as well as priest, in his own house. And he not only took care of his children, but of his household: his servants were catechized servants. Masters of families should instruct, and inspect the manners of all under their roof. And this is given as the reason why God would make known to him his purpose concerning Sodom; because he was communicative of his knowledge, and improved it for the benefit of those that were under his charge.

God's Teaching Agents in the Home School.--Parents should in a special sense regard themselves as agents of God to instruct their children, as did Abraham, to keep the way of the Lord. They need to search the Scriptures

diligently, to know what is the way of the Lord, that they may teach it to their household. Micah says, "What doth the Lord require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?" [Micah 6:8.] In order to be teachers, parents must be learners, gathering light constantly from the oracles of God and by precept and example bringing this precious light into the education of their children. {AH 184.2}

From the light that God has given me, I know that the husband and the wife are to be in the home minister, physician, nurse, and teacher, binding their children to themselves and to God, training them to avoid every habit that will in any way militate against God's work in the body, and teaching them to care for every part of the living organism. {AH 184.3}

The mother must ever stand pre-eminent in this work of training the children; while grave and important duties rest upon the father, the mother, by almost constant association with her children, especially during their tender years, must always be their special instructor and companion. She should take great care to cultivate neatness and order in her children, to direct them in forming correct habits and tastes; she should train them to be industrious, self-reliant, and helpful to others; to live and act and labor as though always in the sight of God. {AH 184.4}

The elder sisters can exert a strong influence upon the younger members of the family. The younger, witnessing the example of the older, will be led more by the principle of imitation than by oft-repeated precepts. The eldest daughter should ever feel it a Christian duty devolving upon her to aid the mother in bearing her many toilsome burdens. {AH 185.1}

Parents should be much at home. By precept and example they should teach their children the love and the fear of God; teach them to be intelligent, social, affectionate; to cultivate habits of industry, economy, and self-denial. By giving their children love, sympathy, and encouragement at home, parents may provide for them a safe and welcome retreat from many of the world's temptations. {AH 185.2}

How? ... **By the use of figures and symbols the lessons given were illustrated, and thus more firmly fixed in the memory. Through this animated imagery the child was, almost from infancy, initiated into the mysteries, the wisdom, and the hopes of his fathers, and guided in a way of thinking and feeling and anticipating, that reached beyond things seen and transitory, to the unseen and eternal'.** {CG 19.1}

Abraham's household comprised more than a thousand souls. Those who were led by his teachings to worship the one God, found a home in his encampment; and here, as in a school, they received such instruction as would prepare them to be representatives of the true faith. Thus a great responsibility rested upon

him. He was training heads of families, and his methods of government would be carried out in the households over which they should preside. {PP 141.1}

Abraham's affection for his children and his household led him to guard their religious faith, to impart to them a knowledge of the divine statutes, as the most precious legacy he could transmit to them, and through them to the world. All were taught that they were under the rule of the God of heaven. There was to be no oppression on the part of parents and no disobedience on the part of children. God's law had appointed to each his duties, and only in obedience to it could any secure happiness or prosperity. {PP 142.1}

His own example, **the silent influence of his daily life, was a constant lesson.** The unswerving integrity, the benevolence and unselfish courtesy, which had won the admiration of kings, were displayed in the home. There was a fragrance about the life, a nobility and loveliness of character, which revealed to all that he was connected with Heaven. He did not neglect the soul of the humblest servant. In his household there was not one law for the master and another for the servant; a royal way for the rich and another for the poor. All were treated with justice and compassion, as inheritors with him of the grace of life. {PP 142.2}

"He will command his . . . household." **There would be no sinful neglect to restrain the evil propensities of his children, no weak, unwise, indulgent favoritism; no yielding of his conviction of duty to the claims of mistaken affection.** Abraham would not only give right instruction, but he would maintain the authority of just and righteous laws. {PP 142.3}

How few there are in our day who follow this example! On the part of too many parents there is a blind and selfish sentimentalism, miscalled love, which is manifested in leaving children, with their unformed judgment and undisciplined passions, to the control of their own will. This is the veriest cruelty to the youth and a great wrong to the world. Parental indulgence causes disorder in families and in society. It confirms in the young the desire to follow inclination, instead of submitting to the divine requirements. Thus they grow up with a heart averse to doing God's will, and they transmit their irreligious, insubordinate spirit to their children and children's children. Like Abraham, parents should command their households after them. Let obedience to parental authority be taught and enforced as the first step in obedience to the authority of God. {PP 142.4}

The light esteem in which the law of God is held, even by religious leaders, has been productive of great evil. The teaching which has become so widespread, that the divine statutes are no longer binding upon men, is the same as idolatry in its effect upon the morals of the people. Those who seek to lessen the claims of God's holy law are striking directly at the foundation of the government of families and nations. Religious parents, failing to walk in His

statutes, do not command their household to keep the way of the Lord. The law of God is not made the rule of life. The children, as they make homes of their own, feel under no obligation to teach their children what they themselves have never been taught. And this is why there are so many godless families; this is why depravity is so deep and widespread. {PP 143.1}

Not until parents themselves walk in the law of the Lord with perfect hearts will they be prepared to command their children after them. A reformation in this respect is needed--a reformation which shall be deep and broad. Parents need to reform; ministers need to reform; they need God in their households. If they would see a different state of things, they must bring His word into their families and must make it their counselor. They must teach their children that it is the voice of God addressed to them, and is to be implicitly obeyed. They should patiently instruct their children, kindly and untiringly teach them how to live in order to please God. The children of such a household are prepared to meet the sophistries of infidelity. They have accepted the Bible as the basis of their faith, and they have a foundation that cannot be swept away by the incoming tide of skepticism. {PP 143.2}

Children Of Israel

The Lord Himself directed the education of Israel. His care was not restricted to their religious interests; whatever affected their mental or physical well-being was also the subject of divine providence, and came within the sphere of divine law... God had commanded the Hebrews to teach their children His requirements and to make them acquainted with all His dealings with their fathers.... The mighty works of God in the deliverance of His people and the promises of the Redeemer to come were to be often recounted in the homes of Israel; and the use of figures and symbols caused the lessons given to be more firmly fixed in the memory. The great truths of God's providence and of the future life were impressed on the young mind. It was trained to see God alike in the scenes of nature and the words of revelation. The stars of heaven, the trees and flowers of the field, the lofty mountains, the rippling brooks--all spoke of the Creator. The solemn service of sacrifice and worship at the sanctuary and the utterances of the prophets were a revelation of God. {PP 592}

LESSONS

Midwifery

And the king of Egypt spake to **the Hebrew midwives**, of which the name of the one [was] **Shiphrah, and the name of the other Puah**: And he said, When ye do the **office of a midwife to the Hebrew women**, and see [them] upon the stools; if it [be] a son, then ye shall kill him: but if it [be] a daughter, then she shall live. **But the midwives feared God**, and did not as the king of Egypt commanded them, but saved the men children alive. And the king of Egypt

called for **the midwives**, and said unto them, Why have ye done this thing, and have saved the men children alive? And the **midwives** said unto Pharaoh, Because the **Hebrew women [are] not as the Egyptian women; for they [are] lively, and are delivered ere the midwives come in unto them. Therefore God dealt well with the midwives: and the people multiplied, and waxed very mighty. And it came to pass, because the midwives feared God, that he made them houses. Ex 1:15-21**

Our institutions should be especially thorough in giving to women a training that will fit them to act as midwives. There should be in our sanitariums lady physicians who understand well their profession, and who can attend women at the time of childbirth. Light has been given me that women instead of men should take the responsibility in such cases. I was directed to the Bible plan, in which at such times women acted the part of the physician. This plan should be carried out by us; for it is the Lord's plan. {MM 61.2}

FROM THE AMERICAN COLLEGE OF NURSE-MIDWIVES

Although most women do not go into labor during emergencies and most of those who do can get to a hospital or birth center, recent events have raised concerns about what to do if travel is not possible. Being prepared can help. The information here includes a list of supplies (Table 1) and directions for managing a normal labor and delivery while taking shelter in place. This is not a “do-it-yourself” guide for a planned home birth, nor is it all the information you need for every emergency.

Table 1. Supplies for Giving Birth “In Place” The following list is not a “do-it-yourself” list of supplies for a planned home birth, nor is it all the information you need for every emergency. The following supplies can be found at most drugstores, cost about \$70, and should be kept in a waterproof bag away from children and pets. Keep them in a tote bag in case you leave home.

1. Baby size bulb syringe (made of soft plastic, often called an ear syringe; should not be a nasal syringe as the plastic tip does not fit into a baby-sized nose).
2. A bag of large-sized under pads with plastic backing to protect sheets from messy fluids
3. Small bottle of isopropyl alcohol
4. Package of large cotton balls
5. Box of disposable plastic or latex gloves
6. White shoe laces (to tie umbilical cord)
7. Sharp scissors (to cut umbilical cord)
8. Twelve large sanitary pads
9. Chemical cold pack (the kind you squeeze to get it cold)
10. Hot water bottle (to help keep baby warm)
11. Six disposable diapers

12. Pain pills such as Tylenol or Advil
13. Small bar of antibacterial soap or liquid antibacterial hand sanitizer

Additional items you will use:

1. Shower curtain
2. Four cotton baby blankets
3. Newborn cap
4. Medium-sized mixing bowl
5. Four towels
6. Wash cloth
7. Blankets to keep mom warm
8. Pillows
9. Five large trash bags for dirty laundry
10. Two medium-sized trash bags for the placenta
11. Instructions for CPR for adults and babies
12. Emergency contact information

If you think you are going to have to give birth at home, put the scissors and shoe laces in a pan of boiling water for 20 minutes. When done, pour off the water but do not touch the items until needed. If there is no way to boil water, wash the scissors and laces with soap and water and soak them in alcohol during the labor.

It is not meant to replace the knowledge and skills of a doctor or midwife. The information is a basic guide for parents-to-be who want to be ready in case they have to give birth before they can get to a hospital or birth center.

CALL FOR HELP

If you think you are in labor, try to get to a hospital, birth center, or clinic. If you are alone or travel seems unwise, call the emergency number in your community and ask for help. After you have called for help, keep your front door unlocked so that rescue workers can get in if you are unable to come to the door. Call a neighbor to come and help the family. If the phones are working, keep talking to emergency services or your health care provider who can “talk you through” a labor and birth. If your labor is going fast and birth seems near, stay at home and have your baby in a safe place rather than in the back seat of the car. Fast labors are usually very normal, and the mothers and babies can both do well. Slow labors will give you time to get to a hospital or birth center, or a health care provider to get to you. Get out your supply kit and put the supplies where you can easily reach them.

As the helper, your job is to Keep mom comfortable. It is good for her to walk, take a shower, get a massage, and move even if she is in bed. Be sure she drinks lots of fluids. Water, tea, and juice are the best. Be sure she goes to the

bathroom every hour. Say and do things that create a calm feeling, even if you are very nervous.

Wear gloves if you are going to be touching blood. Wash your hands or gloves often. Do not let pets into the labor and birth room. Talk to mom about the sounds of childbirth. Making groaning or crying noise during labor is ok and can help the mom-to-be. It can scare the helpers. So mom has to try to not scream and lose control, and the helpers have to let mom make the noise that helps her cope. Decide how to help other members of the family. Will they be present for the birth? What do they need to feel safe?

PREPARE THE BED

To keep the mattress from getting wet, cover it and the sheets with a shower curtain and then cover the shower curtain with another clean sheet, plastic-backed under pads and lots of pillows for comfort. The mother may want to spend a lot of time in bed, or she may prefer to be on her feet or in a chair. Whatever feels best is okay.

WHEN THE BABY'S HEAD IS COMING FIRST

If you know your baby has been head down during the last weeks of pregnancy, chances are good that the baby will be head first at birth. This is the most common position for a baby. First labors can last for 12 hours or more, whereas the next babies can come much faster.

The Urge to Push

The longest part of labor is the time it takes for the cervix to open wide enough for the baby to pass into the birth canal or vagina (first stage). You can tell the cervix has opened all the way (fully dilated) when the mother has a very strong need to push (second stage). She cannot hold back that urge and may make sounds like she is going to the bathroom. Once she starts pushing, the baby can be born in a few minutes or a couple of hours. As birth gets closer, the area around the vagina begins to bulge out until the top of the baby's head can be seen at the vaginal opening. The mother should be encouraged to push the baby's head out gently in any position that is comfortable for her. She does not have to lie on her back in bed, but you will feel safer if she is lying down or squatting so the baby can slip gently onto a soft surface. Put on your gloves and get in a place where you can see the baby come out. Remind mom to push gently even when she wants to push hard. As the baby comes out, mom will feel a lot of burning around the vagina and this is when she may make a lot of noise. After the head is born, look and feel with your fingers to find out if the cord is around the baby's neck. If you find a cord around the neck, this is not

an emergency! Gently lift the cord over the baby's head, or loosen it so there is room for the body to slip through the loop of cord.

The baby's head will turn to one side and with the next contraction the mother should push to deliver the body. If the body does not come out, push on the side of the baby's head to move the head toward the mother's back. The shoulder will be born. The rest of the body slips out easily followed by a lot of blood-colored water.

If the Head Is Born but the Body Does Not Come Out After Three Pushes The mom must lie down on her back, put two pillows under her bottom, bring her knees up to her chest, grab her knees, and push hard with each contraction. After the baby is born, place her or him on the mother's chest and tummy, skin to skin, and cover both with towels. If the baby is not crying, rub her back firmly. If she still does not cry, lay her down so that she is looking up at the ceiling, tilt her head back to straighten her airway, and keep rubbing. Not every baby has to cry, but this is the best way to be sure the baby is getting the air she needs.

If the Baby Is Gagging on Fluids in Her Mouth and Turning Blue Use the baby blanket to wipe the fluids out of her mouth and nose. If this does not help, use the bulb syringe to help clear things out. Just squeeze the bulb, place the tip in the nose or mouth, and release the squeeze. This will suck fluid into the bulb. Move the bulb away from the baby and squeeze again to empty the bulb. Repeat until the fluid is removed. If the baby is still not breathing, follow the CPR directions.

THE UMBILICAL CORD

There is no rush to cut the cord. All you have to do is keep the baby close to the mom so the cord is not pulled tight. If you pick the cord up between your fingers, you can feel the baby's pulse. Within about 10 minutes the pulse will stop. At that time you can tie and cut the cord. Remember the cord is connected to the placenta (afterbirth) which is still inside the mother.

THE BABY

At the time of birth, most babies are blue or dusky. Some cry right away and others do not. Do not spank the baby, but rub up and down her back until you know she is taking deep breaths. Once the baby starts to cry, her color will be more like her mom, but her hands and feet will still be blue.

Now is the time to keep the baby warm. Remove the wet towel that is over the baby and put another dry towel and blanket over the mother and baby. Put a hat on the baby.

The mother can help keep the baby warm with her body heat. Put the baby to breast. Even if you did not plan to breastfeed, one of the safest things you can do for mom and baby is put the baby to breast. A breastfeeding baby helps keep the mother from bleeding too much and gets the food it needs right away. If the cord is too short to allow the baby to reach the breast, it is ok to wait until you cut the cord.

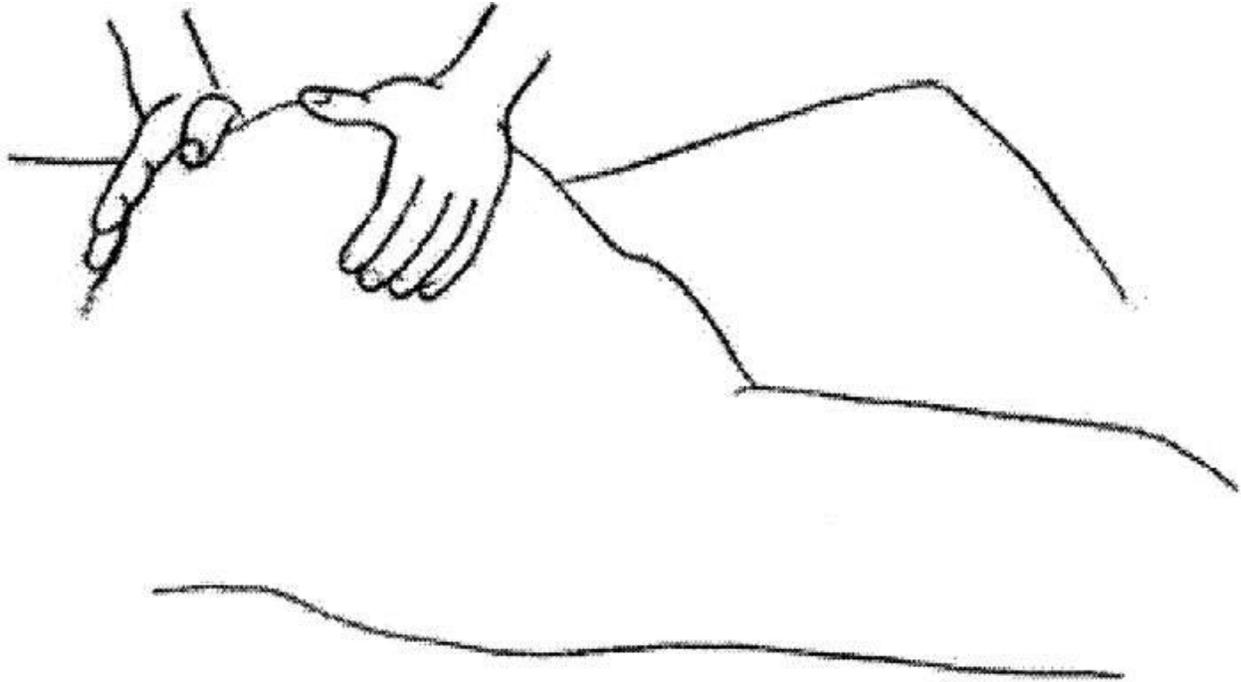
CUTTING THE CORD

There are no nerve endings in the cord so it does not hurt either the baby or the mother when it is cut. It is very slippery so take your time because there is no rush. Wash your hands, put on gloves and then get the container with the scissors and shoelace. Tie one of the laces around the cord very tightly with a double knot about 3 inches from the baby's tummy. The baby will cry when she is uncovered because she is cold, not because it hurts. Tie the other shoelace around the cord about 2 inches from the first knot. Pick up the scissors by the handle without touching the blades. Cut between the knots you have tied. It is rubbery and tough to cut especially if you have dull scissors. After it is cut, place the end of the cord that is still connected to the mother's placenta into the mixing bowl. Cover the baby again to keep her warm.

THE PLACENTA OR AFTERBIRTH (THIRD STAGE)

The placenta looks like a big piece of raw meat with a shiny film on one side. On the other side it has membranes that are attached to the placenta (the membranes look like skin that has been peeled off). When the placenta is ready to come, you will see a gush of blood from the vagina and the cord will get a little longer. Put the bowl close to the mother's vagina and put more waterproof pads under her bottom. Ask the mother to sit up and push out the placenta into the bowl.

There will be a lot of blood and water coming after the placenta. Firmly rub the mother's stomach below her belly button until most of the bleeding stops. This will hurt but needs to be done. The heaviest bleeding should stop in a minute and then the bleeding will be more like a heavy period. If the bleeding increases again, very firmly rub the mother's lower belly until the bleeding slows. When it is firm, you will be able to feel the uterus (womb), which is the size of a large grapefruit, in the lower belly. A firm uterus is a good thing because it will stop the mom from bleeding too much (see Figure below).



After the placenta is delivered rub the uterus to control bleeding.

Mom's bottom and her uterus may be sore. You may see places where the mother's skin has torn around her vagina. Most of these tears will heal without any problems. Mom will feel better when you put an ice pack on her bottom where the baby came out and then put the sanitary pad on top of the ice pack. She may want to take a couple of pain pills at this time.

Put the placenta in a medium-sized trash bag and wipe off any blood on the outside of the bag. Put this bag into a second trash bag. Take the placenta with you to the hospital or birth center. If you cannot leave the house for more than 4 hours, put the bagged placenta in a container with a lid and put it in the freezer.

CLEAN UP

After the mother has delivered the placenta and the bleeding has slowed down, give her a drink of juice, soup, or milk and something to eat like crackers and cheese or a peanut butter and jelly sandwich. Put on gloves to clean up the bed. Roll up the sheet and pads inside the shower curtain and put in a large plastic bag. Have clean under pads ready to cover the sheets and a sanitary pad for the mother. The dirty sheets and towels can be washed in cold water with bleach or ammonia added. Wear gloves when touching items that are bloody. Put a diaper on the baby or you will be sorry!

BREASTFEEDING

It is important for the mother to breastfeed the baby in the first hour after birth and at least every 2 hours until her milk comes in.

- Breastfeeding will keep the uterus firm and decrease bleeding.
- Colostrum, the liquid that is in the breasts right after birth until the milk comes in, will give the baby all of the food she needs and it will help prevent infection.
- Even if the emergency situation continues for days, weeks, or months, there will always be a ready supply of safe and perfect food for the baby.

Getting Started With Breastfeeding

A newborn will nurse best in the first hour after birth when she is awake and alert. The mother may be more comfortable if she lies on her side with pillows under her head. The mother and baby should be face-to-face and belly-to-belly. The baby will also nurse better if they are skin-to-skin (see Figure 2).

The mother should place her nipple and breast against the baby's lips. The baby will lick and try to nurse. The mother needs to help out by placing her nipple into the baby's open mouth. It may take a few tries before the baby can start sucking. If the baby is sleepy, rub her belly and back firmly to wake her up. If the baby is too sleepy, try uncovering her for a short time and rubbing the mother's nipple against the baby's lips. If the mother gets tired, take short breaks and start again. Once the baby nurses for the first time it gets easier.

If the baby sucks a few times and then lets go and the mom has large breasts, mom may need to help the baby breathe by using her finger to hold some breast tissue away from the baby's nose.

What to Avoid

- Don't use a pacifier or a bottle to start the baby sucking. It confuses some babies because they do not suck the same on the mother's breast and a bottle or pacifier.
- Do not separate the mother and baby for very long. The more they stay together, including when they sleep, the sooner breastfeeding will be well established.

CARE OF THE MOTHER

If you still cannot get to the hospital or birth center to be checked, the mother should go to the bathroom within an hour after the baby is born. If the room is cold, you can use the hot water bottle to help keep the baby warm. Just wrap the warm bottle in a blanket and place it next to the baby's back.



Breastfeeding: face-to-face and belly-to-belly.

After birth in a hospital, women are usually offered Tylenol or Advil for pain every 3 to 4 hours as needed. This would be a good choice at home if the mother does not have an allergy to this medication.

When a new mother gets out of bed for the first time, she may feel dizzy. It is important to have her leave the baby on the center of the bed and get up slowly:

- Sit up on the side of the bed to see how she feels.
- Have an adult take her to the bathroom and wait to be sure that she is not feeling faint.
- If she says she is going to faint, believe her and have her lie down on the floor. Do not attempt to walk her back to bed. You have about 10 seconds to get her down on the floor before she passes out and bangs her head on the way down! Once she is down flat, she will wake up and feel better. Just wait a few minutes and then carefully help her back to bed.

In a couple of hours the mom may want to take a shower. Be sure she has had something to eat and is not dizzy when she gets up. It is good to have someone close by because dizziness can return quickly.

WHAT TO DO FOR THE MOTHER AND BABY IN THE FIRST 2 to 3 DAYS

If you still are unable to get professional health care for several days, you can take care of yourself and your baby during this time by remembering the basic needs: eat, drink fluids, rest, and feed and care for the baby.

Keep someone with you as a helper so you can rest most of the time. The helper should see that you always have plenty of fluids at your bedside and something to eat each time you breastfeed the baby.

Keep ice on the vagina where the baby came out for the first 24 hours. To keep the area extra clean, pour warm water over the vagina every time you go to the bathroom.

Check the uterus for firmness every few hours until the gushes of blood and/or clots stop and the baby is breastfeeding every 2 to 3 hours. Change the baby's diaper every few hours. The baby's first bowel movements will be black and sticky (meconium), so be sure that the diaper is snug! The baby needs to wet at least once every 24 hours until the mother's milk comes in. After the milk is in, the baby will wet six to eight diapers a day. If the baby is not wetting, nurse the baby more often.

Each time you change the diaper, clean off the umbilical cord with cotton balls soaked with alcohol. The diaper should be placed below the umbilical cord to

help keep it clean and dry (it turns dark as it dries). If the cord has a bad smell, a sign of infection, clean it with alcohol until the smell is gone.

WHAT IF THE BABY IS COMING BOTTOM FIRST?

A few babies are born bottom first. You will probably not know this is the case until mom pushes and you see a bottom or feet and not a head coming out. At that time you must bring the mom's bottom to the edge of the bed and have her legs pulled up to her chest. Prepare a soft landing spot for the baby on the floor. Let the baby's body (arms too) come out without touching the baby. You will be looking at the baby's back. Yes, you have to let her little bottom hang down toward the floor even if you are afraid she will fall. If you have to touch something, grab another pillow for the landing zone.

When the head slips out, grab the baby under the arms and bring her up to the mom. If the baby's arms are out but the head does not come with the next contraction, you should have the mother get out of bed, squat, and push.

KEY POINTS

All parents-to-be should go to

- Childbirth education classes
- Infant/child CPR (cardiopulmonary resuscitation) classes
- Breastfeeding classes
- In good repair
- Filled with gas

If you have to labor at home during a terrorist attack or other emergency

- Call your midwife or physician
- Call for an ambulance
- Call a neighbor to help you
- Unlock the front door
- Keep these instructions and the birth supplies handy!

Women in labor need lots of encouragement and need helpers who are calm, positive, and caring. No matter what is happening in the rest of the world, it is important to keep the room peaceful and to focus on the mother's needs. She needs support and reassurance to do the hard work of labor. Be there for her and her baby.

DISCLAIMER

The information provided in this document is not a do-it-yourself guide for a planned home birth, nor is it all the information you need for every emergency. Following these directions will not replace the knowledge and skills of a doctor or midwife and cannot ensure a safe outcome. The information is a basic guide for parents-to-be who want to be ready in case they have to give birth before they can get to a hospital or birth center. In all cases, it is critical that you

attempt to make contact with a trained health care professional. Adapted with permission from the American College of Nurse-Midwives.

Back Pain During Pregnancy

Most women have back pain sometime during pregnancy. Back pain usually starts during the second half of pregnancy. Most of the time this back pain comes and goes, appearing for a few days or maybe a week, and then going away. Back pain that starts for the first time in pregnancy is usually mild. For a few women, it can be very painful. Sometimes, back pain can be a sign of labor or a serious complication like a kidney stone or infection.

Why do pregnant women have back pain?

Pregnancy hormones loosen all of your joints. Your growing abdomen (belly) changes your posture. These changes increase the normal curves that are in your spine, which can cause back pain as the muscles are stretched. Later in pregnancy these looser joints may cause your pelvis to move slightly when you change position. This can cause general pain in your lower back and sometimes shooting pain in your buttocks or upper legs.

What makes back pain worse?

Rolling over, changing positions, or getting out of bed; lying flat with your legs straight; and getting in or out of a car can cause back pain to appear. Sitting or standing for a long period of time can make back pain worse.

How can I avoid back pain?

- Avoid standing or sitting for long periods of time. If you stand or sit for work, change positions often. If you sit for work, put your feet up on a stool or box to tilt your hips forward and flatten the curve in your lower back.
- Avoid bending to the side or twisting.
- Keep your back straight and use your leg muscles instead of your back muscles to help lift something heavy.
- Try not to gain too much weight.

How can I make my back pain better?

- Do not put your body in positions that make your pain worse.
- Put moist heat or cold packs over the area that hurts. Sitting in a warm bath may help but be careful getting in and out of the tub.
- Have your back massaged.

- Wear an abdominal binder to lift your abdomen slightly, which will take some pressure off your lower back.
- Wear supportive shoes especially if you are standing or on your feet for long periods of time.
- Sleep on your side. You may want a pillow in your arms, between your knees, and/or behind your back.
- Do gentle exercise and stretch your lower back along with walking about 20 minutes most days. Exercise helps strengthen the back muscles and keeps the joints in good positions. The next page of this handout has some exercises to help back pain.
- If you stand or sit all day for your work, your health care provider can help you work with your employer so you can keep working but also use positions that help decrease the pain you are having.

My back pain is severe. Are there other therapies that can help?

If you have severe back pain that won't go away, talk with your health care provider to learn what treatments might be best for you. Physical therapy, acupuncture, chiropractic manipulation, or medications may be helpful

What is sciatica?

Sciatica is pain caused by pressure on the sciatic nerve. This large nerve comes out of your spine low in your back and goes through your buttocks and down your legs. The main symptom of sciatica is pain that travels in a line down the buttock and back of your leg. This pain may go past your knee toward your foot. You may also feel tingling and numbness or have trouble moving or standing on your leg. Sciatica usually goes away in 1 to 2 weeks. The pelvic tilt exercises on the next page can help reposition your baby to take pressure off of the nerve. If you have severe sciatica, your health care provider may suggest chiropractic manipulation and/or physical therapy.

Exercise during Pregnancy

Pelvic tilt start position: note arch in lower back



Pelvic tilt end position: note absence of arch in lower back.



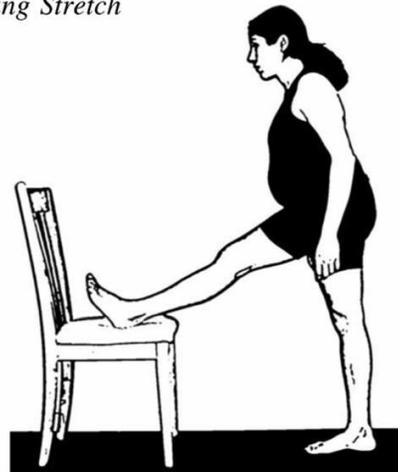
Kneel on your hands and knees, you'll notice an arch in your lower back. Tilt your pelvis backwards, so you flatten your back, keeping your buttocks relaxed.

Back stretch



Kneel on your hands and knees, with your legs spread apart, and a small pillow under your belly. Sit back and reach your arms forward to feel a stretch along your spine.

Hamstring Stretch



Face a chair and place one foot on it. Keep your back straight as you gently lean forward to stretch the back of the thigh.

Treating Cramping in Early Pregnancy

If you are experiencing cramping during the early stages of pregnancy, try drinking water while the cramping is occurring. Standing up and walking around is also said to help reduce cramping.

Exercising throughout your pregnancy can reduce the incidence of cramps. Pelvic tilts and kegel exercises can strengthen your pelvic and abdominal muscles, and they can also reduce pain during labor and delivery by making the uterus and surrounding muscles and ligaments strong enough to handle the pressure caused by the baby.

Try taking a warm shower or bath, using a heat compress on your lower back, or asking your partner for a massage.

The Risks of Cesarean Section

Cesarean section is the most common major surgical procedure performed in the United States. The Coalition for Improving Maternity Services (CIMS) is concerned about the dramatic increase and ongoing overuse of cesarean section. The surgical procedure poses short- and long-term health risks to mothers and infants, and a scarred uterus poses risks to all future pregnancies and deliveries. For these reasons, CIMS recommends that cesarean surgery be reserved for situations when potential benefits clearly outweigh potential harms. The cesarean rate can safely be less than 15 percent⁸⁴ and 11 percent or less in low-risk women giving birth for the first time,²⁸ yet, in 2007 the U.S. cesarean rate was 32 percent.³⁰ When cesarean surgery rates rise above 15 percent health outcomes for mothers and babies worsen,⁵ and increasing numbers of scheduled cesareans are contributing to the rising number of late-preterm births.

Cesarean rates have been rising for all women in the United States regardless of medical condition, age, race, or gestational age,⁵² and while the number of first cesareans performed without medical indication is increasing, no evidence supports the beliefs that these elective cesareans represent maternal request cesareans or that the rise in elective first cesareans has contributed significantly to the overall increase in cesarean rates.⁵² Elective first cesarean at physician request may, however, play a significant role,³⁹ and the rise in elective repeat surgeries, which has climbed by more than 40 percent in the last ten years, certainly does.⁶⁴ Although 70 percent of women or more who plan a vaginal birth after cesarean (VBAC) can birth vaginally and avoid the complications of repeat cesarean surgeries,²⁸ almost all women today have a repeat operation because most doctors and many hospitals refuse to allow VBAC.^{20,35,54}

A cesarean can be a life-saving operation, and some babies would not be born vaginally under any circumstances; however, it is still major surgery. Women have a legal right to know the risks associated with their treatment and the right to accept or refuse it.¹⁴ CIMS encourages childbearing women to take advantage of their rights and to find out more about the risks of cesarean section so they can make informed decisions about how they want to give birth.

What are the potential harms of cesarean surgery compared with vaginal birth?

Health outcomes after a cesarean may be worse because medical problems may lead to surgery. This fact sheet, however, is based on research that determined excess harms arising from the surgery itself. In other words, women with a healthy pregnancy who have a cesarean rather than a vaginal birth are at increased risk for the following complications as are their babies:

Potential Harms to the Mother

Compared with vaginal birth, women who have a cesarean are more likely to experience:

- Accidental surgical cuts to internal organs.
- Major infection.
- Emergency hysterectomy (because of uncontrollable bleeding).
- Complications from anesthesia.
- Deep venous clots that can travel to the lungs (pulmonary embolism) and brain (stroke).
- Admission to intensive care.
- Readmission to the hospital for complications related to the surgery.
- Pain that may last six months or longer after the delivery. More women report problems with pain from the cesarean incision than report pain in the genital area after vaginal birth.
- Adhesions, thick internal scar tissue that may cause future chronic pain, in rare cases a twisted bowel, and can complicate future abdominal or pelvic surgeries.
- Endometriosis (cells from the uterine lining that grow outside of the womb) causing pain, bleeding, or both severe enough to require major surgery to remove the abnormal cells.
- Appendicitis, stroke, or gallstones in the ensuing year.^{18,46,47,50} Gall bladder problems and stroke may be because high-weight women and women with high blood pressure are more likely to have cesareans.
- Negative psychological consequences with unplanned cesarean. These include:
 - Poor birth experience, overall impaired mental health, and/or self-esteem.
 - Feelings of being overwhelmed, frightened, or helpless during the birth.

- A sense of loss, grief, personal failure , acute trauma symptoms, posttraumatic stress, and clinical depression
- **Death.**

Potential Harms to the Baby Compared with vaginal birth, babies born by cesarean section are more likely to experience:

- Accidental surgical cuts, sometimes severe enough to require suturing.
- Being born late-preterm (34 to 36 weeks of pregnancy) as a result of scheduled surgery.
- Complications from prematurity, including difficulties with respiration, digestion, liver function, jaundice, dehydration, infection, feeding, and regulating blood sugar levels and body temperature. Late-preterm babies also have more immature brains, and they are more likely to have learning and behavior problems at school age.
- Respiratory complications, sometimes severe enough to require admission to a special care nursery, even in infants born at early term (37 to 39 weeks of pregnancy).²⁸ Scheduling surgery after completed weeks minimizes, but does not eliminate, the risk.
- Readmission to the hospital.
- Childhood development of asthma, sensitivity to allergens,⁶¹ or Type 1 diabetes.¹¹
- Death in the first 28 days after birth.

Potential Harms to Maternal Attachment and Breastfeeding Failure to breastfeed has adverse health consequences for mothers and babies. Breastfeeding helps protect mothers against postpartum depression, Type 2 diabetes, high blood pressure, heart disease, ovarian and pre-menopausal breast cancer, and osteoporosis later in life.^{36,71} Breastfeeding helps protect babies against ear infections, stomach infections, severe respiratory infections, allergies, asthma, obesity, Type 1 and Type 2 diabetes, childhood leukemia, sudden infant death syndrome (SIDS), and necrotizing enterocolitis (a severe, life-threatening intestinal infection).

- Women who have unplanned cesareans are more likely to have difficulties forming an attachment to their babies.
- Women who have cesareans are less likely to have their infants with them skin-to-skin (cradled naked against their bare chest) after the delivery.²⁰ Babies who have skin-to-skin contact interact more with their mothers, stay warmer, and cry less. When skin-to-skin, babies are more likely to be breastfed early and well, and to be breastfed for longer. They may also be more likely to have a good early relationship with their mothers, but the evidence for this is not as strong.
- Women are less likely to breastfeed.

Potential Harms to Future Pregnancies With prior cesarean, women and their babies are more likely to experience serious complications during subsequent pregnancy and birth regardless of whether they plan repeat cesarean or vaginal birth. The likelihood of serious complications increases with each additional operation. Compared with prior vaginal birth, prior cesarean puts women at increased risk of:

- Uterine scar rupture. Planning repeat cesarean reduces the excess risk, but it is not completely protective.
- Infertility, either voluntary (doesn't want more children) or involuntary (can't have more children)
- Cesarean scar ectopic pregnancy (implantation within the cesarean scar), a condition that is life-threatening to the mother and always fatal for the embryo.
- Placenta previa (placenta covers the cervix, the opening to the womb), placental abruption (placenta detaches partially or completely before the birth), and placenta accreta, (placenta grows into the uterine muscle and sometimes through the uterus, invading other organs), all of which increase the risk for severe hemorrhage and are potentially life-threatening complications for mother and baby.
- Emergency hysterectomy.
- Preterm birth and low birth weight.
- A baby with congenital malformation or central nervous system injury¹² due to a poorly functioning placenta.
- Stillbirth.

Cesarean Surgery and Pelvic Floor Dysfunction

Cesarean proponents claim that cesarean surgery will prevent pelvic floor dysfunction, but it offers little or no protection once healing is complete and no protection in later life. Moreover, risk-free measures such as engaging in exercises to strengthen the pelvic floor or losing weight can often improve or relieve stress urinary incontinence (loss of urine with pressure on the pelvic floor such as with exercise, laughing, sneezing, or coughing).

- Cesarean surgery does not protect against sexual problems, gas or stool incontinence, or urge urinary incontinence (loss of urine after sudden need to void).
- Cesarean surgery does not protect against severe stress urinary incontinence. As many as one more woman in six having vaginal birth may experience stress urinary incontinence of some degree, mostly minor, at six months or more after birth.
- Perhaps one more woman in twenty having vaginal birth will experience symptomatic pelvic floor prolapse (muscle weakness causes the internal organs to sag downwards). With three or more vaginal births, this number may be as high as one more woman in ten.⁶⁶ However, many other factors, including smoking, hysterectomy, hormone replacement therapy, constipation, irritable

bowel syndrome, and urinary tract infections are also associated with pelvic floor prolapse.

Cesarean Section, Care Providers and Place of Birth

To reduce the risk of cesarean surgery, CIMS encourages women to seek providers and hospitals with low cesarean rates (15% or less) and those that support VBAC. Women can access this data from their state health departments. They can also access hospital-specific cesarean rates and rates for other birth interventions for several states at www.thebirthsurvey.com and a listing of hospitals that do or do not support VBAC from the International Cesarean Network at <http://ican-online.org/vac-ban-info>.

Coalition for Improving Maternity Services (CIMS) Fact Sheet February 2010

MISCARRIAGE KEY POINTS

Miscarriage is when a baby dies in the womb before 20 weeks of pregnancy. Some women have a miscarriage before they know they're pregnant. We don't know all the causes of miscarriage, but problems with chromosomes in genes cause most. It can take a few weeks to a month or more for your body to recover from a miscarriage. It may take longer to recover emotionally. Talk to your health care provider about having medical tests before you try to get pregnant again. Most women who miscarry go on to have a healthy pregnancy later.

What are repeat miscarriages?

If you have repeat miscarriages (also called recurrent pregnancy loss), you have two or more miscarriages in a row. About 1 in 100 women (1 percent) have repeat miscarriages. Most women who have repeat miscarriages (50 to 75 in 100 or 75 percent) have an unknown cause. And most women with repeat miscarriages with an unknown cause (65 in 100 women or 65 percent) go on to have a successful pregnancy.

What causes miscarriage and repeat miscarriages?

We don't know what causes every miscarriage. But some miscarriages and repeat miscarriages can be caused by:

Problems with chromosomes

About half of all miscarriages are caused when an embryo (fertilized egg) gets the wrong number of chromosomes. This usually happens by chance and not from a problem passed from parent to child through genes. Chromosomes are the structures in cells that hold genes. Each person has 23 pairs of

chromosomes, or 46 in all. For each pair, you get one chromosome from your mother and one from your father. Examples of chromosome problems that can cause miscarriage include:

Blighted ovum. This is when an embryo implants in the uterus but doesn't develop into a baby. If you have a blighted ovum, you may have dark-brown bleeding from the vagina early in pregnancy. If you've had signs or symptoms of pregnancy, like sore breasts or nausea (feeling sick to your stomach), you may stop having them.

Intrauterine fetal demise. This is when an embryo stops developing and dies.

Molar pregnancy. This is when tissue in the uterus forms into a tumor at the beginning of pregnancy.

Translocation. This is when part of a chromosome moves to another chromosome. Translocation causes a small number of repeat miscarriages.

Problems with the uterus or cervix.

The cervix is the opening to the uterus that sits at the top of the vagina. Problems with the uterus and cervix that can cause miscarriage include:

Septate uterus. This is when a band of muscle or tissue (called a septum) divides the uterus in two sections. If you have a septate uterus, your provider may recommend surgery before you try to get pregnant to repair the uterus to help reduce your risk of miscarriage. Septate uterus is the most common kind of congenital uterine abnormality. This means it's a condition that you're born with that affects the size, shape or structure of the uterus. Septate uterus is a common cause of repeat miscarriages.

Asherman syndrome. If you have this condition, you have scars or scar tissue in the uterus that can damage the endometrium (the lining of the uterus). Before you get pregnant, your provider may use a procedure called hysteroscopy to find and remove scar tissue. Asherman syndrome may often cause repeat miscarriages that happen before you know you're pregnant.

Fibroids (growths) in the uterus or scars from surgery on the uterus. Fibroids and scars can limit space for your baby or interfere with your baby's blood supply. Before you try to get pregnant, you may need a surgery called myomectomy to remove them.

Cervical insufficiency (also called incompetent cervix). This is when your cervix opens (dilates) too early during pregnancy, usually without pain or contractions. Contractions are when the muscles of your uterus get tight and then relax to help push your baby out during labor and birth. Cervical insufficiency may lead to miscarriage, usually in the second trimester. To help

prevent this, your provider may recommend cerclage. This is a stitch your provider puts in your cervix to help keep it closed.

Infections

Infections, like sexually transmitted infections (also called STIs) and listeriosis, can cause miscarriage. An STI, like genital herpes and syphilis, is an infection you can get from having sex with someone who is infected. If you think you may have an STI, tell your health care provider right away. Early testing and treatment can help protect you and your baby. Listeriosis is a kind of food poisoning. If you think you have listeriosis, call your provider right away. Your provider may treat you with antibiotics to help keep you and your baby safe. Having certain infections may cause miscarriage, but they're not likely to cause repeat miscarriages.

Are you at risk for a miscarriage?

Some things may make you more likely than other woman to have a miscarriage. These are called risk factors. Risk factors for miscarriage include:

Having two or more previous miscarriages

- Being 35 or older. As you get older, your risk of having a miscarriage increases.
- Smoking, drinking alcohol or using harmful drugs. If you're pregnant or thinking about getting pregnant and need help to quit, tell your provider.
- Being exposed to harmful chemicals. You or your partner having contact with harmful chemicals, like solvents, may increase your risk of miscarriage. A solvent is a chemical that dissolves other substances, like paint thinner. Talk to your provider about what you can do to protect yourself and your baby.

Some health conditions may increase your risk for miscarriage. Treatment of these conditions before and during pregnancy can sometimes help prevent miscarriage and repeat miscarriages. If you have any of these health conditions, tell your health care provider before you get pregnant or as soon as you know you're pregnant:

- **Autoimmune disorders.** These are health conditions that happen when antibodies (cells in the body that fight off infections) attack healthy tissue by mistake. Autoimmune disorders that may increase your risk of miscarriage include antiphospholipid syndrome (also called APS) and lupus (also called systemic lupus erythematosus or SLE). If you have APS, your body makes antibodies that attack certain fats that line the blood vessels; this can sometimes cause blood clots. If you have APS and have had repeat miscarriages, your provider may give you low-dose

aspirin and a medicine called heparin during pregnancy and for a few weeks after you give birth to help prevent another miscarriage. Lupus can cause swelling, pain and sometimes organ damage. It can affect your joints, skin, kidneys, lungs and blood vessels. If you have lupus, your provider may treat you with low-dose aspirin and heparin during pregnancy.

- **Obesity.** This means you have too much body fat and your body mass index (also called BMI) is 30 or higher. BMI is a measure of body fat based on your height and weight. If you're obese, your chances of having a miscarriage may increase. To find out your BMI, go to cdc.gov/bmi.
- **Hormone problems, like polycystic ovary syndrome (also called PCOS) and luteal phase defect.** Hormones are chemicals made by the body. PCOS happens when you have hormone problems and cysts on the ovaries. A cyst is a closed pocket of that contains air, fluid or semi-solid substances. If you're trying to get pregnant, your provider may give you medicine to help you ovulate (release an egg from your ovary into the fallopian tubes). Luteal phase defect can cause repeat miscarriages. It's when you have low levels of progesterone over several menstrual cycles. Progesterone is a hormone that helps regulate your periods and gets your body ready for pregnancy. If you have luteal phase defect, your provider may recommend treatment with progesterone before and during pregnancy to help prevent repeat miscarriages.
- **Preexisting diabetes (also called type 1 or type 2 diabetes).** Diabetes is when you have too much sugar (also called glucose) in your blood. Preexisting diabetes means you have diabetes before you get pregnant.
- **Thyroid problems, including hypothyroidism and hyperthyroidism.** The thyroid is a butterfly-shaped gland in your neck. Hypothyroidism is when the thyroid gland doesn't make enough thyroid hormones. Hyperthyroidism is when the thyroid gland makes too many thyroid hormones.
- **Having certain prenatal tests, like amniocentesis and chorionic villus sampling.** These tests have a slight risk of miscarriage. Your provider may recommend them if your baby is at risk for certain genetic conditions, like Down syndrome.
- **Having an injury to your belly, like from falling down or getting hit,** isn't a high risk for miscarriage. Your body does a good job of protecting your baby in the early weeks of pregnancy.

- You may have heard that getting too much caffeine during pregnancy can increase your risk for miscarriage. Caffeine is a drug found in foods, drinks, chocolate and some medicine. It's a stimulant, which means it can help keep you awake. Some studies say caffeine may cause miscarriage, and some say it doesn't. Until we know more about how caffeine can affect pregnancy, it's best to stop the amount you get each day. This is what's in about one 12-ounce cup of coffee.

What are the signs and symptoms of miscarriage?

Signs of a condition are things someone else can see or know about you, like you have a rash or you're coughing. Symptoms are things you feel yourself that others can't see, like having a sore throat or feeling dizzy.

Signs and symptoms of miscarriage include:

- Bleeding from the vagina or spotting
- Cramps like you feel with your period
- Severe belly pain

If you have any of these signs or symptoms, call your provider. Your provider may want to do some tests to make sure everything's OK. These tests can include blood tests, a pelvic exam and an ultrasound. An ultrasound is a test that uses sound waves and a computer screen to show a picture of your baby inside the womb.

Many women have these signs and symptoms in early pregnancy and don't miscarry.

What treatment do you get after a miscarriage or repeat miscarriages?

If you've had a miscarriage, your provider may recommend:

- Dilation and curettage (also called D&C). This is a procedure to remove any remaining tissue from the uterus. Your provider dilates (widens) your cervix and removes the tissue with suction or with an instrument called a curette.
- God's way of Healing. Your provider may recommend natural ways that can help your body pass tissue that's still in the uterus.

Do you need any medical tests after a miscarriage or repeat miscarriages? If you miscarry in your first trimester, you probably don't need any medical tests. Because we don't often know what causes a miscarriage in the first trimester, tests may not be helpful in trying to find out a cause. If you have repeat miscarriages in the first trimester, or if you have a

miscarriage in the second trimester, your provider usually recommends tests to help find out the cause. Tests can include:

- **Chromosome tests.** You and your partner can have blood tests, like karyotyping, to check for chromosome problems. Karyotyping can count how many chromosomes there are and check to see if any chromosomes have changed. If tissue from the miscarriage is available, your provider can test it for chromosomal conditions.
- **Hormone tests.** You may have your blood tested to check for problems with hormones. Or you may have a procedure called endometrial biopsy that removes a small piece of the lining of the uterus to check for hormones.
- **Blood tests to check your immune system.** Your provider may test you for autoimmune disorders like, APS and lupus.
- **Looking at the uterus.** You may have an ultrasound, a hysteroscopy (when your provider inserts a special scope through the cervix to see your uterus) or a hysterosalpingography (an X-ray of the uterus).

How long does it take to recover from a miscarriage?

- **It can take a few weeks to a month or more for your body to recover from a miscarriage. Depending on how long you were pregnant, you may have pregnancy hormones in your blood for 1 to 2 months after you miscarry. Most women get their period again 4 to 6 weeks after a miscarriage.**

It may take longer to recover emotionally from a miscarriage. You may have strong feelings of grief about the death of your baby. Grief is all the feelings you have when someone close to you dies. Grief can make you feel sad, angry, confused or alone. It's OK to take time to grieve after a miscarriage but asked the Lord to give you courage and strength to overcome, Isaiah 26:2-4.

**Perineal Massage in Pregnancy
What is my perineum?**

Your perineum is the area between your vaginal opening and your rectum. This area stretches when you give birth, and sometimes the perineum or vagina will tear as your baby is being born. If your health care provider cuts an episiotomy during your birth, it is this area that is cut. You may need stitches after your baby is born if you have a tear or have an episiotomy.

How often do perineal tears occur?

About 4 to 8 out of every 10 women who give birth vaginally will **have some tear in their perineum**. About two-thirds of these women will need some stitches.

Is an episiotomy necessary?

An episiotomy is not necessary for most women. Although they were common before the 1990s, they are rarely done today. However, sometimes your health care provider may recommend an episiotomy just as your baby is being born. For example, an episiotomy can help if your baby needs to be born very quickly. You can ask your health care provider to talk with you about episiotomy during a prenatal visit.

Can my health care provider do anything to help me avoid a tear?

There are many ways that your health care provider can help to reduce your chance of tearing. For example, your provider may:

- Apply a warm compress to the perineum just before the baby comes out
- Recommend specific positions for you to be in as you push
- Provide gentle downward pressure on the baby's head as your baby is coming out
- Ask that you push your baby out between contractions
- Avoid the use of forceps or a vacuum to help your baby be born

Can I do anything before the birth to help me avoid a tear?

Preventing a perineal tear that occurs during birth has been the subject of many research studies. Several studies have found that perineal massage during the last weeks of pregnancy can reduce tearing at birth for women giving birth for the first time. This massage—using 2 fingers to stretch your perineal tissues—is performed by you, in your home, once or twice a week, for the last 4 to 6 weeks of your pregnancy. The next page of this handout tells how to do this massage. For every 15 women who do perineal massage, one woman will avoid an episiotomy and perineal tearing that needs stitches. While you massage, you can practice relaxing the muscles in your perineum. This can help you prepare for the stretching, burning feeling you may have when your baby's head is born. Relaxing this area during birth can help prevent tearing.

Does perineal massage in pregnancy help all women?

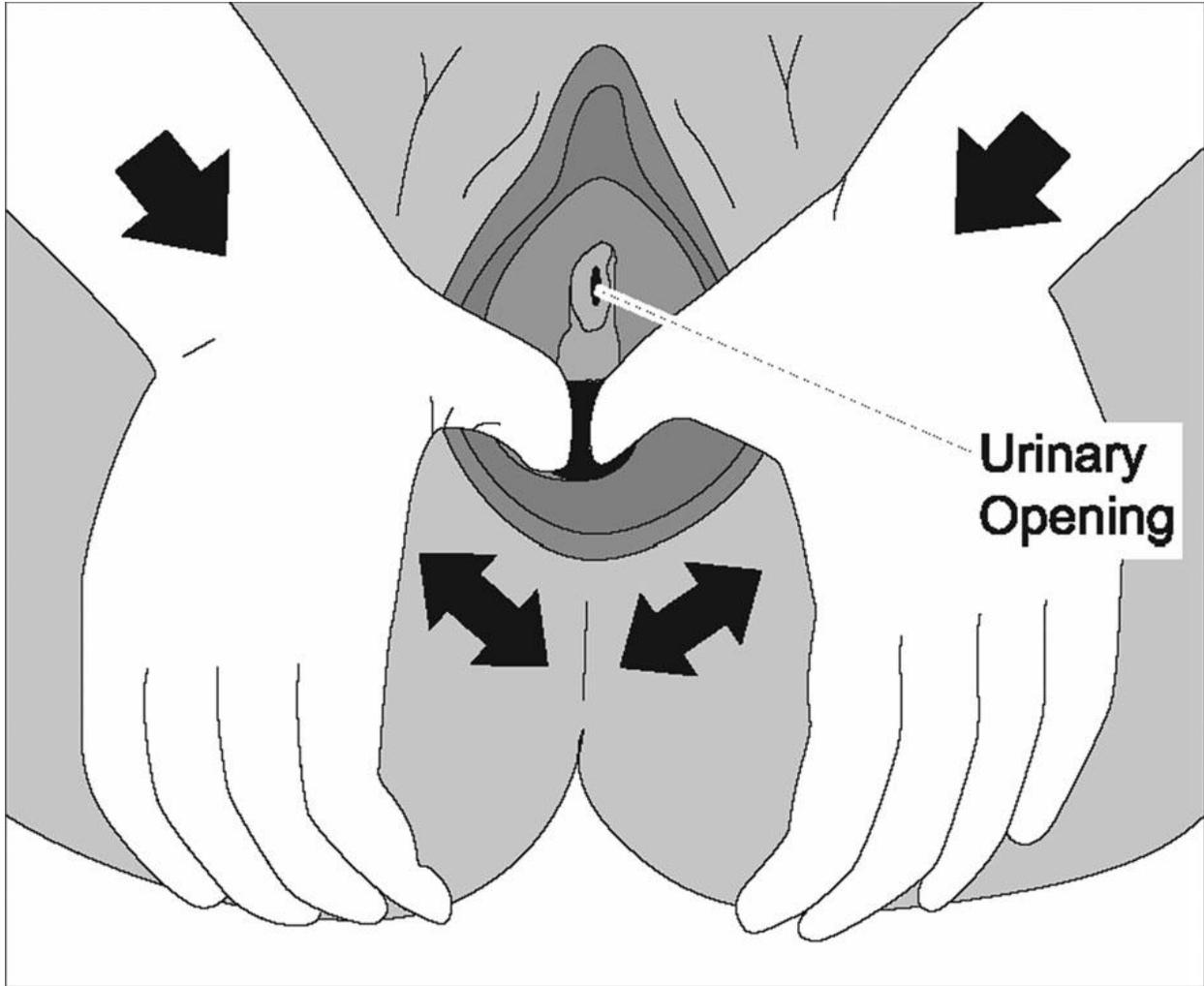
Massage seems to work better for some women than others. Women having their first baby, women who are 30 years or older, and women who have had episiotomies before have fewer tears and less severe tears when perineal massage is done during the last weeks of pregnancy.

Are there any risks to perineal massage during pregnancy?

Not that we know of. It is free. It doesn't hurt. It is easy to do. And most women don't mind doing it. However, you should not stretch the perineum until it hurts or massage too often, which can hurt the skin in that area. Do not do perineal massage more than once or twice a week. Women who do it more often do not have a lower risk of perineal tearing. Check with your health care provider before beginning perineal massage. And, if you believe your amniotic fluid (bag of waters) is leaking, check with your health care provider before putting anything in your vagina.

Instructions for Perineal Massage During Pregnancy

1. *Wash your hands well, and make sure your fingernails are short. Relax in a private place where you can rest with your legs open and your knees bent. Some women like to lean on pillows for back support.*
2. *Lubricate your thumbs and the perineal tissues. Use a lubricant such as vitamin E oil, coconut oil, almond oil, or any vegetable oil used for cooking—like olive oil. You may also try a water-soluble jelly, such as K-Y jelly, or your body's natural vaginal lubricant. Do not use baby oil, mineral oil, or petroleum jelly (Vaseline).*
3. *Place your thumbs about 1 to 1.5 inches inside your vagina (see Figure 1). Press down (toward the anus) and to the sides until you feel a slight burning, stretching sensation.*
4. *Hold that stretched position for 1 or 2 minutes.*
5. *With your thumbs, slowly massage the lower half of the vagina using a U-shaped movement for 2 to 3 minutes at most. Concentrate on relaxing your muscles. This is a good time to practice slow, deep breathing techniques.*
6. *Partners: If your partner is doing the perineal massage, follow the same basic instructions above. However, your partner should use his or her index fingers to do the massage (instead of thumbs). The same side-to-side, U-shaped, downward pressure method should be used. Good communication is important—be sure to tell your partner if you have too much pain or burning!*



Perineal Massage

Posttraumatic Stress Disorder and Its Effects on Pregnancy and Mothering

What is posttraumatic stress disorder?

Posttraumatic stress disorder (PTSD) is a mental health problem that develops in some people who have had a traumatic event or experience. Trauma can be anything that is shocking, scary, upsetting, stressful, or the cause of strong emotions. Trauma may be one event or several events that happened over time. When people with PTSD experience something that reminds them of their trauma, they may feel like the trauma is happening all over again. They may feel panic or anger, or their mind may shut down and get numb.

They may feel like fighting or leaving, or they may freeze and do nothing. Feeling (reliving) the emotions and pain of a trauma that happened in the past is one symptom of PTSD. Things that make you have the same feelings you had when the trauma happened are called “triggers.” Other symptoms of PTSD are avoiding things that are reminders of the trauma and always feeling anxious and on the lookout for danger.

What kinds of trauma can affect women during pregnancy?

Although childhood abuse, sexual abuse, and neglect are the most common causes of PTSD in pregnancy, other trauma can also affect women. A previous miscarriage, stillbirth, death of a child, or traumatic birth can also be traumatic and cause symptoms of PTSD during a later pregnancy. Prior illness, like cancer, or bad medical experiences can also make women scared or anxious during prenatal care or cause fears about labor and birth. Women whose parents were not good role models for parenting can feel sad about their childhood experience with a parent and/or wonder if they will be “good” moms.

What does my childhood have to do with pregnancy and becoming a mother?

Studies show that abuse and neglect can continue to happen in families for generations. About 1 out of every 5 women have experienced physical, sexual, or emotional abuse or neglect when they were young. For some trauma survivors (people who have lived through a trauma), abuse and neglect can have long-term effects, such as depression, PTSD, health problems, and not being able to feel happy. Studies also show that trauma survivors really want to break the cycle of trauma or abuse and its effects. Pregnancy is a very important time to get help if you have a history of trauma or symptoms of PTSD.

What feeling or needs do trauma survivors have related to pregnancy and mothering?

Many trauma survivors have strong feelings that come up during pregnancy. Some worry about how they will handle labor, birth, breastfeeding, and sleeplessness while caring for their newborn. They may feel nervous about depending on the health care providers involved in their care. Feelings of neediness or anger can be hard to deal with. Sometimes, pregnancy or prenatal care can start or cause PTSD symptoms for trauma survivors. People with PTSD need help dealing with their symptoms in healthy ways and avoiding things that are triggers. It is also helpful for them to have extra support and patience from their family, friends, and health care providers. Some people with PTSD use tobacco, alcohol, or drugs to cope, and they may need help to quit using things that are unhealthy. People with PTSD may also be depressed and need treatment for depression.

How do I know if I have PTSD?

These questions can help you and your health care provider learn if you have PTSD:

In the past month, have you:

- Had nightmares about the event(s) or thought about the event(s) when you did not want to? Yes No
- Tried hard not to think about the event(s) or went out of your way to avoid situations that reminded you of the event(s)? Yes No
- Been constantly on guard, watchful, or easily startled? Yes No
- Felt numb or detached from people, activities, or your surroundings? Yes No
- Felt guilty or unable to stop blaming yourself or others for the event(s) or any problems the event(s) may have caused? Yes No

If you answer yes to 3 or more questions, you could have PTSD and should talk about this with your health care provider.

What can I do if I have PTSD?

Talk with your health care provider if you have a history of trauma or if you think you have symptoms of PTSD.

You and your health care provider can make a plan for how to best avoid triggers and manage your PTSD symptoms. You can also decide together if you could be helped by getting counseling for PTSD. Counselors can teach you strategies to manage symptoms of PTSD. In counseling, you may talk about the past or you may choose not to talk about the trauma. This is your choice. There are also medications that help with PTSD. If PTSD is making it hard to

do your normal activities, talk with your health care provider about the risks and benefits of using these medications during pregnancy and breastfeeding.

Discussing these questions with your health care provider can help you both decide how to best manage your history of trauma:

- Are you having symptoms of depression?
- Are you having any trouble quitting using tobacco , alcohol , or drugs ?
- Do you know what things might trigger you or make you feeling uncomfortable, such as having a physical examination, being in a hospital gown, or feeling like you are not the one in control of things?
- What extra support would you like in labor, with breastfeeding, and for learning about parenting?
- Who in your family is a safe, supportive person who could be good help to you?
- What helps you feel hopeful and excited about being this baby's mother?

After Your Baby Is Born: What to Expect Postpartum

What can I expect in the first few months after my baby is born? Your body and emotions change a lot in the first weeks and months after you give birth.

Abdomen: Your abdomen (belly) may still look pregnant for a few weeks. In the first few days, you may have cramping as your uterus (womb) goes back to its normal size.

Vagina: You will have vaginal bleeding for about 4 to 5 days after you give birth that is like a heavy period. You might pass a few clots. The bleeding usually goes away after 2 to 3 weeks, but you may have some vaginal bleeding or spotting for up to 8 weeks after giving birth. Your vagina may be tender and dry for a few months.

Perineum: This is the area between your vagina and your anus (where stool comes out). You may have soreness in this area for a few weeks, especially if you have a tear or stitches. You can put an ice pack on this area the first day after birth. After 24 hours, sitting in a warm bath can help with the soreness. If you have hemorrhoids, you can use witch hazel pads from the drugstore to help the hemorrhoid pain.

Breasts: Your milk will come in about 2 to 5 days after you give birth. Your breasts will feel full and tender as they begin to fill with milk. This is called engorgement. Wearing a tight bra can help ease the aching. Your nipples may also be sore as they become used to having your baby suckle them. If your

baby is latching properly, the pain will go away after the first few minutes of breastfeeding. Do not pump or express milk to make the engorgement go away. This will just make more milk come in, and your breasts will stay engorged. It can take 6 to 8 weeks for both you and your baby to become really used to breastfeeding.

Bowel and Bladder: You may have some gas pain during the first few weeks. You may be constipated, especially if you are breastfeeding. You can prevent constipation by drinking plenty of water and eating lots of fruits and vegetables. In the first few months postpartum, some women leak urine when coughing, sneezing, or picking up something heavy. You can start doing pelvic muscle exercises (often called Kegel exercises) right away to strengthen the muscles that control and support your bladder.

Cesarean Incision: If you had a cesarean birth, it will take a few extra weeks before you are completely healed from the surgery. Take pain medication as you need it and rest when you can. The outside of your incision (cut) should heal after 2 to 3 weeks. You may have soreness or numbness at the incision for several months.

Weight: It can take up to 6 months to lose the weight you gained during pregnancy. Because a healthy diet is so important for breastfeeding, do not diet. Gentle exercise, such as taking walks, can help you start to lose weight until you can start doing more heavy exercise.

Emotions and Postpartum Depression: Women have a wide range of emotions after giving birth. You may feel excited, happy, exhausted, and depressed all on the same day as you adjust to a newworld, a newborn, and a newjob taking care of your baby. Having lots of different feelings is normal.

About 7 in every 10 women will have “postpartum blues.” This usually starts about 3 days after the birth of your baby and can last 1 or 2 weeks. You may cry easily and feel sad, irritable or tired. Postpartum blues usually go away once you start to get 4 to 5 hours of sleep each night that is not interrupted. About 10 to 15 out of every 100 women will have postpartum depression. Postpartum depression usually starts about 2 months after your baby is born and can last for 6 to 12 months. You may feel very sad, anxious, or overwhelmed or have mood swings and guilt. You are at higher risk for depression if you have a history of depression yourself or in your family, had depression during your pregnancy, have a sick baby, and/or have many stressful things going on in your life.

About 1 in 1000 women will develop a rare but serious health problem called postpartum psychosis. This can start anytime in the first weeks after giving birth. Women with postpartum psychosis have severe problems thinking normally. You may have strange beliefs, hallucinations (see or hear things that

aren't there) or paranoia (feel suspicious). If you have a history of bipolar disorder yourself or in your family or have had psychosis before, you are at higher risk for postpartum psychosis.

Call your health care provider right away if you feel very nervous, cannot stop crying, or are having thoughts of hurting yourself or your baby.

What can I do to help me recover and adjust to being a mother?

- Ask for help. Let other people do the cooking and cleaning. Focus on yourself and your baby.
- Sleep when your baby sleeps. Your body needs rest to heal.
- Get exercise and fresh air. You can take your baby, go by yourself, or walk with your partner or a friend.
- Take a few minutes every day for yourself, even just to shower and rest for a bit, read your bible, or listen to classical gospel music.
- Talk to other mothers. You can join a parents' support group or just spend time with other mothers.
- Make time every day to enjoy your baby. Encourage your partner to do this, too!

When do I need to call my health care provider?

- You have a fever of 100.4°F or above.
- You soak a pad in an hour or less or have golf-ball sized blood clots or larger.
- Your cesarean incision or stitches in your vagina become red, swollen, or have pus.
- Your discharge has a foul odor, especially if you also have pain or tenderness in your abdomen.
- You have a severe headache that does not go away with medication or have changes in your vision.
- You have severe pain, redness, or swelling in the back your legs.
- You have severe depression, hallucinations, or thoughts of hurting yourself, your baby, or someone else.

WOMEN HERBS AND PROBLEMS

THREATENED MISCARRIAGE

- Vitamin A and folic acid are very important for physically strengthening the “hammock” of womb muscles designed to hold the baby. Folic acid helps to form correct genetic blueprints, thus reducing the likelihood of spontaneous abortion caused by faulty combinations.
- LOTS OF VITAMIN B eg from brans
- Carrots

LABOR

Breast lumps — cysts, fibroids, and mastitis

Breast tissue is fatty and is intended to produce milk for babies. The breasts change shape and content throughout our lives, according to fluctuating levels of the hormones estrogen and progesterone. It is these hormone fluctuations that can cause swelling and water retention, pain, and even fibrocystic lumps that painfully move around in the breasts. These symptoms generally occur premenstrually, settling down with the onset of menstruation; pregnancy and menopause can also make breast lumps decrease. It must be remembered that most lumps are benign (nonmalignant) and that many thousands of women — almost one in three — have them at some stage.

For noncancerous conditions

- Avoid tea and coffee, as the caffeine they contain is estrogenic and will encourage unwanted cell growth
- - Drink plenty of water daily.
- - Eat soy-based foods, especially tofu.
- - Take chlorella tablets or superfood, or both.
- - Follow the dietary and cleansing program suggestions for endometriosis and for ovarian cysts and uterine fibroids.

Take evening primrose oil or some other source of GLA daily.

- Throughout the month, use herbs to strengthen liver function, balance the hormones, and maintain the lymphatic and immune systems.
- A good formula would be equal parts of squaw vine leaf (and other aerial parts), chaste tree berry, milk thistle seed, olive leaf, and mullein flower.
- Sometimes extra progestogenic herbs can help during PMS, especially if the premenstrual time is difficult (anything from 7 to 10 days before the period). Take one teaspoon chaste tree berry tincture on its own early morning in addition to the monthly formula f Drink three cups of dandelion root tea daily, as it will alleviate water retention. If water retention is excessive, add corn silk and other kidney herbs.

- Exercise to stimulate the circulation and give greater energy — for instance, power walking, dancing, and cycling.
- Warmed poultices from powdered herbs can be used in extreme situations: two parts slippery elm inner bark and one part each of bentonite clay, pokeweed root, cayenne pepper, fresh garlic puree, and charcoal crushed into a powder and moistened with castor oil. Apply at nighttime and leave on.
- Take hot and cold showers, especially over the breasts.

CANDIDIASIS AND ORAL THRUSH

Candidiasis, a parasitic, yeastlike fungal infection, is something that many women (an estimated one in three) have had or will have at some time in their life. Men frequently harbor it too, but without being so aware of it as women. Increasingly, children are becoming prone, sometimes from birth or after vaccination — especially if they are given the triple or multiple vaccines when they are very young, when the immune system is vulnerable and easily overwhelmed.

Candida infestation can occur anywhere in the body and is frequently found in the mouth, stomach, bowel, vagina, or anus. But it is by its very nature a problem, infesting the entire body. It thrives in damp, humid conditions. Disease and hormonal changes in the body, such as during pregnancy, can instigate an imbalance in the gut and bowel flora, allowing the fungus to proliferate.

Symptoms

- weight gain that will not shift (whatever the diet or food restrictions);
- low blood sugar; alcohol intolerance;
- constipation or diarrhea;
- premenstrual syndrome;
- depression;
- bloating and gas;
- fatigue;
- irritable bowel;
- joint swelling and pain;
- itching and heat in the hands and feet;
- reddish-pink blotches of varying sizes on the face, torso, hands, legs, feet, or abdomen;
- anal itching and athlete's foot;
- Fungal nail infections;
- night sweats;
- kidney and bladder infections;

- pains across the chest, mimicking angina. A blood test will confirm whether candida is present treatment
- avoid all yeast products, vinegar and alcohol of any sort.
- Do contrast baths.
- Use immunity boosting herbs
- Include three to four whole cloves of garlic daily, in addition to that which is added to cooked food. Treat it as a medicine rather than a food source. It will decrease the levels of fungus.
- Grapefruit extract is also very useful; just a few drops daily will go a long way toward eliminating candida
- Take good quality probiotics, which will establish gut flora and kill parasites. You can also consider using aloe vera juice to repopulate the bowel with beneficial bacteria capable of overpowering the fungus. Capsulated oregano oil and Lactobacillus salivarius can be extremely useful.
- Do a colon cleans using psyllium husks, charcoal and bentonite clay in the morning and senna tea at night.
- Drink a juice of 3 cloves of garlic, 2 carrots, 1 beet root, 2 tomatoes, ¼ cabbage, 1 onion and any dark green leafy vegetable.
- Do Garlic vaginal douches mild liver cleanses will be good

ENDOMETRIOSIS

Endometrial cells line the wall of the uterus and build up each month until being shed at the time of menstruation. Endometriosis is a condition in which this lining produces small nests of stray cells that are transported out of the womb and into the fallopian tubes, bladder, ovaries, and elsewhere — sometimes even reaching as far as the lungs. The tissue still behaves as if it were in the womb and continues to fluctuate with the cyclic hormonal changes. Wherever these stray cells settle, they will bleed monthly, coinciding with the menstrual cycle. This blood collects and stagnates, causing toxic buildups that eventually become inflamed and develop into blood-filled cysts (chocolate cysts). There is, of course, a great deal of pain associated with this condition.

Treatments

- Liver herbs like wild yam root, barberry root bark, cinnamon stick, dandelion root, and milk thistle seed will be essential.
- The immune system should be functioning efficiently;
- For excessive cramps and pain, use equal parts of lobelia leaf, pasque flower, black cohosh root, and cramp bark.
- For pain, use a hot castor-oil pack over the area.
- Castor oil packs are useful for female indications such as abdominal pain and distention, ovarian and uterine fibroids and cysts, endometriosis, and menstrual discomfort. Castor oil packs are easy to use.

Items Needed

- Soft, flannel cloth (cotton or wool).
- Cut flannel to the appropriate size (example 10 inches to 12 inches for abdomen).
- Cold-pressed castor oil (available at most health food stores).
- Wax paper or plastic wrap.
- Heat source (a non-electric source is preferable such as a hot water bottle).
- However, you can use an electric blanket or heating pad, if necessary).

Menstrual cramps - Vitamin E - 1000 IU and Ginger.

- Take an infusion of Avocado seed with ginger.
- Do a charcoal or clay poultice.
- Avoid lotions with paraben
- Take charcoal internally as well while doing hot formentations on the abdomen.

Painful periods (dysmenorrhea)

Dysmenorrhea can be initiated by an inadequate calcium and magnesium supply; these are needed to flex and squeeze the uterine wall muscles in order for menstruation to begin. The womb can also be burdened with old toxic and stagnant discharge as a result of poor monthly flow owing to poor circulation or because of inadequate womb peristalsis. The resulting congestion can cause tremendous pain. Often, once a womb has expanded to hold a baby and gone through the huge peristaltic waves needed for childbirth, this problem diminishes. Some women can experience dysmenorrhea for the first time after childbirth, however, because of the huge drop in magnesium and calcium levels associated with pregnancy and breast-feeding.

Treatment

- Use a lot of calcium and magnesium sources like dark green leafy vegetables.
- Use stinging nettle and red raspberry
- Do exercises, deep breathing and hfb

Dysmenorrhea

Remedy #1

1. Correct posture
2. Warm loose clothing
3. Exercise

4. Diet - sensitivity to irritants
5. Constipation
6. Rest and regularity
7. Hot bath

Herbal Remedy #1

Motherwort 2 T

Boiling water 1 pint

Steep 30 minutes. Drink as needed for pain throughout the day.

Herbal Remedy #2

Take several roots (half pound or so) of fresh ginger and chop them in a food processor or by hand to a fine pulp. Place this in a heavy pan with 4-6 cups of water. Cover and bring to a slow boil. Simmer for five minutes; then remove from heat and allow to cool somewhat. Strain off liquid as needed and save pulp for compresses or for cooking. Sip the liquid (diluted as needed for palatability) as a tea. You may wish to pour about half the liquid in a hot bathtub and immerse body for half an hour.

Prolonged Menstrual Bleeding (several months or several years)

Heat one and a half quarts of water to boiling; add 2-1/2 tablespoons of chaste tree berries; 2 tablespoons of milk thistle seed; 1 tablespoon of false unicorn; 1 tablespoon of witch hazel bark. Simmer gently 25 minutes. Remove from the heat and add 2 tablespoons of red raspberry leaf. Steep for 20 minutes; strain. This is one day's supply. If this causes nausea, add 1 teaspoon of soy milk powder per cup. This should prevent nausea.

Miscarriage

For threatened miscarriage with painless bleeding, try black haw and false unicorn, two tablespoons of each, and cramp bark, one tablespoon. Boil gently in a quart of water 30 minutes. Remove from the heat and add one tablespoon of both blue cohosh and red raspberry leaf tea. Strain and drink a cup every 3-4 hours until all is used. For one patient, it stopped contractions within 20 minutes, although miscarriage of a blighted ovum eventually occurred.

For bleeding after miscarriage, try cranesbill. 1 teaspoon of tea to 1 cup boiling water.

Nausea

May use in pregnancy, for motion sickness, or infection.

Mint extract. Purchase a small bottle from the grocery or health food store. Take it with you on trips if you get carsick. Merely wet the tip of your finger by covering the top of the bottle, and touch it to your tongue. Relief comes within minutes.

Milk thistle berry, 2 T in 1 quart of gently simmering water, steep 20 min.

To Start Labor

Blue cohosh—brings on labor if overdue. Is also a nervine. Start with this herb, then go to black cohosh.

Squaw root is oxytocic, stimulating the uterus to contract. It also helps joints and muscles.

Tips for Pregnancy

Goldenseal should be avoided in pregnancy if any cramping or discomfort arises. However, when it is used for acute conditions, this complication is rare. Goldenseal (*Hydrastis*) is good for postpartum hemorrhage and for dysmenorrhea. It has anticonvulsive activity in rats. It lowers the blood pressure in hypertensive laboratory animals. Goldenseal as well as yarrow will lower blood sugar when it is excessively high. Red raspberry leaf has a strengthening and toning effect on the uterus, and should be started early in pregnancy.

Squaw Vine has an oxytocic effect (stimulates the uterus to contract). Start the squaw vine six weeks before the expected date of delivery for an easy and prompt delivery. Blue cohosh augments labor, or starts it up again if stalled. Cranesbill is used for bleeding after delivery. Use 1 tsp. to 1 C. boiling water.

Cholestasis of Pregnancy

Treat with charcoal. Use one tablespoon of the activated powder in water per hour.

Heartburn of Pregnancy

Cheese and milk are common causes of heartburn. If one eliminates all milk products it usually takes about 2-3 days for symptoms to clear. It may be the milk proteins rather than lactose intolerance lying at the root of the problem. The greater the consumption, the more likely the trouble.

Never lie down after meals, as the lower end of the esophagus is relaxed during pregnancy and allows acid and food to backwash.

Postpartum Hemorrhage

Take 1 T each of shepherd's purse, motherwort, bayberry, cinnamon, and a pinch of cayenne made into a tincture and reserved for possible use.

Uterine Bleeding

- 2-1/2 T. chaste tree berries
- 2 T. milk thistle seed
- 1 T. false unicorn
- 1 T. witch hazel bark
- 1-1/2 Qt. boiling water

Simmer 25 minutes. Remove and add 2 t. red raspberry leaves. Steep. Strain. This is one day's supply. Add 1 tsp. soy milk powder per cup if it causes nausea or diarrhea.

For Pain (ovarian, menstrual, or postpartum pain)

Wild lettuce, white willow bark, and valerian root. Mix equal parts. Use 1T/1C water, boil or steep 1/2 hr.; use 1 cup/hr. for pain.

Failure to Thrive

Give a catnip tincture, 3 drops 3 times daily, or one tablespoon of catnip tea (1 tsp./1 cup) every hour.

PEACH LEAF POULTICE

Nursing mothers can get caked breasts from getting chilled or wet. The breasts should be pumped, and a poultice applied. Peach leaves, cooked and thickened with flour, flaxseed, or cornmeal make a wonderful soothing and healing poultice, and will bring quick relief.

Milk Production Increase

- Fenugreek 2 T+
- Chaste tree 2 T+
- Milk thistle seed 3 T+
- 1 1/2 Qt. water brought to a simmer.
- Add herbs. Simmer 25 minutes and remove from the stove.
- Add 1/4 c. red raspberry.
- Steep 30 minutes.

- Make fresh daily. Stinging nettle powder, moringa tea

A breastfed baby receives vital lifelong immunity factors as well as irreplaceable physical and emotional nourishment. Breast milk also helps form good brain cells. I have never seen herbs fail a mother who really wants to breast-feed. Fenugreek seed, fennel seed, marshmallow root, and motherwort leaf are classified as galactagogues and will all help provide an abundance of rich nutritious milk. Intake of plenty of water is important, but by drinking plenty of these herbs as teas, your fluid intake will be up anyway.

Fistula

Recto-Vaginal or Recto-Perineal following childbirth.

Mingle goldenseal, cranesbill, bayberry bark, and warmed cocoa butter to make suppositories. Cool enough to roll out in suppositories the proper diameter and length to fit into the fistula if possible. Cool in refrigerator. Insert into fistula or both rectum and vagina. For perineum, put the warm mixture on a mini-pad to keep against the skin most of the time day and night. May also be used for fistulas in Crohn's disease or ulcerative colitis.

Cystitis

- Buchu (soothing for the genitourinary tract)
- Uva ursi (antiseptic for the genitourinary tract)
- Cranberry juice, persly, cornsilk, gotu kola, stone breaker, plenty water, protocal juice

Menopause

Remedy #1:

- Black cohosh 1/2 part (emmenagogue, balances hormones, and stops bleeding)
- Chaste tree, 1 part (Because of its high estrogen-like activity, it cuts sexual desire. It is the greatest help to stimulate LH and FSH to regulate progesterone; starts menstrual period, balances hormones.)
- False unicorn, 1 part
- Licorice, 1 part to sweeten 1 quart boiling water

Remedy #2:

2 T licorice, 2 T chaste tree, 2 T false unicorn, 1 T black cohosh (or squaw vine) Boil gently for 30 minutes in one quart of water. Then pour over 1/2 C red raspberry leaves, steep, and strain. Use 1 quart a day until symptoms are controlled, then reduce to 1 pint a day, refrigerating the other pint for next day.

You may not find evening primrose effective although it is often used. A good lifestyle will go far toward minimizing symptoms.

Remedy #3:

“Change-O-Life” capsules (Nature’s Way brand) are helpful. They contain black cohosh root, sarsaparilla root, Siberian ginseng root, licorice root, blessed thistle leaves, squaw vine leaves and false unicorn root.

The symptoms of bladder irritation are:

- Frequent urination along with the feeling of having to urinate even though little or no urine actually comes out.
- Need to urinate during the night
- Discomfort or pain at the urethral meatus or a burning sensation throughout the urethra with urination (dysuria).
- Pain in the midline (lower abdomen/pubic) region.
- Pus or blood in urine.
- Mild fever
- Discharge from the urethra.
- Cloudy and foul-smelling urine

What You Can Do:

- Increase the fluid intake– lots of water, especially distilled, is best.
- Drink a half pint every 20 minutes for 3 hours, than one cup every hour.
- Drink cranberry juice daily.
- Take Corn Silk capsules or
- Drink Corn Silk tea: Use ½ cup of herb to make a tea. Drink 4 times daily.
- Eat 1 cup cranberries daily.
- Take 1 tsp Goldenseal daily.

To relieve the pain take hot sitz baths twice a day, for 20 minutes. Add 1 cup of vinegar to one of sitz baths. The next day, add 2 cloves crushed garlic or garlic juice to the water of one of the two baths.

Bone Weakness (Osteoporosis)

Osteoporosis is a slow, insidious affliction in which bones lose their substance faster than it can be rebuilt. Normal bone maintenance is a two-way street. New bone is constantly being formed at the same time that old bone is being reabsorbed into the blood. However, if calcium and other constituents of bones become porous, riddled with sponge-like holes, total bone mass shrinks, and along with it, bone strength. As a result, fractures are much more likely to occur often after the slightest bump or stress. Bone may even snap

spontaneously, just from carrying body weight. Pain in the spinal area is another common symptom.

What You Can Do:

(This program is for 3 months.)

Correct wrong habits. Stop eating between meals; eliminate drinking during meals; balance your meals, do not eat (or drink) vegetables and fruit at the same meal. Adopt God's bible-based diet for maximum health (vegetables, fruits, grains and nuts). Do not eat any flesh foods or refined foods.

Any exercise that you are able to do will be beneficial.

Walking is always good.

- Take a colonic enema - 1 time weekly.
- Take 2 cups Peach leaf tea daily.
- Drink 2 cups of Comfrey (Mix 2 Tbsp of Comfrey Powder with 8 oz. water or make Comfrey tea.)

Calcium formula to rebuild weak bones.:

Mix all powder forms of the following ingredients together.

Take 1 Tbsp in water 3 times daily. It will also relieve pain:

Ingredient: Amount:

- Comfrey Root 4 Tbsp
- Horsetail Grass 6 Tbsp
- Oat Straw 3 Tbsp
- Lobelia 1 Tbsp
- Nettles 3 Tbsp

ENCOURAGEMENT- There is no mystery in the law of God. Everyone can grasp its rules. Obedience to the law is essential for our own happiness and health!

EDUCATION TO THE YOUTHS

Every Child Should Learn Some Trade.--The carelessness of parents in failing to furnish employment to the children that they have taken the responsibility of bringing into the world has resulted in untold evil, imperiling the lives of many youth and greatly crippling their usefulness. It is a great mistake to permit young men to grow up without learning some trade.(CG355.1)

From the pillar of cloud Jesus gave directions through Moses to the Hebrews that they should educate their children to work, that they should teach them trades, and that none should be idle.(CG355.2)

You should help your children to acquire a knowledge, that, if necessary, they could live by their own labor. You should teach them to be decided in following the calls of duty. (CG355.3)

Teach Use of Tools.-

When children reach a suitable age, they should be provided with tools. If their work is made interesting, they will be found apt pupils in the use of tools. If the father is a carpenter, he should give his boys lessons in house building, ever bringing into his instruction lessons from the Bible, the words of Scripture in which the Lord compares human beings to His building. (CG355.4)

Train Sons in Agriculture.—

Fathers should train their sons to engage with them in their trades and employments. Farmers should not think that agriculture is a business that is not elevated enough for their sons. Agriculture should be advanced by scientific knowledge. (CG355.5)

Farming has been pronounced unprofitable.

People say that the soil does not pay for the labor expended upon it, and they bemoan the hard fate of those who till the soil. . . . But should persons of proper ability take hold of this line of employment, and make a study of the soil, and learn how to plant, to cultivate, and to gather in the harvest, more encouraging results might be seen. Many say, "We have tried agriculture and know what its results are," and yet these very ones need to know how to cultivate the soil and to bring science into their work. Their plowshares should cut deeper, broader furrows, and they need to learn that in tilling the soil they need not become common and coarse in their natures. . . . Let them learn to put in the seed in its season, to give attention to vegetation, and to follow the plan that God has devised.(CG356.1)

Training of Outstanding Value.—

No line of manual training is of more value than agriculture. A greater effort should be made to create and to encourage an interest in agricultural pursuits. Let the teacher call attention to what the Bible says about agriculture; that it was God's plan for man to till the earth; that the first man, the ruler of the whole world, was given a garden to cultivate; and that many of the world's greatest men, its real nobility, have been tillers of the soil. Show the opportunities in such a life. . . .(CG356.2)

He who earns his livelihood by agriculture escapes many temptations and enjoys unnumbered privileges and blessings denied to those whose work lies in

the great cities. And in these days of mammoth trusts and business competition, there are few who enjoy so real an independence and so great certainty of fair return for their labor as does the tiller of the soil. (CG) (356.3)

Fresh Produce Is of Special Value.—

Families and institutions should learn to do more in the cultivation and improvement of land. If people only knew the value of the products of the ground, which the earth brings forth in their season, more diligent efforts would be made to cultivate the soil. All should be acquainted with the special value of fruits and vegetables fresh from the orchard and garden. (CG357.1)

Schools to Give Instruction in Useful Trades.—

Manual training is deserving of far more attention than it has received. Schools should be established that, in addition to the highest mental and moral culture, shall provide the best possible facilities for physical development and industrial training. Instruction should be given in agriculture, manufactures--covering as many as possible of the most useful trades--also in household economy, healthful cookery, sewing, hygienic dressmaking, the treatment of the sick, and kindred lines. Gardens, workshops, and treatment rooms should be provided, and the work in every line should be under the direction of skilled instructors. (CG)(357.2)

The work should have a definite aim and should be thorough. While every person needs some knowledge of different handicrafts, it is indispensable that he become proficient in at least one. Every youth, on leaving school, should have acquired a knowledge of some trade or occupation by which, if need be, he may earn a livelihood.(CG)(357.3)

A Training of Double Value.

There should have been connected with the schools establishments for carrying on various branches of labor, that the students might have employment and the necessary exercise out of school hours. . . . Then a practical knowledge of business could have been obtained while their literary education was being gained. (CG) (357.4)

Industrial Knowledge Is of More Value Than Scientific.—

There should have been experienced teachers to give lessons to young ladies in the cooking department. Young girls should have been instructed to cut, make, and mend garments, and thus become educated for the practical duties of life.(CG)(358.1)

For young men, there should be establishments where they could learn different trades, which would bring into exercise their muscles as well as their mental powers. If the youth can have but a one-sided education, which is of the greater consequence--a knowledge of the sciences, with all the disadvantages to health and life, or a knowledge of labor for practical life? We unhesitatingly answer, The latter. If one must be neglected, let it be the study of books. (CG)(358.2)

There may be those who have had wrong training and those who have wrong ideas in regard to the training of children. These children and youth want the very best training, and you must bring the physical labor right in with the mental--the two should go together. (CG)(358.3)

THE LIFE OF CHRIST OUR PATTERN

The life of Christ assures a blessing forever upon a life of cheerful submission to parental restraint and a life of physical and mental industry. The fifth commandment is binding upon children as long as their own lives and the lives of their parents are spared. {YI, September 1, 1873 par. 7}

The life of Christ was humble, free from affectation or display. He lived mostly in the open air, drinking the pure water of the mountain streams. He passed up and down the steep mountain paths to his life of toil, and to his humble home, for rest and refreshment. He was delighted with the happy songsters, who caroled forth, in their varied notes, praise to their Creator. The birds, the natural flowers that decked the fields with their glowing beauty, the majestic trees and lofty mountains, the ragged rocks and perpetual hills, all had special charms for him. The sun, moon, and stars, the reflecting glory of the evening sunset, were also objects of his contemplation. He gathered knowledge from his Heavenly Father's library of animate and inanimate nature. The olive groves were his sanctuary for prayer. There, secluded from every human eye, he communed with his Heavenly Father. His moral powers were strengthened by his meditation and communion with God. {YI, September 1, 1873 par. 8}

Mark 6:3

Is not this the carpenter, the son of Mary, the brother of James, and Joses, and of Juda, and Simon? and are not his sisters here with us? And they were offended at him.

Jesus Was an Example of Contented Industry.—

It requires much more grace and stern discipline of character to work for God in the capacity of mechanic, merchant, lawyer, or farmer, carrying the precepts of Christianity into the ordinary business of life, than to labor as an acknowledged missionary in the open field, where one's position is understood

and half its difficulties obviated by that very fact. It requires strong spiritual nerve and muscle to carry religion into the workshop and business office, sanctifying the details of everyday life, and ordering every worldly transaction to the standard of a Bible Christian.(CG)(358.4)

Jesus, in His thirty years of seclusion at Nazareth, toiled and rested, ate and slept, from week to week and from year to year, the same as His humble contemporaries. He called no attention to Himself as a marked personage; yet He was the world's Redeemer, the adored of angels, doing, all the time, His Father's work, living out a lesson that should remain for humanity to copy to the end of time.(CG)(359.1)

This essential lesson of contented industry in the necessary duties of life, however humble, is yet to be learned by the greater portion of Christ's followers. If there is no human eye to criticize our work, nor voice to praise or blame, it should be done just as well as if the Infinite One Himself were personally to inspect it. We should be as faithful in the minor details of our business as we would in the larger affairs of life.(CG)(359.2)

PARTICULAR DIRECTIONS TO PARENTS AND GUARDIANS.

PARENTS have a responsibility in regard to their offspring originating prior to their birth. Their own state of health - the health of father and mother - has a very important bearing upon the constitutions of their yet unborn children. If a father's nervous system has been marred and broken by habits which are at war with nature's law, the children following him will be more or less unhappily affected. While, then, he is doing wrong to himself, he is doing wrong and bringing suffering to his posterity. If a mother's system has been weakened by violations of law, her children will be obliged to participate with her in suffering the penalty. And, having received the inheritance of disease or debility before birth, they must, more or less, be partakers of it through life. Parents have also a heavy responsibility on them, touching the moral character given to their children before birth. If parents are accustomed to undue indulgence in any of the natural propensities, - in eating or drinking, or any other animal appetite, - their children may inherit appetites of the same kind, possessing a similar degree of undue activity and moral tendency.

In the same way children are affected in their dispositions. A child, after birth, and more or less through life, will give a living illustration of the feelings and immediate character of his mother during the period of her pregnancy. If the mother, during that period, especially the latter part of it, indulge a gloomy, evil-foreboding state of mind, her child will give proof of it in after life. If she indulge a peevish, or fretful, or crying disposition, her child will give her ample testimony to the fact after birth. Some have inherited, directly from a mother, an almost unconquerable appetite for strong drink; some for tobacco; others,

an almost uncontrollable inclination to theft; not because their mothers, in all cases, were habitual drinkers or thieves, but because they suffered strange appetites and feelings to affect them strongly some time during their pregnancy. Some physicians would deny the truth of these facts strongly, but no one who has taken the pains of observing facts touching this matter, will be found in that category, for facts are unconquerable things. The inspired proverb, - "Train up a child in the way he should go, and when he is old he will not depart from it," - contains a great practical truth as a general rule; but, under the most judicious discipline, the child will bear, in greater or less degree, the moral complexion and physical appetites which his mother gave him before she gave him birth.

Fathers, as well as mothers, and all those with whom a mother may associate, are involved in this responsibility. The father should remember that his manner and treatment of his wife during her pregnancy has much to do with the disposition she may possess during that period. He should be careful to remove, so far as possible, every source, real or imaginary, of uneasiness, unhappiness, peevishness, or gloominess, from her way. He should take pains to make her happy and cheerful: and see that every appetite which comes up is, if possible, forthwith, gratified. If that appetite should be for strong drink, it had better be gratified to the full, rather than that she give, by that continued longing, an indelible imprint of that kind upon her offspring.

In the light of these truths, what tremendous responsibilities are evidently laid upon parents! The physical appetites, mental inclinations, and moral feelings, in a very large degree, are enstamped on the character of children so deeply in this way, that they may remain visible in all after life. If through the moroseness of the father, the mother be driven into a desponding, discouraged and lifeless state of feeling, her child may bear traces of the same features of ill feeling for life. If she indulge in an irritable or ill-tempered disposition, she will probably mark these characteristics on her offspring. If, on the other hand, she indulge a habit of great levity, trifling or recklessness, she will probably see more or less of her own likeness in her child.

Responsibilities of unmeasured extent also are laid on parents, in regard to the influence of a right physical training of their children for the security of health, during childhood and youth. One great

cause of the feebleness of constitution with which the great body of community is at this day afflicted, may be found in the total ignorance or recklessness of parents and guardians of the laws of health, as applied to those under their care. To look in upon many domestic circles, and see how the children are managed, is enough to move a heart of marble with sorrow for the children, and with indignation toward their parents. The children may be seen, about every hour in the day, with a lunch of bread, or pie, or cake in hand. Their young and tender stomachs are kept in continual confusion and toil.

Consequently, a deranged tone and action of that organ must exist, which prepares the way for other unnatural habits of eating and drinking, and lowers the tone of mental sprightliness and moral feeling.

Children should eat only three times a day. They should be brought under the same dietetic rules which are laid down for all persons. It requires about as much time for their organs to digest food as is required for grown persons. And, if the digestive process be hurried and confused, their food does not nourish them as well, and they cannot grow as strong and robust. Little, new-born infants' constitutions are not unfrequently ruined for life, by mismanagement. Because the child cries a little, it must be dosed with a little peppermint, or anise-essence, or paregoric, or some other stimulating article, which begins at once to derange its stomach; and through its stomach, its whole system is injured, and perhaps for life. And if the inquiry should be made, in after years, what can be the cause of such a feeble, slender constitution? an enlightened observer might be able to reveal the secret, by showing the treatment it received in its infancy.

A systematic diet should always be adopted by mothers and nurses at the very dawn of the child's existence. In the first place, after birth, a little cold water only should be put into the child's mouth. The habit of beginning to give some stimulant, as though the Creator of the child had given it only half life enough, is perfectly murderous; instead of giving it a chance to live of itself, a course is taken which is adapted to kill it; or, if not kill it, to maim the little constitution for life. If the writer of this could be heard, he would "cry aloud, and spare not," in the ear of every nurse, with the little being in her arms LET THAT CHILD LIVE! The Creator gave it natural life; he made it to live: and it will live, if not killed. If it be necessary to give the child any nourishment before it can obtain it from the mother, it might take a little slippery-elm water, or something of that mild and simple nature: but, if it can draw its first nourishment from the fountain which the Author of its being has provided, it is better.

Babes should be nursed but three times a day. This may seem a preposterous rule; but let us reason together upon it. The food which nature has provided for the child is adapted to its age and capacity for digesting: and it requires about the same length of time for the infant to digest its meal as it does the man of ripe age to digest his; and the various steps in the digestive process are the same in both cases. Then, if five hours are required to complete the process well, why disturb it till it is finished? By letting the child have only its regular breakfast, dinner and supper, it digests its food well, and is well nourished by it. But, adopt the course usually taken, and the little one's stomach is kept confused and oppressed, and its system is but half nourished from the same quantity of food which would be requisite under a regular system. As infants are usually treated, they are subject to repeated vomiting, colic, and, not infrequently, fits; and the cause is obvious: the stomach has been overloaded. Only feed infants right, and there is no reason why they should vomit, any

more than grown persons. What danger can there be of a child's suffering from want of food before the expiration of the five hours between meals, when they not unfrequently go from twelve to twenty-four hours, and sometimes longer, after birth, before they take any substantial nourishment? The idea that a child will suffer hunger, if it does not take food oftener than once in five hours during the day, is all nonsense; and, worse than this, great injury is done by such a notion. The "little and often" system is destructive - contrary to the laws of health - contrary to true philosophy and reason; and should forever be abandoned

As infants are now treated, they have but a small chance for life. By confusing and fretting their stomachs, they have wind, and colic, and heart-burn, and other distress; then, if they cry, they are put to the breast, and nursed so full that they cannot cry. They become so oppressed as to produce stupefaction of brain and nerves; and then, if at all restless, they are put into the cradle and rocked from side to side, till they have no senses left. Then the child, from extreme pressure of the stomach, vomits - Nature's kind effort to save it from fits and death. Then the mother or nurse exclaims, - "What a healthy child! See how it vomits!"

Why does the child vomit? Because the abused stomach rebels against its ill-treatment, and tries to save itself. What sort of symptom of health would it be in an adult to go along the street vomiting up his dinner? Would the old ladies put their heads out of their windows, and exclaim, - "Oh, what a healthy man that is!" The stomach of the child should be so well treated that there should be no occasion for its vomiting. It should have a full breast on which it can depend for a full meal, three times during the day, and never be nursed during the night. If the breast be scanty in its allowance, the child must nurse what it can get, and have its meal finished by a little diluted sweetened new cow's milk. Then let it be gently moved about for awhile, and finally go to sleep.

In this way the stomach has time to digest its food, and time to gather up its forces for another regular meal. Its meals should be about the times of regular meals for adults. Under this course, there would be little occasion to use those rocking brain-destroyers.

Cradles could then be broken up for fuel - a much better purpose than their present use. If any old ladies think they have more wisdom, let them attend the school of natural law another term: let them study Nature, and demonstrable facts. This matter has been tested. Since entering the medical profession, nearly thirty years ago, it has been my determination to examine and test these and other matters pertaining to this general subject. And these truths, as demonstrated by myself and others of my acquaintance, fully sustain and justify my position.

The most healthy and robust children which have ever come under my observation, were brought up in the way here advised. No failure in this experiment has ever come under my knowledge. Let those mothers try it who really wish for healthy children. Let the child have all it wants three times a day. Do not half nurse or feed it, and thus starve it to death, and then cry out condemnation: but give it a full breast or make up a full meal by feeding; keep it awake an hour, and then let it sleep, if it choose, till within a short space of another meal. Keep it clothed in accordance with the weather and the season, and give it free air to breathe; and not keep it staved up in a room hot enough to roast beef, where the oxygen is all consumed by the fire and respiration, and no fresh air is admitted.

If infants from the first were treated in this way, they would not only be more healthy, but altogether more quiet, and easy to be taken care of. Then, instead of putting the child to the breast to stop its mouth and get rid of its crying, it would feel better, and be far less likely to cry. And generally, instead of worrisome nights, - usually caused by a disturbed stomach, - it would sleep quietly till morning; and the mother with it. The food of the infant, taken just before it sleeps, or in the night, interferes with its quiet rest; just as the rest of an adult person is disturbed from a similar cause. This method has been tried, and proved successful; let others try it.

A gentleman recently informed me of a test he had made in this matter. A child fell into his hands who lost its mother at its birth. He found himself obliged to bring it up by hand. He began and continued his undertaking, by giving the child as much milk, properly prepared, as it would receive three times a day, and no more. He said, - "A more healthy, thriving, robust child I never saw. It was subject to none of the ordinary illnesses of children, has continued in perfect health up to the present time, and is now twelve years of age." A relative informs me that his family physician in Vermont is bringing up his children in this way, from their birth; and that they are unusually healthy and vigorous.

When the children are old enough to take solid food, they should have only three meals a day. If they eat oftener, their stomachs will be deranged, and their food will not so well nourish them. If any mother will take pains to look at the laws of digestion, she will at once see that no child can take food oftener than once in five hours, without interfering with a previous meal, and injuring the healthful operation of the digestive organs. Those young people who have been brought up on the exclusive system of eating but three times a day, have been found to be more than ordinarily strong and healthy. While others have been afflicted with worms, colic, cholera-morbus, and a host of other ailments common to the young in general, they have usually escaped.

Why, then, will mothers suffer their children to violate the laws of their natures, and expose themselves to suffer the penalty of those violated laws? Will a mother have such a tender concern for her offspring's gratification, as to

suffer it to destroy its own comfort and health, and perhaps life? It is often said, "My child has no appetite for breakfast; therefore it must have a lunch before dinner." But this is a sure way of prolonging the difficulty; the child will never be likely to have an appetite for breakfast, as long as this irregular and unlawful course is indulged; and especially as long as the child knows that he may depend on the precious lunch. Let the child go from breakfast-time till dinner and it will not be long before he will eat his regular breakfast.

If parents would secure for their children a healthy appetite and a sound constitution, let them rigidly insist on their eating but three times a day, using simple food, and having other things in keeping with nature's laws; and, so far as all human means are concerned, they may be sure of accomplishing their purpose.

The almost continual hankering for food which many children have, arises wholly from a habit of constant eating. If their eating were reduced to a regular habit, their appetite would become regular. This irregular appetite is not natural; it is created, and unhealthy. If we get into a habit of eating seven times a day, we shall hanker after food as many times. If we once establish a habit of eating but three times a day, we shall want food only as many times.

Now, what will mothers and nurses do? Will they begin with the infant by a regular system, and continue it? or will they go on in the old beaten path, to the injury of those they profess to love and cherish? Will they make a mock of paternal love and fondness, by unrestrained and unlimited indulgence? or will they love so sincerely as to keep the child from every hurtful thing? That pretended love, which, knowing the evil consequences at all hazards, seeks only to gratify, proves its own falseness. Shame - SHAME on that mother's love which passes heedlessly by her child's chief and ultimate good, to indulge it in a momentary gratification, or to save herself the trouble of controlling its solicitations! Shame on that mother's humanity, even, whose refined and tender sympathy cannot refuse indulgence where health, and, it may be, life are at stake! If mothers and fathers have a substantial affection for their offspring, let them manifest it under the dictates of reason and common sense, - let them seek their permanent good. If those having the care of children would be able to give a final account of their guardianship in peace, let them, next to their morals, seek, for those under their charge, soundness of constitution. And, in doing this, they do perhaps as much for their morals as could be done through any other means; for physical and moral health are closely allied.

AN APPEAL TO MOTHERS

MUCH has been said to mothers on the education of children, and much which ought to be imprinted on the heart, as with the point of a diamond. But there is one part of the lesson, which if noticed at all, has been superficially glanced

over, as tangible only in the physician and anatomist: I mean the physical education of children; I mean the mechanism, in all its bearings and uses, and the best helps to keep its ten thousand strings in harmonious tune.

The untiring assiduity with which the mother watches over the tender infant, is a strong indication that nature has peculiarly adapted her for an office, which no one can so effectually fill. Yet thousands have withered in the mother's arms, and generations have gone down to the dust, not by neglect, but through profound ignorance of the simplest, and plainest laws of our nature; simplest, because it does not require the ingenuity to trace nature in her untrammelled windings, as it does to devise the artificial helps, which serve only to retard her healthy progress, and pervert all her rational laws. When the watchful mother sees the high flushed cheek, and feels the accelerated pulse, what does she do? She immediately sets about devising specifics; and when this and that fails, she applies to her physician, without scarcely thinking of inquiring the cause, which requires not half the skill to trace, as to seek out effectual remedies. Disease does not come by miracle. Look at the vegetable kingdom. Does the shooting tree ever wither in its first putting out, without some blighting frost - some scorching fire - some worm at the root - or some knife of the mischievous truant is applied? No; it blooms on, beneath the genial sun, and distilling dews, till matured into the wide-spreading tree, lodging the fowls of the air, giving shade to the way-worn traveler, and braving tempests of years, and sometimes centuries.

So in the animal kingdom. The lamb frolics in the meadows; the birds sing and hop among the branches; and do they feel pain? No; unless tamed and domesticated by man, they are free as the air they inhale, and their blood is as pure as the water they love. And should you, mothers, love to see your little ones sporting about you, in the sunshine of health; should you love to see their beaming eyes kissing the first dawning of light, with the happy lark; should you delight to see their expanding minds, drinking copious draughts at the perennial fount of knowledge, with untiring zeal? You may have it so, if you will; only learn that "nature's wants are few." And do you ask what they are? They are the pure breezes of heaven; the limpid waters that emanate from ten thousand hills; the nectarine milk from the lowing herds; the blushing orchards, and the whitening harvest of grain, to provide bread "to strengthen man's heart." These are the rich bounties of Heaven scattered with a liberal hand, wherever the industry of man has been applied, and they bring no alloy.

But does the mother ask, "How am I to secure all these blessings of health to my children, unless I am a physician?" Then be a physician. This is no difficult task. A few simple lessons are to be learned, and the work is done; and these lessons are almost, if not entirely inherent in our natures.

When the infant is put into the mother's hands, what does the Master say? "Take this child and bring it up for me. It is the chief of all my work. I have

‘fenced it about with bones and sinews.’ I have clothed it with flesh. I have placed sentinels at every dangerous post. I have provided food convenient for it, and to you I commit this charge. See that you mar not my handiwork.”

Now, what is the mother to do? If she be a judicious one, or one of common observation, she knows that milk is the wholesome nourishment provided for all its wants; she knows that this alone will give proper strength, and facilitate its growth; she knows that the body must be washed in pure water; that it must have quiet sleep, and be kept free from ligatures, so that its breathing may be free, and its growth natural. Now, as I am speaking to the judicious mother let me ask, what more does her infant want in the first months of its existence? Does the regular-moving machinery need any tonics, any decoctions of tea, coffee, or warm toddy, to accelerate its motions? Does the healthy throbbing of its little heart need any urging forward, or its tender brain want steeping in any of these fumes? Let common sense answer. Let the aborigines of any country answer, who have followed nature in all its bearings. Then, as this is all the needed medicine, can you not be the physician?” - Health Journal.

INFANTS

Their Improper Nursing and Medication.*

* A Thesis, read at the commencement of the New York Hydropathic School, April 14, 1855, by the author, a graduate of the institution. BY MRS. ELIZA DE LA VERGNE, M. D.

THE improper treatment of infants, is one of the greatest evils of the present age, literally a “crying evil,” and one which requires immediate reform. It is a subject in which every female should feel a deep and active interest, and every woman in the land should respond to the call for reformation. In the cause of infantile humanity, woman may use her noblest powers without being told by the sterner sex that she is out of her sphere. And can she exert herself, either mentally or physically, in a cause which will repay her better?

I look upon infants as a class of beings who are obliged to suffer from the prevailing principle that “might is right.” It is a matter of surprise to many that hundreds and thousands of young children yearly become victims to disease and death; but it is much more surprising that so many survive the outrageous nursing and medication to which they are subjected. From the hour of their birth the poor little creatures are treated as though their stomachs were lined with gutta percha instead of a delicate mucous membrane. In this enlightened age, nature’s laws are considered superfluous, and science and physicians must take their place. Nature, in the olden time, did her own work without assistance, but is now supposed to be superannuated and unfit for duty. Art now comes along with her saddle-bags and instruments of torture - more

numerous than those of the inquisition - and informs the astonished world that she has just graduated, and is prepared to treat all fleshly ills scientifically. In accordance with this principle, infants are born and nurtured in direct antagonism to every physiological law. From the hour of its birth, the little creature is tortured in various ways; first, it is tightly dressed, then fed with molasses and water to "move its bowels," which organs have previously been so tightly compressed by an irritating flannel bandage, that it is a mystery how they ever move at all.

It would seem if the Creator intended such bracing he would have supplied a bony frame-work similar to that which protects the lungs. The infant is now placed in bed with its head closely covered, lest the fresh air should get access to the lungs and give it cold. After a short time, serious fears are entertained that the babe will starve before the mother is able to supply it with its natural food, therefore some unnatural fluid is poured into its stomach, which soon produces pain and other difficulties; these must be relieved by catnip tea, peppermint, or gin. All these things are prepared with sugar, which cannot digest properly, thus increasing the suffering it was intended to relieve. Very frequently, after this course, the poor babe is unable to sleep; then comes Godfrey's cordial, paregoric, or laudanum, until the poor little creature falls into a stupid slumber, much to the delight of the officious attendant.

If the anxious young mother suggests the danger of these preparations, she is assured by some good old aunt or nurse, that all babies take these things, and no harm can possibly arise if there is not too much given, but what quantity is "too much" is not definitely stated. In many cases, where an infant's system has been thus outraged, and the little one refuses all consolation, some ingenious mind is suddenly seized with the idea that the babe "wants something" it has not had, therefore, all known articles of diet are brought in requisition. I knew a case where clams, oysters, brandy, wine and ice-cream were fed to an infant not three weeks old, but after trying each of these articles it cried more piteously than before, and the discovery was finally made that the child inherited dyspepsia, which was aggravated by the mistaken kindness of its friends.

Many infants are fed with fat meat, vegetables and pastry, before they are six months old, attended by extra courses or medicine to remove the obstructions which these articles of food produce. I called on a lady of my acquaintance a short time since, and found her babe of thirteen months, making an entire meal of fat ham, because it wanted it, the mother said, and would eat everything its parents did. On trying to convince her of the injurious effects of such diet, she replied that her mother had given all of her children such food, and never lost one yet. Very true; they are all living, but a more unhealthy, scrofulous family it would be difficult to find. The babe of whom I speak has had a number of painful boils and eruptions on the head, and if it lives to womanhood, must be afflicted by this inherited evil till life becomes a burden.

It is too true that improper diet for the child is one of the most prolific causes of debility, disease, and even deformity in the adult. A large number of cases have come under my own observation where the feeding, dosing, and drugging with all kinds of abominations, have laid the foundation of misery and suffering through childhood, and finally, on arriving at adult age, have become parents and transmitted their diseases to another generation, thus perpetuating the curse. Were I to enter into the details of drug-medication, it would fill a large volume, therefore I shall not attempt it, but will merely give a few simple suggestions as they present themselves to my mind. It is true, very few children of the present time inherit a healthy constitution; but admitting this, I insist that much depends on their treatment after birth and through childhood.

A delicate and sickly child may become comparatively strong and healthy by strictly hygienic treatment, while a naturally healthy one may sink into an early grave by unhealthy food and medication. A short time ago I saw an infant of two months who had been troubled with a bad diarrhea from its birth. Its mother said she fed it with the most concentrated food, such as fine flour boiled in milk, crackers, arrowroot, &c., but it continued to grow worse, - she had carefully kept it from the fresh air, fearing it might take cold, and almost smothered it with flannels. This mother was actually killing her babe with kindness, and thousands are daily doing the same thing; they are so anxious to do right, that they do all wrong. The question now is, how is this great evil to be obviated? Is it by employing a skillful physician? Is it by allopathy, or homeopathy, or any other system of medication? These have all been tried and found wanting, I appeal now to mothers! If you had a rare exotic sent you from some far-off land by some dear friend, would you consign it to the care of one who did not know how to rear the plants of his own garden? Would you not rather study its nature, its wants and its habits yourself, watch it with jealous care lest some rude blast should mar its beauty and nip its tender buds ere they had unfolded their delicate petals to your admiring eye? But you would bring into existence a being of far more importance than all the exotics of the eastern clime, and place it in the care of those who - for aught you know - are ignorant and unprincipled, who understand not the nature of this God-given treasure, and have no natural tie to bind them to it.

If your darling babe becomes ill, you send for a physician, who perhaps prescribes some nauseating dose, and departs without one word of advice with regard to its daily habits. It frequently happens that the physician is a young man, and what does he know about babies or their management? I believe it to be woman's exclusive privilege to be not only a mother to her child, but its physician also. Let mothers be educated in all that concerns their life and health, let them study their own nature well, and learn that knowledge gives the highest order of power, and they will have no need to call in a physician for their children! If mothers would seriously reflect on the importance of a physiological education, I know they would begin earnestly and faithfully to prepare not only themselves, but their daughters, for the high and holy mission

which is theirs to fulfill; then when these little sunbeams were given to light their earthly pathway, they would feel that they were responsible for the future health and happiness of such priceless treasures. No stranger's hand would be permitted to perform those services for the loved ones which a mother's deep affection alone could prompt, and understanding the mechanism and needs of the human system, she could do more for the suffering invalid than all the doctors in the universe. Truly shall her "children rise up and call her blessed." I cannot do justice to this subject in these few pages, but will say to my sisters, "be up and doing," and may Heaven's blessing descend on this reform. - Water-Cure Journal for October, 1855.

Says Dio Lewis:- "It is not an uncommon remark among physicians, in speaking of consumption, as of other diseases, - 'she has been so much poisoned or exhausted, by drugs, that I fear nothing can be done for her.' Or this, - 'the disease is conquered and he will recover, if he can rally from the effects of the medicine.' There is a certain cachectic condition, which the discriminating medical man at once recognizes as the result of drugs. That mercury has **produced** a vast amount of consumptive diseases, it would be easy to prove by numerous authorities."

DRESS OF CHILDREN

MANY of the most serious consequences are conferred on the human race by bad management in infancy, and not unfrequently many diseases may be attributed to the mode of dress adopted by parents and nurses for their children.

The state of infancy and childhood is impatient of restraint, through the restless activity incident to youth, which makes it delight to be in perpetual motion, and to see everything around it. See the happiness and delight a child expresses, by its features, every time it is undressed and rubbed with a soft hand; observe the pleasure it experiences as soon as it is taken out of the fetters in which it is bound. It instantly ceases crying; no sooner is it undressed, than it begins to smile, and to show signs of joy; even though it should be hungry now, it proves by its joy and its movements, that it wanted liberty still more than the breast. Bandage it up again, it becomes uneasy, its countenance is sad, and its cries are renewed. It should be borne in mind that the sole object of clothing a child is for warmth, and not for the purpose of giving support, as is generally supposed. Upon the first sight of a new-born infant, every one is struck with the idea of its weakness and helplessness: it is designed to be weak and tender in its infant state, as indeed is every other object around us. Take a survey of nature, from the first opening leaves of vernal flower, or the more delicate foliage of the sensitive plant, to the young lion or the elephant; they are all in their several orders, proportionably weak, and can not exist without some exterior support. But they stand in need of nothing but what nature has prepared for them. If seed be cast into a proper

soil, it wants only the surrounding elements to insure vigor and maturity. So if the tender infant be born of healthy parents, and at its full time, it is usually sufficiently strong, proper food and nursing are the elements whose fostering influence it requires; if it have these, it will need nothing more.

It is true, the new-born infant is very weak; but is it, therefore, to be tightly rolled, under the idea of supporting it, and giving it strength? A child is nothing more than a mass of tender vessels through which a fluid is to pass, undisturbed, to be equally distributed throughout the body, and which are, therefore, surrounded by a soft medium, capable of yielding to the impetus of their contents. Hence we cannot but conceive how injurious any great pressure must be to so delicate a frame.

Nurses, indeed, appear to feel it a part of their duty to bind infants up with thick rollers, flannels, pilches, and wrappers, all ingeniously tightened and fastened, with so many strings and pins, that you feel amazed at beholding how adroitly they succeed in placing the poor little child in so much misery and confinement.

Looseness is very important in an infant's dress; there should be a free circulation of air between the skin and the clothes, as well as a slight friction upon the surface. All confinement distresses, and when it amounts to tightness, it may, and does frequently, occasion deformity before the evil is suspected. Full room should be allowed for the increase which is continually and rapidly going on. For this reason every part should be fastened with strings, the greatest care should be taken not to draw them too tight. And it is proper, after the strings have been tied, particularly those under the chin, and round the waist, to ascertain by feeling with the finger that the dress is not drawn too tight.

Pins should be used as seldom as possible. The growth of children is so rapid, it is proper to examine, frequently, their clothing, as a few weeks will make a great difference in relation to the size, and the pressure or restraint is often the cause of much crying and fretfulness; it is, therefore, proper that children's dresses should be made so that they may be easily enlarged, particularly round the waist, throat, arm-holes, and across the chest and back. Bandages round the head, or tight caps, or anything which compresses the brain, should be strictly avoided. Many instances of idiotism, fits, and deformity, are owing to tight bandages; not unfrequently infants are very restless at night, owing to tight night clothes.

The more easily the dress can be put on and off, the better and more comfortable for the child; there should be no other fashion than what is dictated by convenience and comfort. The fashion of long clothing or skirts confines the infant, and prevents the activity of the limbs, so essential to a free circulation of the blood and advancement of its growth. Loose gowns, fastening

in front, are therefore preferable to frocks, for two or three months, however less fashionable. All unnecessary tight or stiff clothing should be avoided; every thing which surrounds the body of an infant should be soft, and of yielding nature, so as to prevent any painful pressure upon the muscles or bones, or excoriation or chafing of the skin. Every article of the child's dress should be made and arranged - regardless as to fashion - so as to be adapted to its comfort and health; this will be found to consist in guarding against the variations of external temperature, in preserving a genial warmth for the maintenance of the various functions, and in protecting the body and limbs against external injuries. Pride and fashion must always be laid aside when it interrupts the comfort of health of the child. This, however, unfortunately is not the case with some foolish mothers, who would rather risk the life of their infants than deviate from the last style of dress which Madame Humbug has lately received from Paris.

Were it possible for us to visit our fashionable circles, we should behold the embroidered lace, worked ruffles, and stiffly starched linen, scratching and chafing the tender skin of the poor infant, with some important regions of the body entirely unclothed and exposed, and others superabundantly clad, and amidst this empty pride, every consideration of comfort, and the health of the child, is entirely overlooked. On the contrary, a course nearly opposite is pursued by those filling the humbler walks of life, whose means are not adequate to the ever-varying demands of fashion, and who have the satisfaction of seeing their children in the enjoyment of uninterrupted health and vigor of constitution, by pursuing a course from which their circumstances will not permit them to deviate; and this is usually the cause that health is, in particular, the blessing of the poor, while the rich are more generally the subjects of disease.

One of the most important parts of an infant's clothing is a soft flannel bandage, commonly called the belly-band, which is intended to give support to the abdomen or belly, particularly the naval; and it likewise supports the internal covering of the intestines, and prevents the child from any distension, or, in plain language, a big belly.

In putting on this support, or bandage, you must recollect that there is distinction between support and pressure; the first is very important to health, the second is the cause of many serious diseases, such as rupture, which is owing to neglect or ignorance in putting it on properly, so as to avoid pressure, or, in plainer language, tightness. Besides, the action of the bowels is impeded by this compression, occasioning great pain and costiveness. It should be taken off morning and night, and put on smooth and carefully, and a clean one put on every two or three days, as it is apt to get wet and rumped, and unfit for use till washed and ironed. With some children I have found it necessary to

use it for many months, to prevent an enlargement of the abdomen or belly, and delicate children are sustained by it in their attempts to sit up.

As regards the quality of clothing best suited to the infant, flannel is perhaps more extensively and advantageously used than any other article of which clothing for children is made. Public sentiment, as much as it is perverted on many subjects connected with the management of infants, appears to be right on this.

The superiority of flannel to other substances used, consists, 1. "In its protecting power against sudden reduction of temperature;" i.e. its non-conducting power prevents the natural heat escaping from the surface of the body when the surrounding temperature is materially lower; wool being a better non-conductor of caloric than flax or cotton, is consequently better adapted to the purposes of wearing in cold or variable weather. 2. In guarding the body against the cooling effects of evaporation. When the surface of the body is bedewed with perspiration, the flannel prevents too rapid an escape of the warmth from the body; and as it passes off gradually, the moisture is absorbed by the flannel, whence it evaporates from the body imperceptibly. Thus it is perceived, that the temperature of the body can be but little affected during the process of "drying up the sweat," as it is called, which must be otherwise, were linen or muslin employed in its stead, because they conduct off the heat much more rapidly, and absorb the moisture with less facility; hence a cold dampness must of course pervade the surface of the body during the drying process and hence the advantage of flannel next to the skin. 3. In producing over the surface of the body a healthful and "agreeable irritation," by means of which insensible perspiration is advantageously promoted - a function indispensable to the health of the child; its use, in this respect, approaches in effect that of the flesh-brush; by producing this grateful action upon the skin, it equalizes the circulation; the blood is being constantly invited to the surface, which lessens the liability to congestion of the internal organs, by its being thrown upon them in too great abundance.

From these considerations it is evident that flannel next to the skin, in cold and variable seasons, not only adds to the comfort, but also exerts a salutary influence on the health of the child, so much so, that its adoption cannot but be considered an important, if not an indispensable item in the successful management of the infant.

Flannel is to be preferred for children; it keeps the body in that degree of heat which is most agreeable, as well as most suitable to the functions and actions of health. The perspiration is necessarily increased; the matter perspired is conveyed through the flannel to the atmosphere, and the skin remains dry, warm, and comfortable. Flannel co-operates with the powers of generating heat in living systems, and thus constantly preserves us in that temperature which is most pleasurable, as well as most natural and beneficial.

Doctor Dewees, Professor of Midwifery, of Philadelphia, says: "There is a very common error upon the subject of flannel, which deserves to be corrected; namely, that it can remain longer dirty, without doing mischief by the filth, than any other substance; but in this there is no truth - flannel, from its very texture, is capable of absorbing a great deal of fluid, which it will retain so long, if permitted, as to allow a fermentative process to go on, and gives rise to the extrication of some deleterious gases; therefore flannel should not be worn even so long, on this very account as linen substances.

"The flannel should always be of the white kind, where the circumstances of the parents will permit it - not that the first cost of the white need be greater than that of the colored, but because it will, for the sake of the eye, require to be more frequently changed, as it will more readily show any dirt that may attach to it; but, for this very reason it should be employed, whenever it be practicable. Another reason may also be assigned: the white can always be procured of a finer quality, which sometimes," - we would say always - "is desirable."

The principal articles of clothing are to be made of fine flannel; they generally are called the underclothes; fashion, caprice, or fortune may regulate the rest, provided the garments for the feet and legs to be excepted.

We are confident that if more attention were bestowed on the real necessities and wants of children in this particular, or, in plain language, suitable clothing, and the system preserved from sudden changes, infantile suffering would be greatly diminished, to say nothing of the long list of chronic complaints by which it is to be tortured in after years, and its whole life doomed to wretchedness and misery by fashion, and neglect in preserving a uniform warmth over the whole body and limbs, as a legitimate means of insuring health and comfort to the child. - Gunn's Home Book of Health.

DRESS

A NATURAL and symmetrical woman has ever been regarded as the most beautiful object on earth.

Artists and poets have given their most exalted inspirations to the portrayal of her matchless charms. But, strange and morbid fancies, dignified with the title of fashions, have been busy in destroying what God made perfect.

The most destructive of these fashions is found in a peculiarity of her dress. I refer to the practice of compressing the middle of the body. This strange fashion has come into vogue only quite recently in the history of the world, and even now prevails in only a few of what are known as the more civilized peoples, but is producing an amount of disease and suffering, which no finite mind can measure.

When one undertakes to fathom the reasons, or mystery of this fashion, he is lost. Why intelligent beings should, without regard to convenience or comfort, strive to change the shape and proportions of the most beautiful of all the Creator's works, we cannot understand.

By this practice the lungs and heart are forced up toward the throat; the stomach, liver, and other organs, jammed down far into the abdomen; labored respiration and numberless abdominal maladies are the consequence. But the votaries of fashion declare, notwithstanding these shocking deformities and sufferings, that they regard a female form in the hourglass shape as really beautiful. A few years ago this monstrous perversion of taste was well nigh universal. With sincere gratitude, we observe it is now gradually disappearing.

This contraction of the middle of the body, by changing the position of the lungs, heart, liver, stomach, and every other organ within the body, not only seriously interferes with their functional integrity, but almost invariably produces a distortion of the spine. It is impossible to reduce the size of the waist by pressure, to any considerable extent, and not draw the shoulders forward and downward, producing, of course, a change in the form of the spine. I believe, that among the thousands of wasp-waists that have fallen under my observation, I have not seen ten who did not habitually carry the spine and head in an unnatural attitude. Besides this, the influence upon the organs in the lower part of the abdomen, furnishes the medical profession nearly half its business.

The corset is a cruel invention. It ought at once and forever to be abandoned. Even if it be worn loose, (what lady does not wear hers loose?) its stiffness entirely prevents that undulating motion about the middle of the body, which should accompany respiration.

But if it be worn as loosely as it must be to allow entire freedom to the lungs, it would give an unseemly appearance to the dress. In fact the very structure of a corset renders a close fit indispensable. Every conscientious physician has painful struggles with this fashion.

A fashionable lady has just called upon me with reference to her lungs. I examined her dress. There was the corset, not as close as I have seen, but close enough to make her cure difficult or impossible. I said at once, "I can do nothing for you while you wear such a dress." "Why doctor do you call that tight? Why, that fairly hangs on me." "Yes, madam, I hear that every hour. Have you a husband?" "Yes." "And is he a healthy man?" "Indeed, he is as healthy a man as you would care to see." "Do you think, madam, he could wear such a dress as you have on, and continue his business?" "O, no! but then he is not used to it." "Do you think you know a horse, ox, or any other animal, that could wear such a dress about the vital organs, and continue to labor in comfort?" "Well, doctor that is a funny question. I am sure I can't say, but I

suppose no animal could wear such a dress.” “You are quite right; neither the strongest man nor the strongest ox could endure such pressure about the vital organs, and not fail. Ladies delicately born and bred, without labor, give way completely, under the cruel pressure.” “What shall I do?” “Take off the corset; make the skirt-bands and dress as loose as your husband finds it necessary to wear his dress, and then it will be possible with exercise and other curative agencies to restore you.”

Women do not comprehend “tight” as applied to their dress; they understand it in connection with other forms of pressure, and as applied to the drunkard, but when in connection with their own dress, they are oblivious.

I shall not argue the proposition, that a reduction of the capacity of the most vital part of the body tends to reduce the vitality, and thus lays the foundation for consumption. Of all maladies, pulmonary consumption is most clearly the result of low vitality. Whatever breaks down the tone, may, in this climate, lead to consumption. No habit in which woman indulge, tends more directly and irresistibly to cripple the vital forces, than compressing with a hard, inflexible corset, those organs which eliminate the vital forces.

OPINIONS OF DISTINGUISHED PERSONS ON TIGHT LACING

Lewes says,

“In England, women have pretty generally learned to see the danger, if not always the hideousness, of these wasp-waists, once so highly prized. Herbst experimented upon some Russian soldiers who laced with a belt. He found they could inspire one hundred and ninety cubic inches without the belt, and but one hundred and thirty when laced.

Dr. Mussey remarks that, “Whatever contrivance is so applied to the chest as to shut out from the lungs a part of the air they are capable of receiving, causes degeneration of the blood, increases the liability to disease, and becomes the ground-work of premature decay and death.”

Dr. Griscom declares that it is “a source of consolation to those interested in the progress of civilization to know that ‘hour-glass waists’ are fast giving way to true taste, and will shortly, instead of captivating the eye, be looked upon with pity and disgust.”

Dr. Rush says, “Many facts might be mentioned to show the influence of tight stays, ligatures, garters, waistbands, and collars, in producing diseases, especially of the lungs, or interfering with their cure.”

Another physician of eminence says, "Females dress errs in the tightness with which it is made to fit the body, producing disease of the organs of the chest and abdomen, and preventing free and graceful movements, and that oxygenation of the blood so necessary to health, good looks, and long life.

Dr. Hunt makes the following remark: - "Every body that thinks, knows the lungs do not need squeezing, and that it is not sensible for man or woman to wear tight clothing."

Dr. Clarke says, "Since the free expansion of the chest, or in other words, the unimpeded action of the respiratory organs, is essential to health, the employment of tight stays and those forms of dress which interfere with these natural actions must be injurious, and cannot, therefore, be too strongly censured."

The celebrated Dr. James Johnson says, "The growth of the whole body and the freedom of all its functions, so much depend upon perfect digestion, that every impediment to that digestion, such as compression of the middle of the body, must inevitably derange the whole constitution. Although the evils of tight lacing are as patent as the sun at noon-day, I have not known its commission to be acknowledged by any fair dame. It is considered essential to a fine figure, yet I never could discover any marks of stays in the statues of the Medicean Venus, or the Apollo. And I venture to aver that the Cyprian goddess was not in the habit of drawing her zone as tight as the modern fair ones, else the sculptor would have recorded the cincture in marble. The comfort and motions of the foot are not more abridged and cramped by the Chinese shoe, than are digestion and respiration by the stay." Thus wrote the physician to the father of the present queen of England.

A former professor of the theory and practice of medicine in the university of Vermont says, "Undue confinement of the chest must at all periods of life be prejudicial, hence the practice of tight lacing, we almost always find classed among the causes of phthisis, as well as of numerous other ills." And he adds, "It is surely an erroneous notion that women need the support of stays."

Dr. Ticknor expresses himself on this subject as follows:- "We might, with the same propriety that we now deform our bodies, follow the practices of savage and heathen nations - we might slit our lips, prevent the growth of our feet, pluck out our hair, or flatten our heads; which could all be done with infinitely less detriment to health than results from our own cruel custom of tight lacing."

BARE ARMS AND LEGS

The practice of exposing their arms and legs bare, or nearly so, is very injurious to the lungs. The blood not being able to make its way into the extremities, accumulates in the chest. Let me give you an illustration. One morning, long since, I was asked to visit a young lady residing in this city, who was suffering from a malady in the chest. After an examination of her lungs, the father said: "Now, sir, if you are not in haste, I wish you could remain a moment, and answer a few questions. We have had five children - three daughters and two sons. Two daughters are dead of consumption; the third and last one, you inform me, has tendency to the same disease, while my sons are perfect illustrations of health and manly vigor. Born of the same parents, fed at the same table, enjoying the same comforts in every way, what is the reason for this difference?"

I replied, "Birth and food are not the only conditions of health. In many particulars, your girls have been greatly wronged.

While the boys have dressed their arms and legs with flannel sleeves and drawers, the girls have almost nothing about their limbs. To illustrate this point, let us examine the dress of your daughter's extremities. You see that, although an invalid, and therefore needing warm dress, she has nothing on her arms but a single thickness of silk, and that in the shape of a flowing sleeve. This gauze undersleeve is not to be spoken of as dress. Her legs have nothing but a single thickness of cotton drawers, surrounded by these indefinite skirts. Now, sir, I venture that you and your sons have on the arms a substantial flannel shirt-sleeve, with a thick woolen coat-sleeve, the lining of which is thicker and warmer than the entire dress of your daughter's arm. And you have on the legs warm woolen drawers, and thick, warm pants.

"Your daughter has a pair of kid slippers, with silk stockings, while you and your sons have calfskin boots with woolen socks."

"Oh no!" exclaimed the daughter, pushing out a foot; "I wear these strong boots; mother is very particular about that."

I said to the father. - "Observe those boots; your daughter and her mother think them prodigious! Now, sir, could you or your sons keep your health and wear prunella gaiters?"

"But what should she wear on her feet?"

"She should dress them as warmly, to say the least, as you dress yours. Feel of her arms! Now feel of her legs! Do you think, with such a circulation as that, the lungs can rid themselves of congestion? The blood is crowded into the lungs, because it cannot make its way out into these naked, cold limbs; the

tubercles are thus swollen and inflamed. Until these limbs are warm, the lungs cannot be relieved of their load.

“While in the case of an invalid, much may be done by friction and exercise, the principal reliance must be upon clothing.”

“What shall be done?” at length asked the mother.

“The arms and legs must be covered with knit, closely-fitting, woolen garments. If one thickness will not keep them warm, she must have two. Her arms and legs must be kept warm. And as soon as a good circulation is established among them, you will observe a change in her respiration and pulse.”

What is true of the young lady of whom I have spoken, is true of nearly all females in this country. Look at the fashionable lady as she promenades Washington street, in December. Her chest is covered with several thicknesses of cloth, including, perhaps, thick pads of hair; then a thick shawl, which with its various doublings, and the folding over in front, often gives from eight to twelve thicknesses of shawl; then over that, a set of immense padded furs; while the legs have a single thickness of cotton covering, and go paddling about in the midst of a skeleton balloon.

I have asked my wife to prepare a chapter on dress, in which I observe a repetition of one or two points already made by myself; but as the subject is one requiring “line upon line, and precept upon precept,” I have concluded not to abbreviate her contribution.

Mrs. Lewis has in contemplation a little work on the subject of female dress, to be published a few years hence, in which she proposes to treat the physiological aspects of the subject very fully.

The subjoined is from her pen:-

“A healthy dress allows the blood to circulate freely through every part of the body, and keeps every part nearly at the same temperature. The fashionable style of dress does not secure free circulation; hence cold hands and feet, and a general loss of vitality.

The present style of dress compresses the lungs till they are scarcely more than one-half their natural size, and have less than half their natural action. Of course, they cannot absorb sufficient oxygen to keep the body warm. This, with the almost complete nudity of the arms and legs, produces a feeble and irregular circulation. These errors are so common that you may ask the fashionably dressed women of the country, if they have warm feet, and nine out of ten will reply, ‘Oh, they are never warm, except when by the fire.’ As a result

of these cold extremities, the blood is driven to the head and chest, causing frequent headache, and palpitation of the heart.

“A headache is so common among our fashionable women, that it is considered vulgar to be always and entirely free from it. Women, a few generations back, had no such fashion.

“The present style of dress exposes the arms naked, or nearly so, at all seasons of the year.

“A lady imagines when she starts out to walk, with the thermometer down to zero, that her arms are sufficiently protected if she only has on the fashionable flowing sleeves, with fur cuffs upon the wrists. When obliged to raise the hands, you see the naked arm. In this condition, the blood in the arms becomes nearly as cold as the skin, and this current of blood runs back to the chest to chill the vital organs.

“Would our fathers, husbands and brothers be comfortable with their arms thus exposed, in such a temperature? And are delicate women, who live mostly in the house, better able to bear this exposure than strong men?

“Over these arms should be worn one or two thicknesses of flannel; at least they should be clothed quite as warmly as the body. These extremities, so far from the chest, are more easily chilled than the body, and therefore require at least as much clothing to keep them of the same temperature.

“It is often said that the arms can become accustomed to such exposure as well as the face. But we learn from anatomy, that the face is supplied with an extra circulation, to protect it against its inevitable exposure.

“Many, who by excessive dress upon the chest, make their lungs very sensitive, do not scruple to remove the dress entirely from the upper half of the chest and the arms on a cold night, go to a ball room, and dance all night, and when morning comes, wonder how they took cold. When, finally they are placed in the grave by consumption, developed by such imprudence, we solemnly talk about God’s mysterious providence.

“Not only is the dress of the neck and arms of a fashionable woman entirely wrong, but the legs and feet suffer from the same error.

“As the cold fall weather comes on, every American woman imagines, in order to keep herself comfortable, she must increase the number of thickness of her skirts, while these skirts are worn, in great part, over her hoop. In this way she is completely dragged down by the heavy skirts, which do almost nothing to keep her legs warm.

“The only way to keep the extremities warm, is to wear upon them two or three thicknesses of woolen knit garments, snugly fitting them. These woolen suits should be so supported as not to drag upon the body in the least, and should come down to the ankles under the stockings.

“With thick woolen stockings and good boots made of strong leather or thick cloth, with triple soles, and all lined with cotton flannel, these extremities can be kept warm, and the woman be able to go out freely at all seasons of the year, in any weather without rubbers, which, I may add, should never be worn. Of course the cloth uppers cannot be worn in wet weather.

“The thin prunella gaiter, with its paper sole, should not be worn either in the street, or in the house, after the changeable weather of autumn comes on. The usual habit of wearing, in cold weather, slippers in a carpeted parlor even, should never be practiced by those who are feeble, or even by those who are well and wish to keep so. The floor is the coldest part of the room, and the feet require thick, warm covering.

“A healthy dress permits every organ in the body to perform its functions untrammelled. The fashionable style does not allow this free action of the vital parts, and hence the present feeble, crippled condition of the women of America. This evil, together with other physiological errors, is doing much to shorten the lives of our women, and compromise the health and life of the whole American race.

“To avert these sad results, and to improve the health of our women, it is proposed that the following style of dress be adopted. Such a dress has been worn by the writer nearly twelve years, and she is happy to say, it has saved her from a consumptive’s grave, to which she was slowly but surely tending.

“The waist should be several inches larger than the woman’s body; a little shorter than the present fashion, and full in front, that the chest may enjoy the freest action. The bands of the skirt should be much larger than the body; the buttons to be placed on the band of the inside skirt, just as they are on a gentleman’s pants for suspenders, and the same elastic suspenders worn, crossing behind. Make button-holes in the bands of the other skirts, to correspond with the buttons on the inside skirt, and button on; thus one pair of suspenders will carry three or more skirts. This style of dress is attended by no discomfort to the wearer, and allows full action to every organ of the body. Of course, corsets should NEVER be worn. And with the skirt supported as above described, there is no apology for wearing them. The dress I have described may be made so pretty that it will be much admired.

“Whalebones have no business in a woman’s dress. They spoil all that beauty of outline which Powers and other great artists have found in the natural woman. They interfere not less with that peculiar undulating action of the

chest and abdomen which results from the normal action of the thoracic and abdominal viscera. And if the waist be short and loose, as advised above, there will be no need of whalebones to keep it down. "God knew what he was doing when he made the human body, and made it just right in every way; we cannot alter its shape without destroying its beautiful symmetry, and causing disease and premature death."

DRESS OF CHILDREN. - As bearing upon pulmonary consumption, there are certain errors in the dress of children which must be noticed. I believe I echo the voice of my profession when I declare that the seeds of consumption are planted in thousands, by mistakes in dress during infancy and childhood. To correct these, permit me a few practical suggestions:-

The skirt-bands must be left very loose. If you would give a baby's lungs and heart the best chance for development, the dress about the chest and waist should be so loose that if the child be held up by the shoulders, its entire dress, except as sustained by the shoulders, will fall to the floor. With such a dress, the blood is so much better oxygenated, that, other things being equal, the babe will part with the characteristic, dark red color of its skin much sooner than with close dress.

The bones surrounding the small, feeble lungs, now for the first time beginning to move, are so soft and pliable, that under the slightest pressure, they will yield, and the capacity of the lungs be reduced. I have seen the nurse use the entire strength of her fingers in the first application of the skirt-bands. No thoughtful person, acquainted with the anatomy of the thorax in a new-born babe, can escape the conclusion that the vitality is seriously compromised by this pressure upon the principal organs of that vitality. In many instances I have seen the character of the little one's respiration and pulse decidedly affected by enlarging the skirt-bands.

Mothers, if you think it needs all this pressure to give your babes a form, as I have heard some of you say, you forget that the Creator of your child has all wisdom and skill, and that any changes in the baby's form and proportions, must prove only mischievous. And perhaps you may not feel your pride hurt by the suggestion, that His taste is quite equal to yours. That a corset, or other machine, is needed to give a human being a form, as is so often suggested, is an imputation on the Creator, which no thoughtful and conscientious person can indulge.

DRESS OF CHILDREN'S ARMS. - Prominent among the errors in the dress of children, is the custom of leaving their arms nude. I speak of the dress for the damp and cold seasons. It should be added that, during the cool summer evenings, too much care cannot be exercised in protecting the baby's arms and shoulders. If the mother desires to exhibit her darling's beautiful skin, let her cut out a bit of the dress near its heart, and when the neighbors come in, let

her show the skin thus exposed to the company. This is so near the center of the body that it has no chance to get cold; but in the case of the arms and legs, we have parts far removed from the central organs, and such parts require special protection.

Take the glass part of the thermometer out of the tin frame, and put the bulb in your baby's mouth. The mercury rises to 98 degrees. Now, on a cool evening, place the same bulb in its little hand (I am supposing it has naked arms); the mercury will sink to 60 degrees or less. Need I say, that all the blood which has to make its way through the diminutive and tortuous vessels of those cold arms, must become nearly as cold as the arms and hands themselves? And need I add that as the cold currents of blood come from both arms back into the vital organs, they play the mischief there?

If you would preserve your child from croup, pneumonia, and a score of other grave affections, you should keep the arms warm. Thick, woolen sleeves, which fit at the little dimpled arms down to the hands, at least, constitute the true covering.

A distinguished physician of Paris declared just before his death, - "I believe that during the twenty-six years I have practiced my profession in this city, twenty thousand children have been borne to the cemeteries, a sacrifice to the absurd custom of naked arms."

When in Harvard, many years ago, I heard the eminent Dr. Warren say, "Boston sacrifices hundreds of babes every year by not clothing their arms."

HOW YOUNG LADIES CAN MAKE THEIR ARMS GROW

. A young lady asked me what she could do for her very thin arms. She says she is ashamed of them. I felt of them through the thin lace covering, and found them freezing cold. I asked her what she supposed made muscles grow, "Exercise," she replied. "Certainly, but exercise makes them grow only by giving them more blood. Six months of vigorous exercise will do less to give those cold, naked arms circulation, than would a single month, were they warmly clad."

The value of exercise depends upon the temperature of the muscles. A cold gymnasium is unprofitable. Its temperature should be between sixty and seventy, or the limbs should be warmly clothed. I know our servant girls and blacksmiths, by constant and vigorous exercise acquire large, fine arms in spite of their nakedness; and if our young ladies will labor as hard from morning till night as do these useful classes, they may have as fine arms; but, even then, it is doubtful if they would get rid of their congestions in the head, lungs, and stomach, without more dress upon the arms and legs.

DEPENDENCE OF HEALTH UPON CIRCULATION

Perfect health depends upon perfect circulation. Every living thing that has the latter has the former. Put your hand under your dress upon your body. Now place it upon your arm. If you find the body over 90 degrees and your arm under 60 degrees you have lost the equilibrium. The head has too much blood, producing headache; or the chest too much, producing cough, rapid breathing, pain in the side, or palpitation of the heart; or the stomach too much, producing indigestion. Any, or all of these difficulties are temporarily relieved by immersion of the hands or feet in hot water, and permanently relieved by such dress and exercise of the extremities as will make the derivation permanent.

DRESS OF MALES

I have little to say upon male dress beside what has been said under the heading - Best Material for Dress." Men make comparatively few mistakes in this department.

A few fops compress the chest with the waistcoat, but these foolish fellows are hardly worth considering. A few men wear their pantaloons without suspenders, which is always injurious; the pressure produces absorption of the muscles, tends to push the abdominal contents down into the lower part of the abdominal cavity, and checks the return of the blood through the surface veins.

Many gentleman err in the dress of their feet; but this is discussed under the heading, - "Our shoes."

A great many wear hats, or caps, too close and warm; baldness is the consequence. We never see a man who has lost a hair below where the hat touches his head, not if he has been bald fifty years. If the hair is lost, and the top of the head shining, nothing can be done to restore the hair; but if the hair is falling out, the best restorative means is a frequent bath in cold water, with sharp friction, and the use of a cool, ventilated hat.

Wrapping the neck and upper part of the chest with furs, or a comforter, is a bad habit, often resulting in a cold, which attacks the parts thus unduly heated. And if colds are not caught in this way, the neck must suffer, more or less, by the alternation from heat to cold. I have traced more than one severe cold, which has roused into fatal action a tuberculous lung, to the use of furs. An immense number of them are worn.

Cravats should be slight and loose, not heating the neck, not interfering with the action of the muscles, or the circulation of the blood. In regard to the coat

and pants, I will simply say, that they should always be what the present fashion is, - loose, not interfering, in the least, with the arms or legs.

I have written a great deal more on dress than I intended, but the subject is one of such vital importance, and so intimately connected with the health of the lungs, that I could not say less.

Fully conscious of many defects in my discussion of the subject, I take the liberty, in conclusion, to express the hope, that even my poor words may arouse the earnest and serious attention of some portion of my fair countrywomen. - Weak Lungs, by Dio Lewis

WHAT DO YOU THINK GOD THINK?

Jer 5:21

Be careful how you relinquish the government of your children to others.

No one can properly relieve you of your God-given responsibility. Many children have been utterly ruined by the interference of relatives or friends in their home government. Mothers should never allow their sisters or mothers to interfere with the wise management of their children. Though the mother may have received the very best training at the hands of her mother, yet, in nine cases out of ten, as a grandmother she would spoil her daughter's children, by indulgence and injudicious praise. All the patient effort of the mother may be undone by this course of treatment. It is proverbial that grandparents, as a rule, are unfit to bring up their grandchildren. Men and women should pay all the respect and deference due to their parents; but in the matter of the management of their own children, they should allow no interference, but hold the reins of government in their own hands. {CG 288.1}

Don't lave your children in the temptation alone in what they cannot withstand, There hath no temptation taken you but such as is common to man: but God [is] faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear [it]. James 2:12

-Teach them to deny appetite, to be grateful for the plain, simple diet God gives them. It is not for you to allow them to dictate to you what they should eat, but you should dictate what is best for them. It is a sin for you to allow your children to murmur and complain about good wholesome food, just because it does not suit their depraved appetites. {CG 391.2}

Do not let the child receive the impression that, because he is your child, he must therefore be deferred to and permitted to choose and direct his own way. He should not be permitted to choose articles of food that are not good for him,

simply because he likes them. The experience of parents should have a controlling power in the life of the child. {CG 391.3}

What Do I do When A child cries?

But my God shall supply all your need according to his riches in glory by Christ Jesus. PPhil.4:19

Not physical needs:

- Give Nothing for Which Children Cry.--One precious lesson which the mother will need to repeat again and again is that the child is not to rule; he is not the master, but her will and her wishes are to be supreme. Thus she is teaching them self-control. Give them nothing for which they cry, even if your tender heart desires ever so much to do this; for if they gain the victory once by crying they will expect to do it again. The second time the battle will be more vehement. {CG 92.1}
- **Never Permit Display of Angry Passions.**--Among the first tasks of the mother is the restraining of passion in her little ones. Children should not be allowed to manifest anger; they should not be permitted to throw themselves upon the floor, striking and crying because something has been denied them which was not for their best good. I have been distressed as I have seen how many parents indulge their children in the display of angry passions. Mothers seem to look upon these outbursts of anger as something that must be endured, and appear indifferent to the child's behavior. But if an evil is permitted once, it will be repeated, and its repetition will result in habit, and so the child's character will receive an evil mold. {CG 92.2}

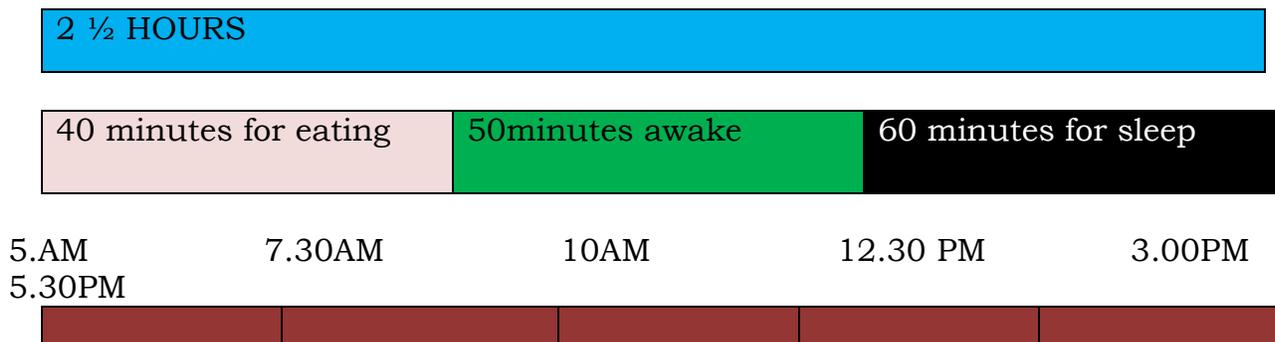
Does this apply to babies?

- The importance of training children to right **dietetic habits** can hardly be overestimated. The little ones need to learn that they eat to live, not live to eat. The training should begin with the infant in its mother's arms. The child should be given food only at regular intervals, and less frequently as it grows older. It should not be given sweets, or the food of older persons, which it is unable to digest. Care and regularity in the feeding of infants will not only promote health, and thus tend to make them quiet and sweet-tempered, but will lay the foundation of habits that will be a blessing to them in after years. {MH 383.3}
- Another woman came running out, a young woman with a babe four weeks old. She needed some counsel because the child could not retain the food from the mother's breast. A few questions were asked. Do you not put your child to the breast whenever it cries? She said she did. And you work hard and get tired and then nurse your little one? Yes, she did.

Then a little counsel was given to observe regular periods to nurse her child, not oftener than two or three hours. The child was stuffed full and it was a mercy that it could throw up that which the stomach could not retain. There is so great ignorance among mothers as to how to care for their children properly. The mother promised to heed the suggestions. {20MR 37.4}

SCHEDULE SAMPLE FOR PARENTS

Before coming with this schedule you must observe the child's lifestyle then use it.



How often should nursing children be fed?

Once in three hours is as often as children should be nourished. When they are old enough to eat solid food, they should eat three or at most four regular meals a day until they are two or three years of age, when they may safely be brought to two meals a day. They should never be allowed to take a morsel of food except at their regular meals. {1868 JNL, HBH 196.2}

What is the best substitute for the mother's milk for a nursing child?

What Shall I Feed my Baby?, By Barbara O'Neill

What Shall I Feed my Baby?

Breast is best – God designed the woman's anatomy with special apparatus for the function of nourishing her baby. Situated in the perfect area so she can hold and snuggle her little one whilst he is feeding, and a mother's breasts contain the perfect amount of nutrition for every stage of baby's development. The nutrient content of mother's milk will change according to baby's needs, even from week to week. Every mother's milk is perfect for her baby. There is no equal. As baby sucks, hormones are released into the mother's blood stream that increases the mothering instincts, thus helping her to be a more attentive mother.

It is best for baby to be trained into habits of regularity at an early age. There should be definite periods of feeding and rest. The mother needs to use discretion to read her baby's needs. Some babies go well on three-hour feeding, some on four-hour feeding. Mother's milk is digested much quicker than formula or other milks. Thus some babies need three-hour feeding.

Alternatives

Nothing should be substituted, if the mother be healthy; but if substitutes must be had, take good wheat, clean and dry, but let it be ground without bolting, put a tablespoonful of this into a pint of pure water, boil it about fifteen minutes, and add to it one pint of good, new milk from a young healthy cow, fed on hay or grass. The milk should not be changed for that of any other cow, if it can be avoided. When children are weaned, good coarse wheat bread, good new milk diluted with about half as much pure soft water, boiled, and a proper supply of ripe fruits in their seasons, should constitute their diet. {1868 JNL, HBH 196.4}

If unforeseen circumstances arise and mother is not able to feed her baby, you can use as a substitute the formulas listed below. Milk formula made from powdered milk is 'dead' milk. Baby needs live milk, as breast milk is live, being full of enzymes. Here are some 'live' alternative milk formulas:

Almond Date Milk

- 1 cup almonds
- 2 soaked dates
- 1 litre water

Blend very well and strain through a fine sieve.

Banana Milk

- Very ripe bananas
- ½ teaspoon slippery elm powder
- 1 litre water

Blend well.

Juice

- 70% carrot juice
- 20% apple juice
- 10% celery juice

The ratio for baby is 3 parts juice, 1 part water.

When is My Baby Ready to Eat?

There are three requirements necessary to ensure baby is ready for solid food. When all the following signposts are present, baby is ready for food. The age that these requirements occur can differ largely with each baby:

When baby can sit up all by himself

- Baby usually sits well by about 7 ½ months

When baby can pick up and put food in his mouth

- Most babies begin to put things in their mouths at about the age of five months. This is their way of exploring, feeling and tasting things. By 7 ½ to 8 months babies are quite proficient at putting things in their mouths – even their big toes!

When baby has teeth with which to masticate the food

- Baby teeth begin to erupt at about six months of age, and one pair appears at about each month hereafter until all twenty are present. The incisors, which are closest to the midline, appear first, four on the upper gums and four on the lower gums. These eight teeth are usually all through by about eleven months of age. The incisors are chisel-shaped and designed to cut into food. So at this age the best foods are fruits and vegetables. Raw is best as raw food is live food and live food digests very easily as it is full of enzymes. It is vital that you begin with small tastes of one fruit at a time and that the fruit is very ripe. Another important point is to always give baby his food after his milk.

8 to 14 Months Old

Suggested fruits:

- Ripe bananas (black spots on the skin are a good sign), pear, grated apple, paw paw and avocado.
- Pieces of apple or pear can be placed in a little net bag or the cut off foot of a stocking. Then tie the end. Baby will happily suck on this for a long time and no lumps can come through the little holes. Raw is best.

These are very gentle fruits, after a few weeks other fruits can be introduced, again stressing they be very ripe. Seasonal fruits are best as they are the freshest. Organic food has a much higher nutrient value without the danger of insecticides. Dried fruits are also a good option for baby to chew on, especially a very dry prune or date. Try dried banana.

After baby has been on fruits a couple of months, some veggies can be introduced.

Suggested vegetables:

- Celery sticks and most raw veggies.
- Corn cobs with the corn taken off (baby loves this!)

Lightly steamed pieces of carrot, broccoli, cauliflower, zucchini and cabbage. If lightly steamed, baby can pick them up and nibble on them. Baby will enjoy the different colours, tastes and textures. One baby I know loved all the 'green foods'. Also at this time a little mashed sweet potato or butternut pumpkin is good as they are soft and moist and need nothing added.

As the only teeth baby has at this stage are incisors, no starch should be given. Ptyalin, which is the salivary amylase that initiates the breakdown of starch, is not present in the mouth. This enzyme is not produced until the eruptions of the first molars. Baby can eat zwieback though. Zwieback twice baked bread. The bread is cut into finger sized pieces and laid in a warm oven 100 C for 1 ½ hours. This process converts all the starch in the bread to grape sugar. This is the same process that happens when a green banana becomes a ripe banana. Grape sugar is found in ripe fruit and is digested easily and quickly.

If baby has a large appetite and you feel you would like a little more than above, a little ground almond, sunflower seeds, linseed or pumpkin seeds can be added to mashed banana. Another alternative is to add 1 teaspoon slippery elm powder to a mashed banana. Slippery elm is the powdered bark of the slippery elm tree. It is very nutritious and soothing to the digestive tract.

14 Months and Onwards

It is around the age of 14 to 18 months that the digestive tract begins to mature and baby can cope with complex carbohydrates. The signpost is when the first molars appear. These have four cusps and are used to crush and grind food. The canines or eyeteeth erupt at about eighteen to twenty months. They are situated between the incisors and the first molars. The canines are used to tear and shred the food.

When the molars appear, ptyalin, the amylase in saliva, which breaks down starch, is now produced. At this stage potatoes, bread and cereals can be introduced. It is important that all grains be thoroughly cooked, and also the legumes should be soaked and well cooked. It is best at this stage to slowly introduce these foods, always leaning more to the fruits and vegetables.

By 18 to 24 months baby is usually eating three meals a day and is down to only a couple of milk feeds. If baby is weaned from the breast he can be given a fresh juice once or twice a day. Carrot, apple and celery are best.

This mix contains all the necessary nutrients to sustain life. This is often called vegetarian's milk.

Weaning off the breast depends a lot on mother, baby and circumstances. One of my babies seemed 'desperate' for food at nine months even though she was quite 'round'. Another of my babies ate hardly a thing till he was sixteen months and he too was well padded. One baby weaned herself at one year whilst another weaned himself at three years.

Your baby is the best book to read; he will tell you his needs, but the mother must meet those needs with discretion and within the guidelines presented above. All the babies I have reared and known to be reared according to these principles have been happy babies and grown (and are growing) to be strong, bright healthy adults.

Child Care and Nature Remedies

CHILD CARE, NUTRITION AND NATURE REMEDIES

The more quiet and simple the life of the child, the more favorable it will be to both physical and mental development. At all times the mother should endeavor to be quiet, calm, and self-possessed. Many infants are extremely susceptible to nervous excitement, and the mother's gentle, unhurried manner will have a soothing influence that will be of untold benefit to the child. {MH 381.1}

The best food for the infant is the food that nature provides. Of this it should not be needlessly deprived. It is a heartless thing for a mother, for the sake of convenience or social enjoyment, to seek to free herself from the tender office of nursing her little one. {MH 383.1}

Babies require warmth, but a serious error is often committed in keeping them in overheated rooms, deprived to a great degree of fresh air. The practice of covering the infant's face while sleeping is harmful, since it prevents free respiration.

The baby should be kept free from every influence that would tend to weaken or to poison the system. The most scrupulous care should be taken to have everything about it sweet and clean. While it may be necessary to protect the little ones from sudden or too great changes of temperature, care should be taken, that, sleeping or waking, day or night, they breathe a pure, invigorating atmosphere.

In the preparation of the baby's wardrobe, convenience, comfort, and health should be sought before fashion or a desire to excite admiration. The mother

should not spend time in embroidery and fancywork to make the little garments beautiful, thus taxing herself with unnecessary labor at the expense of her own health and the health of her child. She should not bend over sewing that severely taxes eyes and nerves, at a time when she needs much rest and pleasant exercise. She should realize her obligation to cherish her strength, that she may be able to meet the demands that will be made upon her.

If the dress of the child combines warmth, protection, and comfort, one of the chief causes of irritation and restlessness will be removed. The little one will have better health, and the mother will not find the care of the child so heavy a tax upon her strength and time.

Tight bands or waists hinder the action of the heart and lungs, and should be avoided. No part of the body should at any time be made uncomfortable by clothing that compresses any organ or restricts its freedom of movement. The clothing of all children should be loose enough to admit of the freest and fullest respiration, and so arranged that the shoulders will support its weight.

In some countries the custom of leaving bare the shoulders and limbs of little children still prevails. This custom cannot be too severely condemned. The limbs being remote from the center of circulation, demand greater protection than the other parts of the body. The arteries that convey the blood to the extremities are large, providing for a sufficient quantity of blood to afford warmth and nutrition. But when the limbs are left unprotected or are insufficiently clad, the arteries and veins become contracted, the sensitive portions of the body are chilled, and the circulation of the blood hindered.

In growing children all the forces of nature need every advantage to enable them to perfect the physical frame. If the limbs are insufficiently protected, children, and especially girls, cannot be out of doors unless the weather is mild. So they are kept in for fear of the cold. If children are well clothed, it will benefit them to exercise freely in the open air, summer or winter.

Mothers who desire their boys and girls to possess the vigor of health should dress them properly and encourage them in all reasonable weather to be much in the open air. It may require effort to break away from the chains of custom, and dress and educate the children with reference to health; but the result will amply repay the effort

If children are disciplined aright, they will soon learn that they can receive nothing by crying or fretting. A judicious mother will act in training her children, not merely in regard to her own present comfort, but for their future good. And to this end she will teach her children the important lesson of controlling the appetite, and of self-**denial, that they should eat, drink, and dress in reference to health.** {CD 228.4}

WHAT ABOUT THE DIET

Diet

Grains should not be introduced until after the infant cuts teeth. Saliva contains the starch-splitting enzyme alpha-amylase needed to digest grains. This enzyme does not develop in an infant's saliva until the teeth are present. Therefore, introducing grains too early can result in food allergies later. Children need a balanced diet of fruits, vegetables, grains, legumes, and nuts. Large amounts of raw foods are excellent for the child and easy for moms to serve. Especially vital are the colorful vegetables and fruits. These contain important carotenes and flavonoids that are high in antioxidant activity. [Carotenes, which convert into vitamin A, lower the risk of cancer, enhance the immune system, and fight free radicals. Flavonoids are anti-inflammatory, antiallergic, antiviral, anticarcinogenic agents that support joint structures and benefit collagen, which holds together tissues of the body].

HOW TO TREAT COLIC IN CHILDREN

COLIC

Catnip and chamomile tea will help eliminate colic in your baby. Make a tea from either of these herbs and place a couple teaspoons of cooled tea in the baby's bottle. Also, be sure to check what the mother is eating if she is breast-feeding the infant.

A tablespoonful steeped in a pint of water used as an enema is soothing and quieting, and very effective in insanity, fevers, expelling worms in children; also fits.

WHAT ABOUT DILL

The leaves and seed have been used in putting up pickles, but pickles should never be introduced into the stomach. Dill has been used to flavor other foods also. Dill is an old-fashioned stomach remedy. It prevents gas and fermentation. It is a splendid remedy for colic in children and can be used in hot milk-soy milk. Very quieting to the nerves, useful in swellings and pains, and stops hiccoughs.

Diarrhea

1 teaspoon of charcoal in olive oil taken 3 times daily. You may also place powdered charcoal in a nursing bottle filled with water. If the stomach is very irritated do not use charcoal as such, but let water stand over 1/4 cup powdered charcoal or tablets in a 2-quart jar, pour off clear fluid on top, and use for all drinking water. looseness is stopped. carob powder can also end this problem.

Carrots for diarrhea

Scrub 3-4 large carrots well, chop finely, and cook in one cup of water for 15 minutes, or until soft. Strain through a fine strainer and add enough water to make a quart. For infants, or very small children, put this in a nursing bottle. Give cool sips of water during treatment and make sure the child is not dehydrated. Even if all the treatments below are given, the fever may not go down if the child is dehydrated.

FLEABANE/Horse weed

Excellent for cholera, dysentery, and summer complaint, especially for children, when all other remedies fail. In these affections, use also as an enema. Steep a teaspoonful in a quart of boiling

Child Care, Nutrition and Nature Remedies

Water for twenty minutes, excellent remedy for all colon troubles. Can be improved by taking equal parts of albizia bark , wild alum root, and catnip. Taken internally it is very reliable for bladder troubles, scalding urine, and hemorrhages from the bowels and uterus. Good for consumption.

FEVER IN CHILDREN

The best treatment for fever is a brief exposure to heat in a hot water bath (100 degrees or slightly above) while being careful not to burn the delicate skin of the baby, or alternating hot and cold applications of water. To do this, place a dry towel on the child's chest and then place over it a second towel that has been first dipped in warm water, and then wrung out. After 4 minutes remove towels and take a cold wash rag and rub the area for 30 seconds. Repeat this procedure three times. This will treat not only the fever, but the underlying infection by activating the white blood cells and the immune system.

A cool-tepid enema may be given with excellent results. Catnip tea is very good for fevers and may be added to the enema bottle.

A tea made of yarrow OR (HORSE WEED) or red raspberry OR LEMON GRASS is excellent. A tea of either peppermint, catnip, or slippery elm is also helpful. These teas provide nutrition and induce sweating.

A tablespoon or two of fresh lemon juice may be given to the child to reduce the fever. Only fruit should be eaten.

Make sure the bowels are clean and moving. If they are not, it may be necessary to do an enema. If a child is just coming down with a cold, do a fever

bath to increase the immune system's ability to fight the cold. You may also give goldenseal, garlic, or echinacea tea, or drops, to the child every four hours.

Cough syrup

1 lemon

Pineapple juice

Bake the lemon at 350 degrees until it loses juice through the skin (about 15–20 minutes). Cool slightly, squeeze out all the juice into a measuring cup, and add the same amount of unsweetened pineapple juice. Then add just enough honey to sweeten it a little. Take 1 tablespoon at a time, as needed. Honey removes mucus and eases coughing. It also helps to control infection. Lemon will ease a sore throat, contains antibiotic properties, while the acid in the lemon turns alkaline in the body and thus becomes a cleansing agent. Pineapple combats infections of the throat and body. The lemon and pineapple juice combined disintegrates the mucus in the throat. The lemon and pineapple juice combined disintegrates the mucus in the throat.

Chest congestions

For Congestion: child's room; or place drops in a pan on the stove, heat and have the child inhale the steam, being cautious around the stove. diced potatoes and onions in a pan, boil gently, and have the child inhale the steam. This mixture has properties to relieve congestion. ith eucalyptus oil in the water, or rub peppermint oil on the child's chest to break up congestion.

Natural Remedies for Earaches

Garlic oil for infection. Place 1-2 drops in ear daily. Place 1-2 drops in ear daily. These two together work wonders. when pain is severe, and it also has antibiotic properties. poultice is very effective in treating the inflammation and pain. infection. th, as described above, with fomentation extending from one ear across the throat to the other ear will frequently help. Remove the fomentation occasionally; then rub with ice water, and dry. —it will restore the good stomach flora the antibiotics destroy and fight the bad bacteria.

Sage

Will expel worms in adults and children.

EXPELLING WORMS AND PARASITES IN CHILDREN

Pinworms, tapeworms, and roundworms are parasites existing in the intestinal tract. The three most common types of worms found in the body are: the thread or seat worms (*Oxyurix vermicularis*), the roundworm (*Ascares lumbricoides--lumbrici*), and the tapeworm (*Taeince-taenia solium*, *Bothriocephalus latus*). There are other less-common worm types that enter the body, such as hookworms (*Ancylostoma duodenal*, *Nectar Americanus*) and

those of unclean pork (*Trichinella spiralis*), which thrive upon various conditions of filth and degeneration.

Symptoms

Restlessness at night, picking the nose, gritting the teeth, itching at anus, dry cough, etc. Worms sometimes cause spasms, fits or convulsions.

Cause

Poor diet, poor hygiene, and constipation are usually the problem. Worms are found when the stomach is deranged from eating improper foods. Worms are the effect. The cause of the worms is improper diet--the lack of wholesome foods (do not use processed or refined foods) and heavy mucus and starchy food intake. To work on the effect and rid the body of worms is like killing the flies and leaving the garbage--which has attracted them--in the same foul condition.

ATTENTION ATTENTION PARENTS...

What the parents are, that, to a great extent, the children will be. The physical conditions of the parents, their dispositions and appetites, their mental and moral tendencies, are, to a greater or less degree, reproduced in their children

The nobler the aims, the higher the mental and spiritual endowments, and the better developed the physical powers of the parents, the better will be the life equipment they give their children. In cultivating that which is best in themselves, parents are exerting an influence to mold society and to uplift future generations

Fathers and mothers need to understand their responsibility. The world is full of snares for the feet of the young. Multitudes are attracted by a life of selfish and sensual pleasure. They cannot discern the hidden dangers or the fearful ending of the path that seems to them the way of happiness. Through the indulgence of appetite and passion, their energies are wasted, and millions are ruined for this world and for the world to come. Parents should remember that their children must encounter these temptations. Even before the birth of the child, the preparation should begin that will enable it to fight successfully the battle against evil.

Especially does responsibility rest upon the mother. She, by whose lifeblood the child is nourished and its physical frame built up, imparts to it also mental and spiritual influences that tend to the shaping of mind and character. It was Jochebed, the Hebrew mother, who, strong in faith, was "not afraid of the king's commandment" (Hebrews 11:23), of whom was born Moses, the deliverer of Israel. It was Hannah, the woman of prayer and self-sacrifice and heavenly inspiration, who gave birth to Samuel, the heaven-instructed child, the

incorruptible judge, the founder of Israel's sacred schools. It was Elizabeth the kinswoman and kindred spirit of Mary of Nazareth, who was the mother of the Saviour's herald.

TEMPERANCE

The effect of prenatal influences is by many parents looked upon as a matter of little moment; but heaven does not so regard it. The message sent by an angel of God, and twice given in the most solemn manner, shows it to be deserving of our most careful thought.

In the words spoken to the Hebrew mother, God speaks to all mothers in every age. "Let her beware," the angel said; "all that I commanded her let her observe." The well-being of the child will be affected by the habits of the mother. Her appetites and passions are to be controlled by principle. There is something for her to shun, something for her to work against, if she fulfills God's purpose for her in giving her a child. If before the birth of her child she is self-indulgent, if she is selfish, impatient, and exacting, these traits will be reflected in the disposition of the child. Thus many children have received as a birthright almost unconquerable tendencies to evil.

But if the mother unswervingly adheres to right principles, if she is temperate and self-denying, if she is kind, gentle, and unselfish, she may give her child these same precious traits of character. Very explicit was the command prohibiting the use of wine by the mother. Every drop of strong drink taken by her to gratify appetite endangers the physical, mental, and moral health of her child, and is a direct sin against her Creator.

Many advisers urge that every wish of the mother should be gratified; that if she desires any article of food, however harmful, she should freely indulge her appetite. Such advice is false and mischievous. The mother's physical needs should in no case be neglected. Two lives are depending upon her, and her wishes should be tenderly regarded, her needs generously supplied. But at this time above all others she should avoid, in diet and in every other line, whatever would lessen physical or mental strength. By the command of God Himself she is placed under the most solemn obligation to exercise self-control.

EXCEPTS FROM THE BOOK MINISTRY OF HEALING PGS 372/373

HERBAL REMEDIES

Pumpkin Seeds: A simple herbal aid for a mild case of worms is to use pumpkin seeds (*Cucurbitaceae*). It is best when fresh seeds are used. To make the infusion, steep one ounce of crushed seeds for fifteen to twenty minutes in a pint of boiling hot water.

Dosage: One teacupful or more (up to one pint daily), six days a week for one to three weeks. Also eat one to two ounces of the pumpkin seeds each day-FOR ADULTS OR OLDER CHILDREN

Another "Seed" Aid is to Combine the Following:

- 1 part pumpkin seeds, crushed
- 1 part watermelon seeds, crushed
- 1 part cucumber seeds, crushed

Dosage: Take one pint of emulsion (two ounces of seeds triturated in honey and distilled water) in doses at two hour intervals; or take one to two tablespoons of the crushed seeds in honey, syrup, etc., in three doses at two hour intervals. FOR A SMALL CHILD GIVE 2 TBPS.

Start feeding the child fruits, vegetables, and nuts with plenty of whole, uncracked, presoaked, low-heated grains.

Also, fruits, vegetables, nuts and seeds. By using this procedure we are getting to the cause, cleaning it up so there will be no recurrence. Be sure the child drinks at least one ounce of steam distilled water daily for each pound of body weight--32 pounds, then 32 ounces of distilled water, 100 pounds of body weight, 100 ounces, etc.

In addition to the above deworming procedures, some herbalists claim it is good to insert a peeled button of garlic into the rectum each night, six days a week, rest one day and repeat six days a week for several months (or, give crushed garlic enemas). This will strengthen the bowel area, cut infections down, aid hemorrhoid area, and assist in discouraging worms. Keep the bowel area clean always if you want a healthy happy child.

Garlic: Give 10-30 drops of the fresh juice or 1 teaspoon of garlic syrup.
Fungus/Yeast infections

Ringworm—Cut open a lemon and rub the area with the juice. Repeat several times daily.

[Note: Colloidal Silver will usually stop it dead in one application!] Hiccoughs—Place juice of orange or lemon on the tongue; then swallow. Athlete's foot—Squeeze the juice from one lemon; add a small amount of water if needed. Soak the foot in this for ten or more minutes at least once a day. Colloidal Silver will usually stop it dead in one application!]

Coconut as antibacterial

Kills viruses that cause influenza, herpes, measles, hepatitis C, SARS, AIDS, and other illnesses. Kills bacteria that cause ulcers, throat infections, urinary tract infections, gum disease and cavities, pneumonia, and gonorrhoea, and other diseases. Kills fungi and yeasts that cause candidiasis, ringworm,

athlete's foot, thrush, diaper rash, and other infections. onal source of quick energy. acids. lood glucose.

First aid

Insect bites—If wasp or bee sting, remove stinger first; take a Band-Aid and wet the gauze part, dip in charcoal and place on the bite. Replace, as needed, until pain and itching is gone. Burns—(including carpet, grass, cement burns, etc.). Cut off an aloe vera leaf, split it open, and lay the inside of the leaf on the burn. Band-Aid, or tape, the leaf on. Repeat when the leaf is dry. Tofu is also an excellent thing to put on burns. It can relieve pain and prevent blistering. Sprains—Put ice on them (20 minutes on and 20 minutes off, several times), and then use hot and cold water treatments, either with fomentations or by soaking in water.

Measles in children

A contagious eruptive fever with cold and catarrhal symptoms, due to a filterable virus (germs and bacteria surging out of the body through the skin)—measles is one of nature's methods of Housecleaning.

This is mainly a child's disease, although older people sometimes contract it. It is an infectious febrile affliction, characterized by round red eruptions on the skin, and catarrhal inflammation of the mucous membrane passages. It begins after two weeks incubation with the common cold (coryza), cough, inflammation of the conjunctive (referred to as conjunctivitis), and the appearance of small red spots surrounded by white areas. On the third or fourth day of chills and fever, dark rose-red maculopapular eruptions appear (concentric and confluent groups) on the face or behind the ears. In three or four days the eruption fades, and the skin sheds or peels (including the mucous membranes). Measles begin with sneezing and dry coughing, redness of the eyes and sensitivity to light. The red rash appears on the fourth day. The fever subsides on the sixth day, and peeling continues until the ninth to eleventh days.

German measles are not quite so severe as red measles (although, of course, dangerous to a pregnant woman and the unborn child). After an incubation period of one to three weeks, the disease German measles begins with a slight fever and catarrhal symptoms, sore throat, pain in the limbs, and the appearance of an eruption of red papules similar to those of measles but lighter in color, not arranged in crescentic masses, and disappearing--without scaling or flaking--within a week.

Cause

Measles is evidence that the body is loaded with toxic poison and is trying to expel it with the Assistance of nature. Microorganisms are brought into activity by nature as the cleansing scavengers.

General Instructions

This disease must be brought to the surface through the skin as rapidly as possible. Diaphoretic herbs such as yarrow / horse weed, lemon grass and raspberry leaf are excellent. Use vapor baths (such as ginger, mustard and cayenne) which bring the toxic wastes to a head quickly. Moisture is required or the organic calcium will turn into inorganic calcium because of the feverish dry body heat, which causes further tissue damage. Rheumatic fever is often the aftermath of diseases such as chicken pox and measles. Take care of the bronchi and the eyes. Avoid bright light, since the eyes are weak at this time. The bowels should be kept open with the lower bowel tonic. You can use neem leaves for a vapour bath. A catnip enema is soothing and beneficial. Ripe fruits will assist in the cleansing process.

General Instructions Especially for Children

If the child is slow in breaking out, give a good for Measles hot bath. It is important to clean out the bowels, so give the patient a warm catnip (tea) enema each day. Put him to bed and give a tea made of equal parts of horse weed and lemon grass (use mulberry leaves too). Give this tea freely to produce perspiration which will also lower the fever. (Red sage, red raspberry leaf or camomile teas are also excellent for a patient with measles.) Also, a pleasant herbal tea made of equal parts catnip, raspberry leaf, peppermint leaf, can be given freely throughout the day. It is best to keep the room dark so that the eyes will not become irritated. In the event the child's eyes do become sore, bathe them two or three times a day with a solution (tea) made of equal parts of acacia leaf , raspberry leaf, and golden seal. If the child complains of itching, bathe or sponge the skin with a tea made of yellow dock and burdock root and/or golden seal. Adding a little apple cider vinegar to a tub of bath water is also helpful. Guard the patient against bronchial troubles and earache and have him drink plenty of liquids (distilled water, herbal teas, as recommended, and fruit juices).

The diet should be simple--plenty of fresh ripe fruit, fruit juices and fresh vegetable juice. One very good combination is carrot juice with celery, spinach and parsley juice added to taste.

Horse weed and lemon grass : If you give the tea to children during the early stages of eruptive diseases, such as measles, chicken pox, smallpox, etc., the tea will help the disease to break out more quickly and thus shorten the time. Anytime there is a fever, no matter what the disease, Yarrow can help break it and bring the disease to a speedier ending.

GARLIC/RAW HONEY / GINGER/LEMON JUICE

Grate 3 cloves of purple garlic

3 tbsps of raw honey

A thumb piece of ginger

2 lemons

¼ glass of warm water.

Blend together

Give 2 teaspoons after every hour until relief is experienced.

STRICT TEMPERANCE TO BE TAUGHT TO THE CHILDREN

Not only the habits of the mother, but the training of the child were included in the angel's instruction to the Hebrew parents. It was not enough that Samson, the child who was to deliver Israel, should have a good legacy at his birth. This was to be followed by careful training. From infancy he was to be trained to habits of strict temperance.

Similar instruction was given in regard to John the Baptist. Before the birth of the child, the message sent from heaven to the father was:

"Thou shalt have joy and gladness; and many shall rejoice at his birth. For he shall be great in the sight of the Lord, and he shall drink no wine nor strong drink; and he shall be filled with the Holy Spirit." Luke 1:14, 15, A.R.V.

On heaven's record of noble men the Saviour declared that there stood not one greater than John the Baptist. The work committed to him was one demanding not only physical energy and endurance, but the highest qualities of mind and soul. So important was right physical training as a preparation for this work that the highest angel in heaven was sent with a message of instruction to the parents of the child.

The directions given concerning the Hebrew children teach us that nothing which affects the child's physical well-being is to be neglected. Nothing is unimportant. Every influence that affects the health of the body has its bearing upon mind and character.

Too much importance cannot be placed upon the early training of children. The lessons learned, the habits formed, during the years of infancy and childhood, have more to do with the formation of the character and the direction of the life than have all the instruction and training of after years.

Parents need to consider this. They should understand the principles that underlie the care and training of children. They should be capable of rearing them in physical, mental, and moral health. Parents should study the laws of nature. They should become acquainted with the organism of the human body. They need to understand the functions of the various organs, and their relation

and dependence. They should study the relation of the mental to the physical powers, and the conditions required for the healthy action of each. To assume the responsibilities of parenthood without such preparation is a sin.

Far too little thought is given to the causes underlying the mortality, the disease and degeneracy, that exist today even in the most civilized and favored lands. The human race is deteriorating. More than one third die in infancy; of those who reach manhood and womanhood, by far the greater number suffer from disease in some form, and but few reach the limit of human life.

Most of the evils that are bringing misery and ruin to the race might be prevented, and the power to deal with them rests to a great degree with parents. It is not a "mysterious providence" that removes the little children. God does not desire their death. He gives them to the parents to be trained for usefulness here, and for heaven hereafter. Did fathers and mothers do what they might to give their children a good inheritance, and then by right management endeavor to remedy any wrong conditions of their birth, what a change for the better the world might see! EXCERPTS FROM THE BOOK MINISTRY OF HEALING PGS 370- 380

OTHER SUPER FOODS FOR CHILDREN

OATMEAL

The common oatmeal, is a most wonderful food, but is not properly prepared by many and terribly abused by the majority of people. It is one of the finest foods for growing children that we have, but the way the oats are eaten many times spoils the real quality of the oats.

Oatmeal can be used in many ways. When oatmeal is not spoiled in the preparation or used in wrong combinations, it is one of the finest foods we have to prevent disease.

Oatmeal can be used in many ways. When oatmeal is not spoiled in the preparation or used in wrong combinations, it is one of the finest foods we have to prevent disease.

Oatmeal water should be more frequently used than it is. It is a very good medicine for the sick. Take the finely flaked oats and put two heaping tablespoonfuls to a quart of water. You can make it stronger or weaker to suit your taste. Let it simmer for half an hour and then beat it up with a spoon or egg beater, and strain it through a fine sieve. This makes an excellent drink for anybody and especially the sick. If desired, you can add just a pinch of salt and a little soybean milk. Another recipe for making oatmeal water is:

Take a heaping tablespoonful of oatmeal to a quart of water and let it simmer for two or two and a half hours in a tightly covered pan, and then strain it.

MORE ABOUT OATS

One of the richest silicon carriers known and if properly combined with fruit or vegetable eliminants, is the ideal basic food for children during the winter months to prevent infection from all zymotic diseases."

Diet a Key to Health, by R. Swinburne Clymer, M.D..

It is not too much to say that oatmeal, if combined with other foods so as to prevent congestions and the formations of toxins and acids due to the acid reaction, would do more to prevent contagious diseases than all the serums thus far invented or that ever will be.

Oatmeal is neither artificial nor a substitute. It is a natural agent for the supply of those elements which by their antiseptic properties make contagious infections impossible.

Besides this antiseptic quality, oats are rich in the phosphorus required by the child for the formation of brain and nerve and elements required by the mind in study.

In many cases the sickness of children can be traced to errors in management. Irregularities in eating, insufficient clothing in the chilly evening, lack of vigorous exercise to keep the blood in healthy circulation, or lack of abundance of air for its purification, may be the cause of the trouble. Let the parents study to find the causes of the sickness, and then remedy the wrong conditions as soon as possible. {MH 385.2}

All parents have it in their power to learn much concerning the care and prevention, and even the treatment, of disease. Especially ought the mother to know what to do in common cases of illness in her family. She should know how to minister to her sick child. Her love and insight should fit her to perform services for it which could not so well be trusted to a stranger's hand. {MH 385.3}

Parents should early seek to interest their children in the study of physiology and should teach them its simpler principles. Teach them how best to preserve the physical, mental, and spiritual powers, and how to use their gifts so that their lives may bring blessing to one another and honor to God. This knowledge is invaluable to the young. An education in the things that concern life and health is more important to them than a knowledge of many of the sciences taught in the schools. {MH 385.4}

Parents should live more for their children, and less for society. Study health subjects, and put your knowledge to a practical use. Teach your children to

reason from cause to effect. Teach them that if they desire health and happiness, they must obey the laws of nature. Though you may not see so rapid improvement as you desire, be not discouraged, but patiently and perseveringly continue your work. {MH 386.1}

Teach your children from the cradle to practice self-denial and self-control. Teach them to enjoy the beauties of nature and in useful employments to exercise systematically all the powers of body and mind. Bring them up to have sound constitutions and good morals, to have sunny dispositions and sweet tempers. Impress upon their tender minds the truth that God does not design that we should live for present gratification merely, but for our ultimate good. Teach them that to yield to temptation is weak and wicked; to resist, noble and manly. These lessons will be as seed sown in good soil, and they will bear fruit that will make your hearts glad. {MH 386.2}

Above all things else, let parents surround their children with an atmosphere of cheerfulness, courtesy, and love. A home where love dwells, and where it is expressed in looks, in words, and in acts, is a place where angels delight to manifest their presence. {MH 386.3}

Parents, let the sunshine of love, cheerfulness, and happy contentment enter your own hearts, and let its sweet, cheering influence pervade your home. Manifest a kindly, forbearing spirit; and encourage the same in your children, cultivating all the graces that will brighten the home life. The atmosphere thus created will be to the children what air and sunshine are to the vegetable world, promoting health and vigor of mind and body. {MH 387}

How to Prevent Early Maturity of Children
Agatha M. Thrash, M.D. www.ucheepines.org
Preventive Medicine

Since 1936, many nutritionists in this country have taught that the ideal diet for children is one that will cause growth at maximum speed to become adults of maximum size. Now we are beginning to understand that there is an optimum rate of development, much below maximum. Further, that maximum growth often leads to early degenerative disease. In 1880, average generation age for girls was 16.2 years. In 1915, 11.7 years. Each decade 'we' are maturing girls 6 months earlier, on the average. The earlier the onset of menstruation, the greater the likelihood of breast cancer and the earlier the onset of degenerative disease.

Here are some ways to prevent early maturity:

1. Do not overfeed.
 - Do not insist that children eat largely of foods they do not relish.
 - Do not demand a clean plate at every meal.
 - Do not offer concentrated foods in generous quantities to children.
 - Do not offer sweets, oils, sugary foods, or heavy proteins of plant or animal origin. If you start a simple diet early the child will never miss the things he is not accustomed to eating.
2. Do not give more than 3 teaspoons of sugar, syrup, or honey, or 1 teaspoon of refined oils in any one day, including margarine.
3. Allow no eating between meals, not even a peanut.
4. Milk is not essential past infancy; it causes excessive growth and endangers one to multicell obesity in later life. Milk is the commonest cause of food sensitivity and a common cause of constipation.
5. Refined foods, particularly white breads, fatty foods, and sugar are often overused, adding many empty calories that promote overgrowth.
6. No attempt should be made to enrich the diet with refined protein, extra minerals, or supplementary vitamins. An adequate diet can be obtained from a wide variety of whole grains, fruits, and vegetables.
7. Allow no stimulation of the genitals, either directly in social situations or indirectly through the mind as by TV, books that portray intimate scenes, or boy-girl relationships before physical growth and emotional maturity are achieved. Such stimulation promotes the production of hormones that increase the rate of maturation.
8. Watch for signs in early childhood of too rapid onset of physical maturity, and institute corrective measures as early as possible. Remember to be a dear friend to your child, but one he looks up to as of greater experience. Remember to hold the reins tighter between the ages of 12-18, while giving all the responsibility possible in the home and in other protected spheres. Do not rush the child into responsibilities in dangerous or potentially immoral situations.

The Hyperactive Child
Agatha M. Thrash, M.D.
Preventive Medicine

Hyperkinetic children have become common in our society. We should make a persistent search for every factor in the environment which could lead to a hyperactive child. Minimal brain dysfunction and hyperactivity have both achieved quite a lot of popularity during the past several years. Along with the various shades of brain damage which are obvious, there are certainly many individuals who have unmeasurable but definitely present deficits in their mental function. The delicate nuances of mental functioning cannot be measured—such things as ambition, zeal, tenderness, compassion, the social graces, honesty, heterosexuality, and many other functions of the brain. The subtle deficiencies are so small that there are no changes of the electroencephalogram. While it is true that some hyperkinetic children show immature reflexes, poor motor coordination cannot be demonstrated. Many factors in the environment have been implicated as possible sources of the problem, from methods of obstetrical delivery to the level of lead in the drinking water.

Since personality disorders are associated with hyperactivity, it can be expected that certain psychometric tests would reveal a higher risk of alcoholism, sociopathic behavior, hysteria, and other adulthood disorders. It is a fact that these personality disorders are more frequently found in adults who were hyperactive children. Let us examine some of the underlying environmental conditions.

In the home, there is often inconsistent discipline from the parents or guardians. Children do not know whether an action will be followed by approval or disapproval. Alcoholism in any adult member of the household compounds the problem. Since alcohol in the blood of the mother damages an unborn child, it could be expected that the unborn child might develop pancreatic problems, resulting in metabolic disorders. It has been shown through biochemical studies that 70% of hyperactive children have an abnormal glucose tolerance curve.

Dr. Benjamin Feingold, a California pediatrician, has reported dramatic results with a diet that eliminates harmful habits and all synthetic food colorings and flavorings, all sweets, and many other "junk foods." The Feingold diet would be good for everyone. Most children recognize that they feel better on the diet than off, and even request to stay on it, much to mother's surprise.

It is a new thing to understand that there is a dietary toxicology that affects behavior! Many of the hyperactive children studied had finicky eating habits, being unwilling to eat vegetables and fruits, and took mainly milk, cheese, boxed cereals, crackers, and white bread. In the treatment, all artificial flavors,

coloring agents, and natural salicylates were eliminated. The last group is found in almonds, apples, apricots, berries, cherries, currents, nectarines, oranges, peaches, tomatoes, and cucumbers. It still seems strange to the American parent that foods can adversely affect the central nervous system.

There are often significant factors in the child's background, beginning even before he is born and carrying through the early childhood years: prematurity; difficult, hasty, or precipitous labor; blood incompatibility; adoption; tip-toe walking; or ambidexterity after age seven. The likelihood of a learning disability is as follows: With one or two of these historical factors, he is suspect. With three it is strong evidence, and with four or more it is almost certain that he will have a learning disability. It has also been found that iron deficiency anemia can cause defective production of brain hormones which could lead to hyperactivity or other misbehavior.

If a woman smokes during her pregnancy, her child will have a greater likelihood of being hyperactive. A child is three times more likely to be hyperactive if her mother smoked 23 cigarettes or more per day during her pregnancy than if she smoked none.

Lead in food and drinking water has been implicated in hyperactivity. If a sample of water going into a home yields 2,000 micrograms per liter of lead, there is more mental retardation than if the level is below 800 micrograms. Even a mild degree of lead poisoning in rats produces a decrease in brain dopamine, one of the brain hormones needed for transmission of a nerve impulse. In one study, hyperactive children had higher blood and urine levels of lead than did controls.

Factors that have contributed to the great change in the psychological climate of the family are as follows: dislocations and disruptions; earlier and more immature marriages; easy divorce; decline of religion; widespread female employment; mechanization; emphasis on materialism and money instead of learning to work; the great overuse of TV, movies, comic books, even the daily papers; population explosions; pampering and family indulgence, especially where they replace true love for children.

Hyperactive children are more likely to become juvenile delinquents. Whether the environmental factors that contribute to the hyperactivity or the physical problems are the greatest precipitating factors has not yet been determined.

The treatment is a very delicate matter. Prevention of the hyperactive state is much better than cure. Nevertheless, if at any time the parent recognizes hyperactivity, a strong effort should be put forth to have good discipline ("few rules, but strictly enforced"), a solid ego identification with someone of the same sex as the patient, preferably the father or the mother, and a good

relationship to the parent of the opposite sex. Boys outnumber girls by a ratio of 6 to 1. Crisis periods often occur at age 5, 8, and again at about age 17.

Growth suppression occurs with some of the drugs to treat hyperactivity. It is usually best to leave off drugs, allow a child first to reach some maturity, and later try to catch up in academic matters. Hyperactive children are usually immature in their personality and mental development. As they grow older, there is a gradual reduction in anti-social behavior. The child should be started to school late, as schooling greatly compounds the neurological problems. Placing a child in a grade level he barely qualifies for in terms of age frequently leads to trouble; I recommend that children not start to school until they are eight or ten years of age, particularly if they are hyperactive. Little boys are much more vulnerable because they mature less rapidly. The mother should be the only teacher until the child starts to school, and she should not be ambitious about the academic training. She should concentrate on developing such skills as cooking, housekeeping, yard work, taking care of the car, etc. The child should always work right along beside the mother, not being sent off to work alone.

Rich rewards will come from learning some fundamental principles and faithfully following a few basic suggestions on this common disorder. The child should be treated vigorously to promote long-range benefits.

1. Hyperactivity in children is a common childhood disorder, involving from 3-10% of school children in this country. It is a modern society disease, developing from features in our lifestyle.
2. Stimulant drugs are often given for this disorder, but need not be used if a proper program for the child is instituted. Often the treatment is worse for the child than the illness, since under the influence of the drugs the personality is altered, many becoming compulsive goody-goodies, sensitive to discipline, incapable of proper use of the mind, and become strangers to their parents.
3. Hyperactive children may be growth-retarded. A large percentage of hyperactive children have a low blood sugar level, below 65.
4. In addition to hyperactivity, many of the children are found to have anemia, impaired achievement, and defective breakdown of stress hormones in the body. These all indicate a multiple system disorder, not just neuromuscular, just digestive, or just central nervous system, as many have supposed.
5. Family problems are never to be discussed in the hearing of children.

6. Fathers are needed by children as well as mothers, especially beginning at about age five. Fathers should give some of their leisure hours to their sons.
7. Do not place the child in unfamiliar surroundings at night. He should go to bed in his own bed every night. Have no other persons in his bed. Spend-the-night parties are fashionable, but are unhealthful both physically as well as socially. Plan some other type of social activity.
8. He should not be expected to do activities that are beyond his years such as learning to read, being responsible for a younger child, etc. Schooling should be delayed until physical maturity indicates that he is able to concentrate for long periods, usually about 8-10 years of age for these special children. To start them earlier usually results in unhappiness for all, and in the child's forming a mental image of himself as a poor achiever, slow learner, and unliked by others.
9. Factors now known to be related to the development of hyperactivity are as follows:
 - a. Iron deficiency anemia.
 - b. Other factors of malnutrition, especially overnutrition, or selective overfeeding of certain nutrients such as white flour and white rice products, boxed cereals, sweet food or drink, and too-rich foods. Oils and margarine are also rich foods which imbalance the diet. Use of lard (often found in homogenized peanut butter, bread, and crackers).
 - c. Certain food colorings, especially Red II dye, a common dye used in many red foods from wieners to suckers. Many food additives, including flavorings, enrichers, and preservatives. Vitamin and mineral supplements are stimulating to some.
 - d. The overuse of sweets begins in the hospital nursery with sugar water. Breast feeding and water between times is all the baby needs for the first six months. Since certain children are sensitive to eggs and milk, it is worth a strict trial of six weeks without either of these or any of their products. Read food labels carefully. Similarly, since meats have stimulating guanine and other purine substances in them, during the same six week period, eliminate all flesh foods from the diet. Supply the place of animal products with plenty of greens, whole grains, and legumes (beans, peas, and peanuts).
 - e. Stomach irritants, such as pepper, spices, baking soda, and baking powder products, caffeine containing drinks, chocolate, and any foods that "disagree" with the child (milk is a common offender).
 - f. Inadequate external controls in the parental environment, reflected by such things as eating between meals, temper flare-ups, no set pattern of life.
 - g. TV, comics, radio, stereo, and competitive games.

- h. Noisy home environment and city living.
- i. Improper clothing of the child is a cause of discomfort and hyperactivity. The arms and legs, feet, hands, and ears should always be warm. There should be no patches of cold skin anywhere on the body except the face. Tight bands must be avoided. If a band leaves a mark on the skin it is too tight. There should not be more layers of clothing on the trunk than on the extremities. Similarly, the child should not be overclothed. When the temperature rises, the clothing should be adjusted. Multiple layers of thinner garments are better than one or two thick garments.
- j. Inconsistent discipline and unwise supervision lead to poor personal control. Have few rules for the child, but strictly enforce them.
- k. Disarray and clutter confuse children and lead to poor performance. Keep everything the child's eye rests upon neat and orderly.
- l. An irregular schedule upsets the natural biologic time-clock. Have set times for all major events: bedtime and arising time, exercise time, mealtime, bathtime, storytime, etc. Irregularity may seem a small thing to the parents, but takes a great toll on the child's nervous system.

We educate people on the following aspects of life also.

- ***Cooking wholesome Vegetarian meals***
- ***Learning more about dress making***
 - ***Soap and detergents***
 - ***Organic farming***
- ***Bible Health Seminars***

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