

**CHILDREN WELL AND
HAPPY: A
MANUAL FOR THE
GIRL'S HEALTH LEAGUE**

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Children Well and Happy: A Manual for the Girl's Health League by May Bliss Dickinson

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MAY BLISS DICKINSON

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MOTHERHOOD

CHILDREN WELL AND HAPPY

A MANUAL FOR
THE GIRLS' HEALTH LEAGUE

BY
MAY BLISS DICKINSON, R.N.

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INTRODUCTION

The purpose of this book is to give schoolgirls definite help in learning how to keep themselves and other children well and happy.

The problem is a double one: How can we best safeguard the health of our schoolgirls? and What can we do through them to save the babies? To the first question the answer is that we can teach the girls the sacredness of life by instructing them in personal hygiene and in the care of the home. The object of such instruction is to give each girl a "sound mind in a sound body" and to fit her for a woman's work in the world. The solution of the second part of the problem is to be found in the careful training of the schoolgirl in the general principles of hygiene as applied to babies.

Because the Health League classes reach the girls during their formative years, they offer a splendid opportunity to establish those habits of life that make for health and consequent happiness and usefulness. Now as never before we are coming to realize that the strength of a nation depends primarily on the spiritual and physical health of its citizens and also on the training of its children to assume in later years their duties as fathers and mothers.

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