

HEALTH IN THE NURSERY

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Health in the Nursery by Henry Ashby

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HENRY ASHBY

**HEALTH IN
THE NURSERY**

Health in the Nursery

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'No change in childhood's early day,
No storm that raged, no thought that ran,
But leaves its track upon the day
Which slowly hardens into man'

ROMANES

LONGMANS, GREEN, AND CO

39 PATERNOSTER ROW, LONDON

NEW YORK AND BOMBAY

1898

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PREFACE

PERHAPS it is hardly necessary to say that this book is in no sense a 'dictionary of domestic medicine,' and that everything connected with the treatment of serious disease in childhood lies entirely outside its scope.

Its aim is rather the prevention of disease, by setting forth the conditions conducive to healthy life during early childhood, and by helping to clear away some of those ignorant customs and prejudices prevailing in the nursery which have become 'sacred through long descent.'

In the chapters on the mental development of the infant I have endeavoured to interest parents in watching the gradual growth of intelligence in the child, believing that the knowledge thus gained cannot fail to be of the greatest use in studying dispositions and tendencies, and in directing education and training.

I must express my great indebtedness to the writings of Preyer, Romanes, Sully, and Baldwin for

inspiration and help in the study of Child Psychology, and to two ladies, Mrs. Moore and Miss Shinn, for their valuable observations on children.

I am much indebted also to my friend, Dr. E. M. Brockbank, for his kindness in reading the manuscript and correcting proof-sheets; and to Dr. A. Mumford and Mr. George Comber for their kind interest and help.

H. A.

MANCHESTER : *September* 1898.

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