

**THE CARE AND FEEDING OF
CHILDREN, A CATECHISM
FOR THE USE OF MOTHERS
AND CHILDREN'S NURSES**

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The care and feeding of children, a catechism for the use of mothers and children's nurses by L. Emmett Holt

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L. EMMETT HOLT

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THE CARE AND FEEDING OF CHILDREN

A CATECHISM FOR THE USE OF MOTHERS
AND CHILDREN'S NURSES

BY

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ATTENDING PHYSICIAN TO THE BABIES' HOSPITAL AND THE
FOUNDLING HOSPITAL, NEW YORK

Fifth Edition, Revised and Enlarged

NEW YORK AND LONDON
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1912

TO
THE YOUNG MOTHERS OF AMERICA,
TOWARD THE SOLUTION OF WHOSE PROBLEMS
THESE PAGES HAVE BEEN DEVOTED,
THIS WORK
IS RESPECTFULLY DEDICATED
BY THE AUTHOR.

PREFACE TO THE FIFTH EDITION

THE constant use of the Catechism as a manual for nursery maids has shown the need of fuller treatment of several subjects than was given in the earlier editions. An attempt has been made to meet the needs of mothers and nurses outside of institutions who have made the book a nursery guide, especially in matters relating to older children.

The chapters upon infant feeding have been largely rewritten and, it is hoped, simplified for the average reader. Some further details relating to infants whose nutrition is difficult have been introduced, although the scope of the book makes this part necessarily brief.

The author's aim has been not to alarm the mother by acquainting her with all the possible diseases and accidents which may befall her child, but to open her eyes to matters which are her direct and chief concern.

It is, therefore, the needs of the well child, not

the sick one, which have been considered. The well child must, in most cases, be left to the care of the mother or nurse for whose guidance and assistance these pages are intended. For directions in matters of illness, however, no mother or nurse should depend upon any manual, but upon the advice of a physician.

It is hoped that the mothers and nurses who have found the earlier editions of the Catechism helpful in the solution of some of their nursery problems will find even greater assistance from the present volume.

NEW YORK, 1909.

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