

**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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OF CHILDREN

UNIV OF
CALIFORNIA

THE CARE AND FEEDING OF CHILDREN

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

BY

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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

489461

PREFACE TO THE TENTH 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 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 helpful will find even greater assistance from the present volume.

In this edition a considerable amount of new material has been introduced relative to the growth, nutrition, diet and supervision of older children, thus attempting to fill a need often expressed by mothers who have relied upon the manual as a guide for the period of infancy.

NEW YORK, 1920.

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