

**THE HEALTHY CHILD FROM
TWO TO SEVEN: A HANDBOOK
FOR PARENTS, NURSES AND
WORKERS FOR CHILD WELFARE**

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The healthy child from two to seven: a handbook for parents, nurses and workers for child welfare by Francis Hamilton MacCarthy

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FRANCIS HAMILTON MACCARTHY

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THE HEALTHY CHILD
FROM TWO TO SEVEN



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THE HEALTHY CHILD FROM TWO TO SEVEN

A Handbook for Parents, Nurses
and Workers for Child Welfare

Containing

The Fundamental Principles of Nutrition
and Physical Care, including Sections on
Child Nature, Training and Education,
and Safeguarding the Nervous System
during the Preschool Years.

BY

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"It becomes increasingly clear that a better society must come through better children, and that the chief importance of social, economic, and vital conditions lies in their influence on little children."—From Editorial in *"The Outlook,"* N. Y.

PREFACE

The greatest nations of the world are coming to realize that the greatness and power of any nation must always be dependent upon the integrity of the home and the health of the child.

A great war tests the strength and power of a nation to the utmost. Preparation for war is searching in its revelations of national strength or weakness.

How has it come about that of the hundreds of thousands of young men appearing before the examining boards of army and navy, representing the very flower of the youth of our country, a very large proportion were rejected because of physical and mental unsoundness?

Careful investigation has shown that more than half the defects causing rejection were preventable, and that nearly all these defects had their inception during the years of early childhood.

The Children's Year Campaign inaugurated by the Children's Bureau also demonstrated the fact that a very large proportion of the nation's children suffer from malnutrition, underweight and physical handicaps.

As one makes daily rounds in the children's wards of a large hospital, the impression becomes more and more firmly fixed that much of the illness and suffering and deformity of the

little folks might have been prevented by proper care during the first years of life.

Out of the turmoil of international strife has again come the revelation that as a people we are lacking in the conservation of our most priceless resource, of life in its beginnings, of the health and well-being of the nation's children.

Are the children of today to be the defective men and women of tomorrow? Have we not here a mighty challenge to unite in the great task of developing a stronger and more robust childhood?

↳ To work for children is, from many points of view, the most important and most interesting of all tasks. Constant companionship with children, studying and endeavoring to understand the child nature, and treating them when ill, is a rare privilege. The present book has grown out of such companionship and work extending over many years. It deals with the care and nurture of children during the foundation years, before school life begins.

Whatever else the recent chaos of war may have taught, certainly one great lesson which stands out clearly and distinctly is that a better order of things must come through higher ideals of parenthood, and from stronger and better children. That this book may have some useful part in the great crusade now being carried on to build up a stronger race of men and women, is the fervent hope of the writer.