

**HYGIENE OF CHILDHOOD:  
SUGGESTIONS FOR THE CARE OF  
CHILDREN AFTER THE PERIOD OF  
INFANCY TO THE COMPLETION  
OF PUBERTY**

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Hygiene of Childhood: Suggestions for the Care of Children After the Period of Infancy to the Completion of Puberty by Francis H. Rankin

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**FRANCIS H. RANKIN**

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# HYGIENE OF CHILDHOOD

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AFTER THE PERIOD OF INFANCY TO  
THE COMPLETION OF PUBERTY

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1890

**To the Memory of my Mother**

**LAURA WOLCOTT RANKIN,**

**THIS LITTLE VOLUME IS REVERENTLY DEDICATED  
AS A FILIAL TRIBUTE OF ADMIRATION FOR HER  
MANY YEARS OF EARNEST PHILANTHROPIC EFFORTS  
TO ELEVATE THE  
MORAL AND PHYSICAL WELL-BEING  
OF THE YOUNG.**





## P R E F A C E

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THE strength and prosperity of a community and a nation are largely influenced by the sturdy vigor of body and mind of the adult population; and, as the oft-quoted saying that the child is father to the man is true, and as the vigor at maturity must in a great measure depend upon proper guidance during the years of development, it follows that it is of the utmost importance that parents should have correct ideas on the personal hygiene and care of their children.

Notwithstanding that the study of the period of infancy and adolescence has received especial attention of late years, and that mothers are realizing more and more the vital necessity of hygienic observances at this time of life, the physician in his round of visits is made aware of a woful lack of knowledge, or perhaps appreciation, of the laws of health by mothers and by others who have the guidance of youth; and he feels that arguments demonstrating the necessity of closely studying the requirements of childhood can not be too frequently presented.

This little manual, on the care of children from the period of infancy to the completion of puberty, can not naturally be considered as embracing the entire question of the hygiene of childhood, but is intended merely to awaken serious thoughts in the mind of the mother relating to the care of her children; and it is hoped that the suggestions herein contained will afford practical aid, and enable her to avoid numerous hygienic sins of omission and commission.

NEWPORT, R. I.

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