

**THE MOTHERS' BOOK;  
SUGGESTIONS REGARDING  
THE MENTAL AND MORAL  
DEVELOPMENT OF CHILDREN**

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The mothers' book; suggestions regarding the mental and moral development of children by  
Caroline Benedict Burrell

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**CAROLINE BENEDICT BURRELL**

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## INTRODUCTION

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THIS book is intended to help the mother to develop and train her children in the best and wisest way, from their babyhood until they reach adult years. It begins with Suggestions in Child-Training, with a Chart showing clearly how the normal child passes from one period of life to another, and suggests the helps he needs at each stage. By studying it a mother may learn to deal intelligently, rather than at haphazard, with her growing boy or girl.

Expanding many of the ideas suggested in this first part, the section on Conduct and Character-Building follows, taking up in detail the various points of character to be impressed on a child's mind. How shall one deal with such difficulties as fighting and mischief? How are obedience and truthfulness to be inculcated? Shall the study of nature be taken up at length, or left to the schools? All these and many other important queries are answered with helpful thoughts for the mother.

Certain stories, especially in relation to the child in the home circle, are dealt with at greater length in the section of Development and Discipline. The food, dress, room, and school of the growing boy and girl are discussed. Books and reading, religious training, punishments and rewards, and the fitting of a child for life are discussed and many practical suggestions are made. Following this comes a series of selections, given by permission, from the addresses on Children made by distinguished men and women at the Mother's Congress, with an inspiring speech of President Roosevelt's delivered at one of its sessions.

In the final section delicate but vital matters pertaining to the instruction of youth of both sexes during the

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period of adolescence are presented with wisdom and discrimination, based on wide inquiry and the results of practical experience.

To assist the mother who wishes to illustrate her teachings with stories, poems, and biographies, references are given to those bearing on the themes treated in this book, all of them to be readily found in the Library. Children who read these for themselves or hear them read aloud will have the impression made by the mother deepened on their growing minds by the excellent selections.

## CONTENTS

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	PAGE
INTRODUCTION .....	iii
A CHART OF SUGGESTIONS IN CHILD-TRAINING .....	I
How to Use this Chart Correctly—What May be Learned from the Chart—Help the Child to Help Himself—Behavior—Reading and Writing—Science and Art—Exercise, Games, etc.—Bed Hours, etc.	
SYSTEMATIC CHILD-TRAINING .....	12
1st year (Submission; Obedience; Self-Control)—2d year (Imitation; Reasonableness; Self-Amusement, etc.)—3d year (Self-Direction; Courage; Kindness; Politeness; Gentleness)—4th year (Cheerfulness; Sincerity; Unselfishness)—5th year (Truthfulness, etc.)—6th year (Trustworthiness; Independence, etc.)—7th year (Reserve About Private and Personal Matters; Sense of Responsibility, etc.)—8th year (Respect, etc.)—9th year (Loyalty to Persons; Ideals; Refinement)—10th year (Sense of Personal Honor; Keeping Promises; Precision in Execution)—11th year (Reverence; Perseverance with Long Plans, etc.)—12th year (Loyalty to Principle, etc.)—13th year (Courtesy; Chivalry; Womanliness)—14th year (Sense of Official Honor, etc.)—15th year (Democratic Spirit; About Playmates, etc.)—16th year (Sense of Relative Values in Moral and Social Dis-	



tinctions)—17th year (Loyalty to Ideals; Books and Pictures; Education; Recreations)—18th year (Sense of Responsibility toward Humanity, etc.)—19th year (Idea of Self-Culture).

CONDUCT AND CHARACTER-BUILDING..... 25

Ambition—Animal Study—Application—Appreciation of Art—Athletics and Health—Attention—Cheerfulness—Chivalry—Civic Responsibility—Cleanliness—Contentment—Conversation—Courage—Culture—Curiosity—Duty—Emulation—Firmness—Friendship—Generosity—The Gentleman—Habits—Heroism—Home Study—Honesty—Honor—Humor—Imagination—Imitation—Industry—Investigation—Kindness—Loyalty—Manliness—Manners—Memory-Training—Mischievous—Music in the Home—Nature-Study—Obedience—Observation—Patience—Patriotism—Perseverance—Play—Pluck—Tenacity of Purpose—Reading—Self-Control—Self-Reliance—Society—Story-Telling—Sympathy—Thinking—Thoroughness—Truthfulness—Work.

DEVELOPMENT AND DISCIPLINE..... 117

The Child's Physical Start in Life—The Food of the Growing Child—The Child's Dress—The Child's Room—The Child's Play and Playmates—The Child's Home—The Child's School—The Child's Reading—Parental Discipline—Obedience in the Child—The Child's Truthfulness—Self-Control in the Child—Training in Order and Punctuality—Child and Money—Child and Handicraft—Music and Art for the Child—The Child's Sunday—Child and Nature—Training the Child for Life—A Homelike Home—The Girl at Fifteen—Speaking and Its Faults—Association of Mother and Sons—Two Sorts of Impertinence

—Simplifying Housework—Temper and How to Meet It—Submission—Shall the Boy Stay in School?—Shall Your Boy Fight?—Naming the Baby—May Children be Noisy?—The Use and Abuse of Holidays—Fitting a Child, or Making a Child Fit—A Children's Hour—Children and Guests—Bullying—"Breaking His will"—The Boy and His Den.

WIFE AND MOTHER..... 223

First National Congress of Mothers—President Roosevelt's Address—Reproduction and Natural Law—Dietetics—Character-Building and Education—Sympathetic Parenthood—Training our Daughters—The Needs of Feeble-minded Children—Humane Education in Early Training—How and When Shall We Teach Speech to the Deaf?—Alcohol and the Child—The Abuse of Drugs—The Importance of Bringing Youth in Touch With Great Literature.

ADOLESCENCE—WHAT SHALL BE TAUGHT... 264

What Shall be Taught, and Who Shall Teach It?—What Parents Should Teach their Children—It Is Better to be Too Early than Too Late—Is there Danger in Physical Books?—The Best Book for Parents—Can the Child Understand?—The Age to Tell the Story—The Objection to the Stork Story—The Oft-Repeated Question: "How."

