THE VOYAGE OF GROWING UP

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649288076

The voyage of growing up by C. E. Turner & Grace T. Hallock

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd. Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

www.triestepublishing.com

C. E. TURNER & GRACE T. HALLOCK

THE VOYAGE OF GROWING UP

Trieste

MALDEN HEALTH SERIES

The VOYAGE of ~ GROWING UP

BY

C. E. TURNER

PROFESSOR OF BIOLOGY AND PUBLIC HEALTH, MASSACHUSETTS INSTI-TUTE OF TECHNOLOGY; ASSOCIATE PROFESSOR OF PUBLIC HEALTH AND HYGIENE, TUTTS COLLEGE MEDICAL AND DENTAL SCHOOLS; DIRECTOR OF HEALTH EDUCATION STUDIES AT MALDEN, MASSACHUSETTS; AND CHAIRMAN OF THE HEALTH SECTION, WORLD FEDERATION OF EDUCATION ASSOCIATIONS

AND

GRACE T. HALLOCK

AUTHOR OF "DRAMATIZING CHILD HEALTH"; CO-AUTHOR OF "LOUIS PASTEUR," "EDWARD JENNER," AND "THE LAND OF HEALTH"; FORMERLY STAFF ASSOCIATE, AMERICAN CHILD HEALTH ASSOCIATION



D. C. HEATH AND COMPANY BOSTON NEW YORK CHICAGO ATLANTA SAN FRANCISCO DALLAS LONDON COPYRIGHT, 1928, By D. C. Heath and Company

3 E 1

PRINTED IN U.S.A.

PREFACE

In grade three the health program should seek to develop desirable habits and attitudes toward health, even if it does not give the child a large amount of specific knowledge. This book presents pleasant experiences of real situations which constitute a natural approach to the subject of health. Many feel that they accompany the health training activities set up in the classroom better than the imaginary or fairy story approach.

The material in this book has been given a thorough trial in the classroom during the preparation of the manuscript.

All teachers will realize the value of adding to the interest of a book of this type in various ways. We have found that illustrations of things discussed in the stories may be brought into the classroom to good advantage. Pictures of ships illustrate the case in point. Sometimes materials themselves may be brought into the classroom. A simple compass is of great interest. A magnifying glass will allow the children to examine the skin as Uncle John did in the story. Most teachers will prefer to discuss the new words in each chapter before the lesson is developed. Dialogues and informal dramatization will help to make the material more real. One

PREFACE

teacher allowed children to participate in dramatization only after they had learned their own height and weight. The children may like to keep a log as Paul and Ann did, putting down the rules of the body ship on the blackboard or on sheets of paper which may be put together into a notebook. The notebook may be illustrated by pictures which the children have cut and brought into the classroom. The discoveries which Ann and Paul made form good subjects for language and writing lessons. Children enjoy retelling the stories.

> C. E. T. G. T. H.

iv

CONTENTS

CHAPTER		PAGE
I.	THE FINDING OF THE GOLDEN	
	FLEECE	I
II.	LITTLE SHIPS	8
III.	THE LITTLE BOY WHO KNEW	
	WHAT HE WANTED TO DO	12
IV.	The Ship's Log	17
v.	DRINKING WATER	24
VI.	THE SIX LITTLE WATER DROPS	
	WHO WANTED TO SEE THE	
	World	30
VII.	BE CLEAN	41
VIII.	THE CARE OF THE HAIR	48
IX.	PIRATE PLANTS	56
X.	GUARDING THE BODY SHIP	
	AGAINST BIG HURTS	67
XI.	HOW PLANTS MAKE FOOD	73
XII.	A GOOD BREAKFAST FOOD	81
XIII.	MILK: THE BEST FOOD OF ALL	88
XIV.	The Little Brown Hen	99

CONTENTS

CHAPTER		PAGE
XV.	THE SAD LITTLE APPLE TREE	106
XVI.	PRINCESS GREENLEAF AND	
	PRINCE GREENLESS	114
XVII.	THE TEETH WORKMEN	125
XVIII.	HELPING ENGINEER DIGESTION	132
XIX.	EYES AND EARS	140
XX.	Fresh Air	148
XXI.	In the Harbor of Sleep	154
XXII.	Hold the Body Straight	161
XXIII.	Comfortable Clothes	170
XXIV.	CLEAN CLOTHES	177
XXV.	The Little Mouse Who Was	
	NOT AFRAID OF ANYTHING .	181
XXVI.	Going Home	191

vi

THE VOYAGE OF GROWING UP

CHAPTER I

THE FINDING OF THE GOLDEN FLEECE

Ann and Paul had always lived in a great city. Now they had come to spend some time on Grandmother's farm. They had just had the measles, and Dr. Allen had said to Father and Mother, "What these children need is country life for a while." So Father had taken them to the farm to stay with Grandmother and Uncle John.

Uncle John was the doctor on a ship, and he was having a vacation. He told Father that he would give the children lessons so that they would not fall behind in their school work.

The very next day after they had reached the farm, Father had taken the train back home. So the children were feeling a tiny bit home-