

**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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~~DEPARTMENT OF PUBLIC HEALTH NURSING~~
UNIVERSITY OF TORONTO

Medical Libras

**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