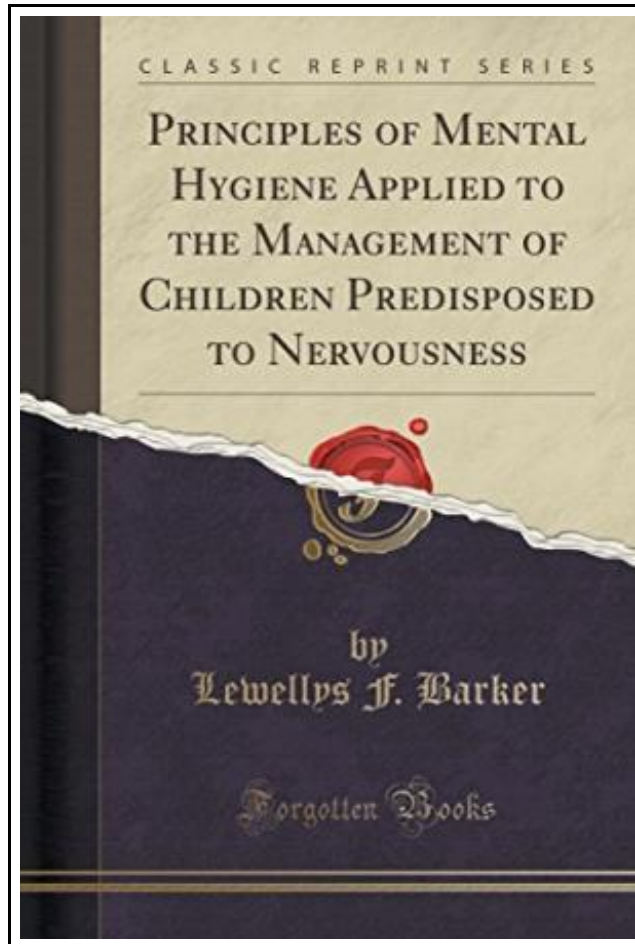


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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Excerpt from Principles of Mental Hygiene Applied to the Management of Children Predisposed to Nervousness Even in families in which no nervous taints exist in the parents or near relatives the children sometimes become nervous through faulty education and there, is a growing desire on the part of well informed people now-a-days to make sure that the means of education they provide for their children shall be such that the nervous system will be protected and strengthened rather than exposed to over-strain and injury. One fact which has become ever clearer as medical knowledge has advanced concerns the nutrition of the. child. Faulty feeding in infancy and early childhood may lead to such impoverishment of the tissues and such stunting of growth that the ill effects can never be recovered from in later life. A considerable proportion of the intellectual and moral inferiorities among our people is fairly attributable to imperfect nutrition at this early age. Fortunately the public is now being so thoroughly educated to the importance of breast feeding for infants and of liberal and suitable diet during the early years of life, by family physicians and also through the excellent little manuals of Holt (2), Starr (3), Griffith (4) and others on the care and feeding of children that it is not necessary to dwell at length upon the subject. Plenty of good simple food, including milk, meat, vegetables and fruit, with avoidance of condiments, coffee, tea and alcohol is approved by all authorities. Many parents make the mistake of allowing the caprice of the child to influence its diet. We now know the foods that are suitable for children and, knowing these, the...



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