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GENERAL RULES FOR CHILDREN

1. Regularity of habits and calm emotional handling are essential factors in the healthy development of the growing child.

2. Discipline is essential. It must be reasonable and firm, and when punishment is necessary, threats must not be made where action is demanded.

3. A schedule for daily life should be established. An early rising time before breakfast, sufficient to permit an exercise period of at least one-half hour, is essential for the awakening of the body. The individual whose sluggish circulation has not been awakened by some vigorous exercise rarely eats with relish and digests his morning food completely. Other exercise periods can be spread out over the day in accordance with the individual demands. In the same manner his meals should be served at a regular period. A relaxation period of five minutes prior to eating is helpful in preparing one for the enjoyment of his food. A mid-morning and mid-afternoon rest period should be established.

4. The movement of the bowels should be followed with great regularity. The normal child usually moves his bowels upon arising and twenty minutes after each meal. The physiological rush which follows the consumption of each meal causes motility in the entire gastrointestinal tract, and aids in establishing bowel function.

5. Recreations, counter to the trends of the day, should be calm and soothing. Running and shouting are not conducive to developing a stable nervous system. Games like marbles, croquet, and the like, however, which allow the individual to perform in a slow manner with relaxation between efforts, are desirable. The acting bar and gym set are useful. Chinning, the big and little drop, which require skill, are far superior to speedy forms of activity. The radio, the movies, and the "blood and thunder" funny books are not conducive to a quiet and stable emotional life. Since this is likewise true of many radio programs and movies, they, too, are highly undesirable.

COD LIVER OIL SUNBATH

Select a time of day when the sun is most favorable. Wipe the body lightly with cod liver oil. Protect head and eyes. Expose body to the sun according to the amount of sun to which it has already been exposed, very recently.

If one has not been previously exposed to sun, expose front and back areas for three minutes respectively, increasing three minutes per day, up to one hour. If accustomed to the sun, a longer interval of exposure is possible. Lie quietly while sunning. Complete relaxation is desirable. Give as much water as possible. One tsp. of salt mixture should be added to each quart of drinking water. Watch carefully to avoid sunburn.

Follow oil bath by a warm soap bath. A good soaping in a warm shower with an animal fat base soap is best to remove the odor of the cod liver oil. Follow warm shower with cold.

CHILDREN'S DAILY SCHEDULE

6:30 a.m.	On playground, $\frac{1}{2}$ hour exercise under direction
7:00	Breakfast
	All children to toilet. Record B. M.'s.
	Sun bath. Each child sunned according to previous exposure and ability to take it.
	Outdoor exercise.
	Cleansing bath.
10:30 a.m.	Mid-morning nourishment.
12:00	Noon meal.
	To toilet.
	Undressed, in bed for rest hour.
3:30 p.m.	Temperature and pulse.
4-5	Visiting hour.
	Active out of door exercise and play.
5 p.m.	Evening Meal.
7:00 p.m.	All children 14 years of age and under, in bed with lights out.

ALL HYPODERMICS GIVEN TO CHILDREN 14 YEARS OF AGE AND UNDER MUST BE GIVEN IN THE ARM.