

(Course 153)

- (4) Preparation for the care of children. All too frequently we have assumed that it was only necessary for the mother to have a knowledge of the growth and development of children. Every father should be thoroughly familiar with principal facts of both physical and mental hygiene of children. The intelligent team-work of both parents pays large dividends in healthier, happier children.

- (a) Pre-natal period
- (b) Natal period
- (c) Pre-school period
- (d) Adolescent period
- (e) School period

References: Rich, M. - Family Life Today, Chap. 9.
Lucas, W. P. - The Runabout Child.
Groves, E & G. - Wholesome Childhood.
Richardson, F. H. - Parenthood and the Newer Psychology.
Spencer, A. G. - The Family and Its Members, Chaps. 8-11
O'Shea - The Child, His Nature, and His Needs.

Location and Maintenance of Home.

The physical surroundings of the family has a very definite influence upon the health levels of the group. Consequently, the parents should be capable of judging the values of:

- | | |
|----------------------------|---------------------------|
| 1. Environment of house | 4. Water supply |
| 2. Construction | 5. Sewage disposal |
| 3. Heating and ventilation | 6. Household conveniences |

References: Broadhurst, Jean - Home and Community Hygiene
Taber, C. W. - The Business of the Household
Balderston, R. - Housewifery.

Health Service for the Family

The influence of health and sickness upon the integrity and happiness of the family is coming to be seen more clearly as a matter repaying forethought and planning. In common with the advances in other lines of professional service, the medical sciences have developed rapidly to meet the needs and problems of modern life. With our increased knowledge of health and disease, there has emerged a number of groups of health advisers, who are capable not only of treating disease but also of preventing. More important, they are rapidly changing the objectives of the services to the promotion of health. This applies particularly to the physician, dentist, and nurse. Every well informed person should understand how to select and how to use such advisers both as an individual and as a responsible member of the family group.

1. Selection of health advisers. The efficiency of the health service of the family will depend largely upon whether discrimination has been exercised in the selection of health advisers for the family. It will be impossible to exercise this discrimination unless you have some standards by which to judge the individuals.