

RADIO PROGRAM
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PHYSICAL EDUCATION FOR HEALTH

"WHAT PARENTS SHOULD KNOW ABOUT THE PHYSICAL GROWTH OF THE CHILD"

Allen--Dr. Lapp, last night I read a United Press dispatch quoting Dr. Fred M. Smith, of the University of Iowa, to the effect that degenerative heart disease in the United States is on the increase. I am of the conviction that heart disease is the product of our civilization. Hypertension, or high blood pressure, overworks the heart and imposes upon it an extra load, thereby producing a breakdown of the arteries and an ultimate collapse of the heart muscles. Yet the direct cause of hypertension is unknown. What is your opinion of this?

Lapp-- Well, of course, I wouldn't know. But we do know that certain types of heart diseases are due to heredity, and that overwork and worry contribute heavily to this toll. Stimulants, when rest and sleep are needed, certainly do not do an individual any good. Taking stimulants when one is tired is like whipping a tired horse through a mud puddle. Is that your idea?

Allen--Well, I would begin at the other end of the source - say starting at zero and endeavor to acquaint the parents with the elemental things so necessary in the infant's early development that they would build in the infant a strong physique. Now, I do not mean by that that we should have a muscular giant, but the parents should view the little chap as an active and growing little human being. The things most important to this youngster are activity, rest and food. Yes, and I would also want the young parents to know that they do transmit the vitality of one generation to the next generation. Only last week I heard Dr. Naismith read a short poem and I liked it very much. It ran like this

"God make us wise to know
How strong the stalk must grow
That rears so fair a flower."

Here is another one that hooks up the offspring with the family in a very definite way

"So wee a gift, yet the wealth of many lands
could not buy it in the richest mart,
So frail a gift, yet those tiny hands
Take mighty hold upon two human hearts."

Suppose we divide the youngsters into age groups from the period of birth to three years for our first discussion. What characteristics, Dr. Lapp, do we generally observe in these little fellows?

Lapp-- Well, perhaps we should make a division, for the sake of description, into the physical, the mental and the play characteristics. For the physical, of course, there is the rapid growth, weight is trebled, the length of the youngster increases 7 or 8 inches, and his brain increases in weight 2 or 3 times. For mental reactions, he notices light at 3 weeks, and memory begins. He is constantly moving and inarticulate speech appears. He begins to imitate at 6 months. For the play characteristics, there is noticeable a natural play, grasping, sucking, kicking, and he likes brightly colored