

## How A Child Can Grow Big And Tall

By Dr. M. C. ICASIANO \*

My dear readers of the YOUNG CITIZEN:

I have been asked to tell you something in this Child Health Day issue of your magazine. I was supposed to talk on skin diseases or on intestinal worms. But I am sure it is not diseases you care to read about. You like something more beautiful, so I will tell you of a pleasant and interesting account of some children in a certain school.

I want you to know that I love school children, that I have visited many many schools in several countries of the world and made a great number of little friends in those schools. It is about one of these schools that I am going to tell you.

I still remember the incident as if it were only yesterday, although this happened several years ago. One beautiful afternoon in a town not many miles away from the city of Boston in America, I was watching an excited class of students. It was weighing day and they had just finished weighing. The teacher had read the records of every pupil and was trying to find out why some children gained markedly in weight, a few hardly gained at all and one or two actually lost weight.

By the way, to these children the business of gaining in weight was a serious job and they were really trying to attain their purpose. They slept very long hours; they ate plenty including milk, eggs and vegetables; some even drank several glasses of water just before going to class so they would weigh more.

All these things they did because they wanted to be healthy and they knew that growth is a sign of health. And this is true. Everybody knows that one plant is healthier than another when it grows faster and bigger. If you watch two fields of rice you know that the one with taller plants, with wider and greener leaves is the

healthier. The rice plant that hardly grows, that has narrow and yellowish leaves is a poor plant and will not produce much grain. The same is true of the child. One who grows heavier and taller from month to month is healthier, as a general rule, than one who hardly grows or is not growing at all.

What was most wonderful in this class was the fact that with few exceptions, everyone seemed to be gaining steadily in weight. The secret of this, according to the teacher, was that the pupils knew what made a child grow and they all did their best to do the things which make for growth.

Now you will perhaps ask me, "What makes a child grow?" The answer to this you will learn from those children themselves. When they were asked by the teacher what made them gain in weight the following answers were given:

One child believed that he gained in weight after his swollen tonsils were removed.

Another child thought he increased in weight since he began taking daily baths. This made him sleep soundly every night as he was not bothered by any itching sensations.

A third child explained that he played daily out of doors and consequently had more appetite.

A fourth child told the class that she felt much better since she learned to eat plenty of vegetables every day.

Now, can you answer the question yourself? In case you cannot, hear the advice of the teacher to her pupils:

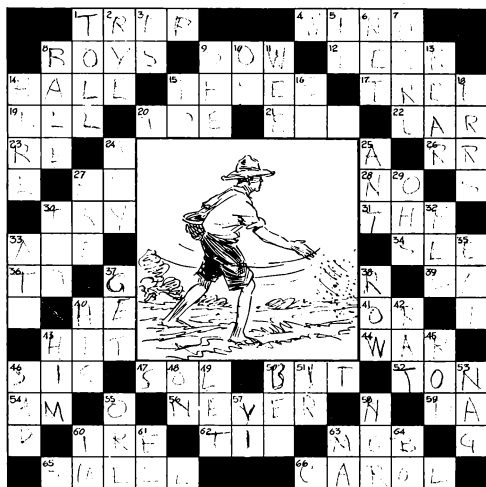
1. Try to eat plenty every meal, and include milk or egg and vegetables and fruits in your diet.

2. Sleep long hours with windows open. Try to go to bed before eight every night.

(Please turn to page 226)

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## CROSS-WORD PUZZLE



22. Part of the head
23. Note of scale
26. Railroad (abbreviated)
27. First half of a girl's name
28. Not yes.
30. To attempt
31. An article
33. Reverential fear
34. To behold
36. A preposition
39. Note of scale
40. A pronoun
41. Correlative of either
43. To strike something
44. Fight between nations
46. Short for sister
47. Sun (Spanish)
50. Past tense of bite
52. 2,000 pounds
54. A verb
56. Not at any time
59. How babies say "daddy"
60. Anger
62. Join
63. Crowd in riot
65. To sniff
66. Xmas song

## VERTICAL

1. Sound of a bell
2. Kind of bread
3. 3rd person singular present indicative of Be
5. Neuter pronoun
6. A trap
7. To challenge
8. A large package of goods
9. A pronoun (feminine gender)
10. A conjunction
11. Very small
13. Last in order or at the end
14. To employ
15. Preposition
18. Sins (verb)
24. Some or an indefinite number
25. An insect
27. Part of verb "to be"
29. Exclamations
30. A number
32. Snake-like fish
33. Consumed
35. Devour or swallow food
37. Obtain
38. Paddle a boat
40. Possessive pronoun
42. A house pest
43. Masculine pronoun

## HORIZONTAL

1. Journey
4. It blows
8. Lads
9. What is the man doing in the picture?
12. To rip
14. Strong
15. A number
17. Largest plant
19. To be sick
20. Part of the foot
21. Before
45. Bar
46. Lonely
48. Preposition
49. Allow
50. An insect
51. Industrial Research (abbreviated)
53. An old horse
55. Raw mineral
57. Nickname for Vivienne
58. Neither
60. Prefix, meaning not
61. "He" in Spanish
63. Short for mother
64. Body odor (abbreviated)

## HOW A CHILD CAN GROW

(Continued from page 198)

3. Sleep alone so you may feel more comfortable. Get rid of bed-bugs, protect yourself from mosquito bites and cover your body with a sheet or blanket to avoid catching cold.

4. Play out of doors every day, but stop before you get tired.

5. Keep your teeth and skin clean by frequently washing them. Brush your teeth twice a day, take a bath at least twice a week and wash your hands at least before handling any food.

6. Move your bowels daily and use a sanitary toilet.

7. Drink plenty of water between meals.

If some day I happen to visit your school and I see in your class weight record that your weight is increasing steadily from month to month, I shall be very happy with the thought that perhaps you still remember this story of "HOW A CHILD CAN GROW BIG AND TALL."