

ditions and changes set forth in the following propositions:

11. *The infant commences the solution of the problem of life with a body and mind inherited exclusively from his parents.*

(a) Each infant commences life with a physical constitution inherited from his parents. This constitution, and this alone, must be the starting-point of all physical growth. Hence this must determine and regulate, in the first place, the conditions, including the supply of food, with which the infant should be surrounded through the agency of the parent and teacher, to produce a healthy and vigorous physical organism.

(b) *It is now generally conceded by the best authorities that the infant inherits from his parents a wide range of aptitudes. At birth he is in possession of a definite individuality which distinguishes him from all other children. This individuality includes physical powers which necessarily develop a body containing the characteristic features of one or both parents. It also includes physical and mental power and aptitudes, which, as surely as in the case of the features of the face, when unrestrained will manifest mental power and produce a course of action containing the characteristic power and actions of one or both parents.*

(c) The infant commences life with an extremely plastic nature, capable of being moulded and directed almost as the parent or teacher may choose. This condition of things makes it possible to remove, largely, constitutional or inherited deformities, and to transform, if not to annihilate entirely, powers and aptitudes which, if left unchanged, would develop into a defective if not vicious character.

12. *During the first four years of the period of infancy, the child is dependent entirely upon the parents*

*for his objective surroundings and treatment; hence the following duties are imperative upon the parents.*

(a) The parent should furnish proper physical conditions for the healthful growth of the child's body. These conditions include at least the following: A proper supply, at right intervals of time, of nutritious food; an abundant supply of pure air; the free application of pure water upon every part of the body; clothing of the right kind to protect every part of the body from injurious exposure, and which admit a free and healthful exercise of all its organs; constant and judicious outdoor exercise, in which the feet, the hands, and other organs are actively used; and plenty of undisturbed rest and sleep. These conditions should be carefully supplied throughout the growing period of the child's life. But the absence of them during infancy, and especially the first four years, results in greater evil than at any other time. (b) The parent should furnish proper conditions for mental growth. These conditions include at least the following: Such contact with natural and artificial objects as will produce a healthful activity of all the senses; such help, in the form of example, as will lead the child to use words correctly in expressing his own actual experiences; such exercises and guidance as will enable him to form the habit of using his feet, his hands, his mouth, and other organs of the body in a proper manner; and such precepts and examples also as will cause him to exercise constantly his moral and spiritual natures.

13. *During the period of infancy the peculiar process of physical and mental growth that is going on demands special care in the treatment of the child.*

(a) About the end of the seventh year the brain reaches nearly its full