

2. Children of the well-to-do classes have a larger circumference of head than children of the laboring classes.

3. Bright boys are taller and heavier than dull boys.

4. Children of the well-to-do have greater height, length of body and weight, than children of the laboring classes.

5. Children of the well-to-do show greater ability in their studies than children of the laboring classes."

These facts seem to mean that the children who are best fed, best clothed and best housed, will, as a rule, have the best chance to get on in the world; whereas poorly fed, ill-clad, and poorly housed children can hardly ever hope to be more than hewers of wood and drawers of water for others. . Poorly fed children are those who will get too little milk, too few eggs, and too little butter and meat, because these kinds of food cost much more money than vegetable foods do. Poor people cannot afford to buy such high-priced foods, and must therefore content themselves with feeding their children upon bread and vegetables, and sometimes cannot buy enough even of these. What happens to such children? Well, if you will turn back to a former address, and look at Ranke's diet, you will understand for yourselves what must happen. Suppose a mother can afford to feed her children only bread and potatoes. Such children cannot get enough nourishment out of these foodstuffs. Large quantities may be eaten and yet the children will be hungry. The foodstuffs do not contain enough curdy matter for the blood, and without the parents knowing it they are actually starving their children. Of course, the children are getting all the vegetable food that they can eat, but the trouble is that there is not enough nourishment in this kind of food to keep children strong and healthy. Parents who treat their children in this way are not to be blamed. They are fond of their children, and wish to be kind and helpful to them; but often, they simply do not know how to feed their children. They think that so long as there is *plenty* to eat, no harm can be done their children, whereas a great deal of harm may be done. It is just as important to have the right kind of food as it is to have plenty of it. Because, if it is not the right kind, it will not digest properly, and the blood will not be able to get enough nourishment out of it. As a result, ill-fed children cannot grow so large, nor be so strong as they ought to be. And this will handicap them during their whole life. They will not possess the ability which better fed children have; they will not be able to get such a good education, nor will they possess the same power of doing hard work, and they will not therefore get on so well when they become men and women.

While I have been urging that children should be well fed in order to become strong men and women, I should say also that one other thing is necessary in children if they are to grow into big, sturdy adults. They must be born of strong fathers and mothers. As a rule, strong parents beget strong children, and sickly parents beget delicate children. But even from the most sturdy parents it sometimes happens that a puny child is born. And in the same way it may happen that a fairly strong child may be born to weakling