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# THE Progress Book



AN ILLUSTRATED  
REGISTER *of*  
DEVELOPMENT *from*  
BIRTH TILL COMING  
OF AGE AND AFTER



BY  
J. J. PILLEY, Ph.D.

REVISED AND ENLARGED EDITION.

Specially printed for  
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1913

MELLIN'S FOOD, Ltd., East Ham, London, will, at your request, forward post free a simple and valuable work on the  
Care of Infants.

## PREFACE.



THE PROGRESS BOOK is intended as a simple guide for registering the more interesting facts relating to early infancy, and later as a record of physical, mental, and spiritual growth and development.

The book is designed as a suitable present to those expecting to become parents, as well as to all others having the care of young children. I would suggest that separate copies be provided for the registration of the particulars regarding each child, and that the work remain in the charge of the parents or guardians, who should regularly, for many years, record the particulars, until such a time, in fact, as the offspring is of the age and understanding to appreciate its importance and the value of the records.

- The register would always be of considerable interest. If carefully kept it should prove of great service to the medical adviser, and invaluable alike to parent and child.

The first edition of "The Progress Book" proved so successful that I have revised and extended the work, largely as a result of suggestions received from those who are using it. The initial form of the work has, however, been as far as possible preserved, for the sake of maintaining uniformity with the first edition now in use.

I hope that in its extended form it will prove even more useful than the earlier edition.

J.P.

**MELLIN'S FOOD is rich in tissue building, blood forming,  
and bone producing compounds.**

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**MELLIN'S FOOD promotes healthy growth, full development,  
and a vigorous constitution.**

## INTRODUCTION.



FEW suggestions regarding the mode of employing this work may prove useful. The Progress Book, whilst primarily designed for the use of parents for the tabulation of facts of interest and value regarding their offspring, should also serve as a guide to those who have passed beyond the early stages of life and are no longer under parental care, for the purpose of recording therein the more valuable facts of their life history.

The outline records have been so arranged that no difficulty should be experienced in completing them, and where charts are given for the registration of weights and heights, full directions are appended in order to render easy the task of filling in the same.

Beyond the registration of those simple facts which are most obviously of general interest, there are other records which are really of higher value and more difficult in most cases to enter, often requiring long continued

observation and some expenditure of thought, in many cases even some little training, in order to express them shortly and accurately. This second group of facts will be registered under the heads provided for "External Peculiarities." Here should be recorded bodily marks, shape of ears, nose, mouth and contour of face, limbs and such other superficial characteristics as are likely to repeat themselves in families.

Special notes on the eyesight and other senses, derived either from direct personal observation or from medical examination and reports, will also constitute information of the highest value in building up the life history record.

Hereditary peculiarities should include references to temperament, constitution and mental characteristics,\* in fact, just those peculiarities of habit and of personal history which are most markedly derived from ancestors and which are consequently of interest. It is common knowledge that while predispositions and susceptibilities to certain external causes begin to exhibit themselves quite early as simple likes and dislikes, such characteristics become more or less marked at different periods of life. Intellectual and æsthetic proclivities should be carefully recorded.

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\* "Some of the best illustrations of functional heredity are furnished by the mental characteristics of the human race.—Herbert Spencer, *P. Biol.* 82.

By the introduction of a section devoted to medical history it is hoped to provide a means by which the various indispositions popularly known as "Children's Ailments" may be permanently fixed, both in their pathological character and chronological sequence.

Too much importance can hardly be attached to the value of a correct "Health Sheet" of the first septennial period. Almost all of the children's disorders, which, but a few years ago, were regarded as inevitable and of only slight significance, are now known to be capable of exerting a profound influence upon the after development of the individual.

It is not suggested that a complete clinical history should be attempted, but that a brief and accurate record should be preserved of the more important data which should prove of great service to the practitioner in the treatment of the adult patient.

For the purpose of recording observations beyond the twenty-first year it is suggested that a book with blank pages be provided, for when page 89 has been faithfully filled up a method will have been evolved for the satisfactory tabulation of further important records.



# THE ILLUSTRATED PROGRESS BOOK.

Of .....

the Child of

and.

Who was Born at

in the Parish of

on the . . . . . day of

19

Paternal  
Grandparents

{

Maternal  
Grandparents

{

**The weakly infant, the object of the mother's care and solicitude,  
is rendered strong by MELLIN'S FOOD.**

## **BIRTH RECORDS.**

**Year**                      **Month**                      **Day**                      **Hour**

**Weight at Birth**

**Length at Birth**

**Chest Measurement**

**Weight at One Month**

**Colour of Eyes at One Week**

      "      "      **One Month**

**Colour and Nature of Hair**

**Nurse's Name**

**Doctor's Name**

**Special Facts**

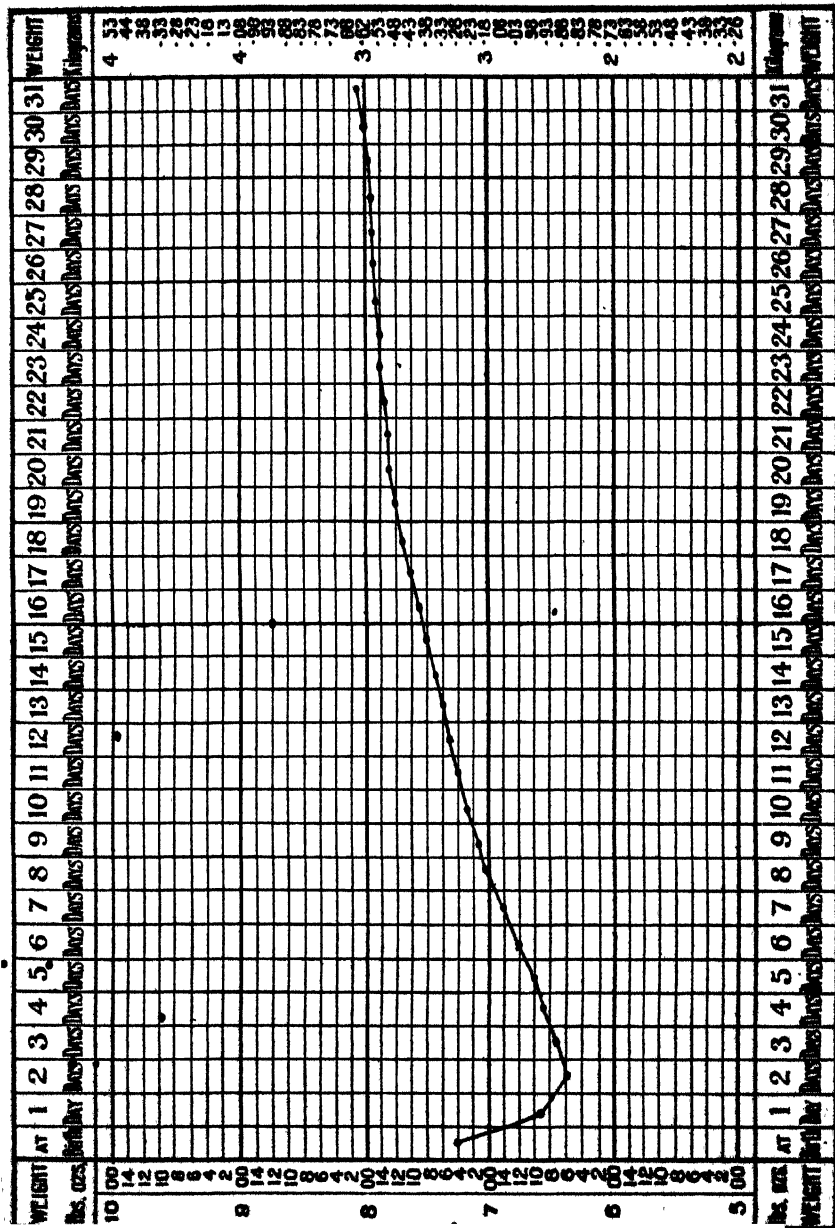


## HOW TO MARK THE CHART.



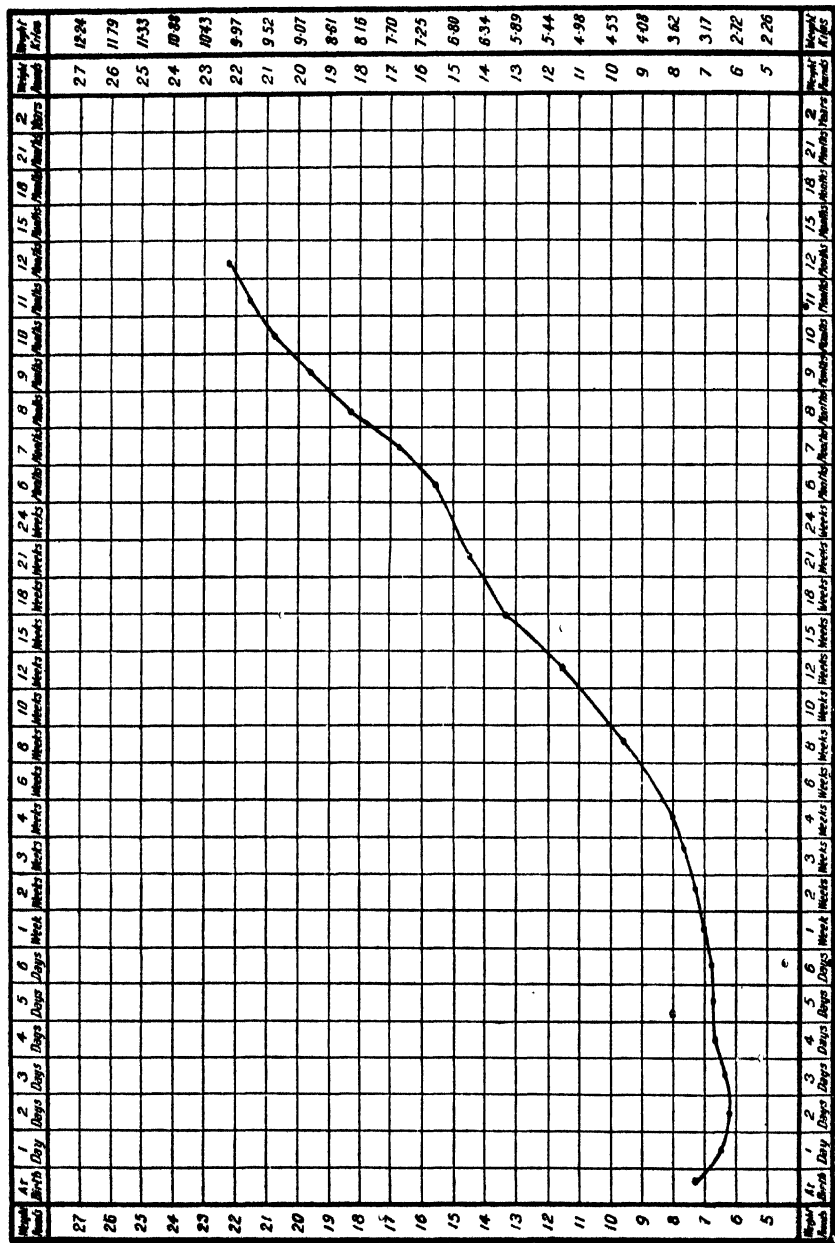
IN order to keep the Chart properly, and thus preserve a record of early progress, baby should be carefully weighed daily during the first month, and thereafter once a week. If weighed when clothed, the weight of the clothes must be deducted. As soon as baby's weight is determined each day, mark the chart with a small red ink dot, in the space immediately under the correct day of birth, and on the horizontal line corresponding to the actual weight found. When the month has expired, connect all the dots previously made upon the Chart by means of a thin red line. If on some days you have omitted to weigh the baby, connect the nearest dots to one another by the shortest line possible, comparing the red ink curves with the black line which indicates normal growth for the first month of life, and thus a good idea of baby's progress may be obtained.

# DAILY WEIGHT CHART.



Black Line represents normal course during First Month.

# INFANT'S WEIGHT CHART FROM BIRTH TO SECOND YEAR



Curved Line shows Normal Weight Increase

# BIRTH AND BAPTISMAL REGISTER.

Birth Registered on the                      day of                      19

in the Parish of

Name of Registrar                      ,

Address

Baptised on the                      day                      19

at •

by

God-Parents

Other

Witnesses

MELLIN'S FOOD builds up vigorous babies, and reduces the troubles and dangers of childhood.

## VACCINATION RECORD.

Date

Age at Vaccination

Doctor

Condition of Arm

Progress during Vaccination period

MELLIN'S FOOD yields a simple, nutritious diet for  
growing children.

## EARLY PROGRESS.

First Birthday Notes

First Stood Alone

First Word

Date

First Sentence

Date

Favourite Expression

First Tune

Date

Funny Sayings



MELLIN'S FOOD is satisfying and comforting, allaying  
irritability during the trying period of teething.

# DEVELOPMENT OF TEETH.

Notes on Condition of Health during Cutting

Date of Appearance of First Tooth

Lower Central Incisors

Upper Central Incisors

First Molar

Canines

Back Molars

•  
Date First Milk Tooth Shed

Date of Appearance of First }  
Tooth of Second Set }

Dentist

Remarks

MELLIN'S FOOD makes weakly babies strong, ensures  
strong babies' a sound and healthy physique,

## PROGRESS END OF FIRST YEAR.

Weight :    lbs.    oz.    Height :    feet    inches.

Colour of Eyes

Colour and Character of Hair

Number and Character of Teeth } Upper  
  } Lower

Character of Skin

„        Complexion

„        Finger Nails

Other external peculiarities    . . . . .        ..        . . . .

Notes on Eyesight

„        Hearing

„        Smell

•        „        Taste

„        • Touch

• •  
Hereditary peculiarities

MELLIN'S FOOD minimises the troubles and reduces  
the dangers of infantile ailments.

# HEALTH RECORDS.

Health at Birth

Health during First Month

Ailments	Date of first Symptoms	Duration.

• Accidents :

Date.	Particulars.

## MEDICAL HISTORY.

**C**CAREFULLY record here every indisposition lasting more than 3 days, and particularly any illness of a contagious nature. The record should comprise :—Nature of Illness, Date of Onset, Symptoms noted prior to Illness, Treated at Home or Institution, Course of Sickness, Date of Recovery, any Permanent Change in Physique or General Health dating from recovery, Medical Attendant.

Such information may be of the highest value to the medical adviser at a subsequent stage of life.

# MEDICAL HISTORY.



Healthy development is conducive to mental vigour.  
MELLIN'S FOOD promotes healthy growth.

## MENTAL PROGRESS.

1. Age at which able to Read
2. First Poem learnt by heart
3. Started Piano
  - „ Violin
  - .. Other Musical Instrument
4. Started French
  - „ German
  - „ Latin
5. Notes on mental progress

**MELLIN'S FOOD** is adapted for children of all ages.

## EDUCATIONAL RECORD.

### Started School Lessons

First School Teacher

Second School Teacher

Third School Teacher

### PROGRESS.

Entered Class date Class date

„ Class date Class date

„ Class date Class date

### EXAMINATIONS PASSED.

Date Date

Date Date

### PRIZES GAINED.

MELLIN'S FOOD builds up a sound constitution.

## RELIGIOUS PROGRESS.

First Prayer

First Visit to Church

First Attendance at Religious Instruction

•

Name of Teacher

Other Subjects of Interest

Three generations of healthy children attest the firm  
foundation laid by MELLIN'S FOOD.

## **RECREATIONS AND AMUSEMENTS.**



**MELLIN'S FOOD** proves equally valuable in all climates.

## HOLIDAY RECORDS.

In each case state Date, Duration, Where Spent, and  
Chief Amusements.

MELLIN'S FOOD is the most sustaining concentrated food.

## RECORDS OF INTERESTING EVENTS.

MELLIN'S FOOD may be with ease adapted to suit the  
weak and ailing babe.



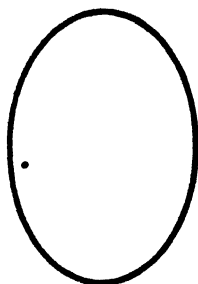
## FINGER PRINTS.



MOST identification marks become modified during life, or they fade and are ultimately entirely obliterated with advancing age, but unlike these, the distinctive patterned arrangement of the lines of the skin of the finger tips, constitute a permanent characteristic peculiar to and indicative of each individual, which persists from early infancy throughout life. The pattern can be readily reproduced as a finger print, and as such, forms the most permanent and ready means of fixing identity, even when every other mark fails. For this reason the practice of recording a finger print is strongly recommended. It will be found of interest to take the prints at different ages, in order to record the growth of the finger-tip, while the relationship of the various lines and serrations remain the same throughout life.

HOW TO TAKE A FINGER PRINT. Procure a tube of moist sepia colour; squeeze a very small drop on to the bottom of a plate or saucer; add one drop of water and work the whole up into a smooth paste, not too thin. Lay the outside of the right-hand forefinger on this, and gently turn the finger-tip over to the inside; this do in order to spread an even layer of the paint upon the ball of the finger. With the finger as an ink-pad, make a print upon the paper in the space indicated. Proceed exactly as in inking, by gently rolling the finger from left to right.

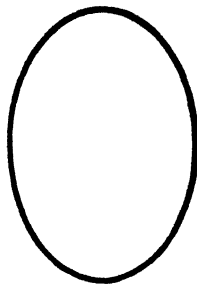
## FINGER PRINTS.



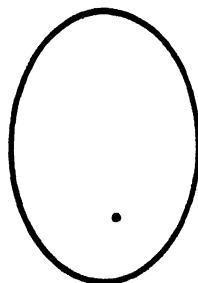
Mother.



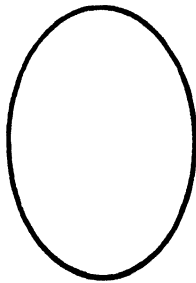
Specimen Finger Print.



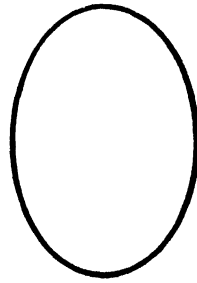
Father.



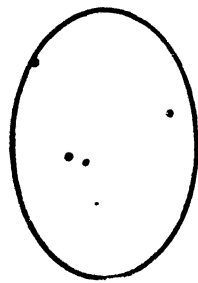
1st Year.



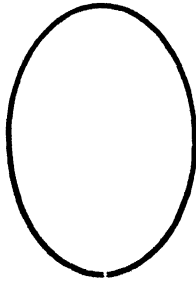
2nd Year.



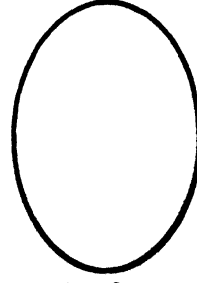
5th Year.



14th Year.



21st Year.



30th Year.



## PHYSICAL PROGRESS (1st to 21st YEAR).

Age Last Birthday.	Weight.			Height.		Chest Measurement.
	st.	lbs.	ozs.	ft.	ins.	inches.
1 Year						
2 "						
3 "						
4 "						
5 "						
6 "						
7 "						
8 "						
9 "						
10 "						
11 "						
12 "						
13 "						
14 "						
15 "						
16 "						
17 "						
18 "						
19 "						
20 "						
21 "						

# PHYSICAL PROGRESS (22nd to 42nd YEAR).

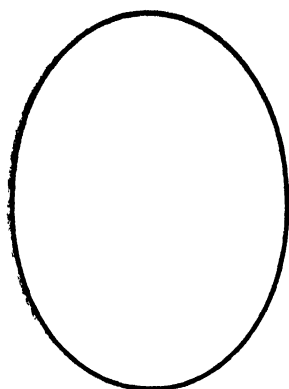
Age Last Birthday.	Weight.			Height.		Chest Measurement.
	st.	lbs.	ozs.	ft.	ins.	inches.
22 Years						
23 "						
24 "						
25 "						
26 "						
27 "						
28 "						
29 "						
30 "						
31 "						
32 "						
33 "						
34 "						
35 "						
36 "						
37 "						
38 "						
39 "						
40 "						
41 "						
42 "						

# PHYSICAL PROGRESS (43rd to 63rd YEAR).

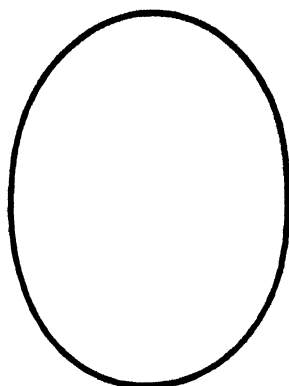
Age Last Birthday.	Weight.			Height.		Chest Measurement.
	st.	lbs.	ozs.	ft.	ins.	inches.
43 Years						
44 "						
45 "						
46 "						
47 "						
48 "						
49 "						
50 "						
51 "						
52 "						
53 "						
54 "						
55 "						
56 "						
57 "						
58 "						
59 "						
60 "						
61 "						
62 "						
63 "						

# ILLUSTRATED PROGRESS.

## FIRST YEAR.



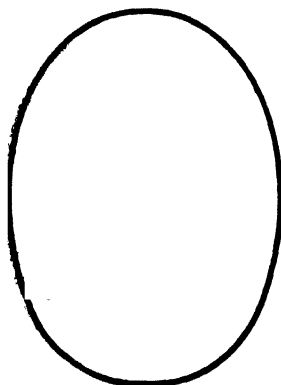
1 Month.



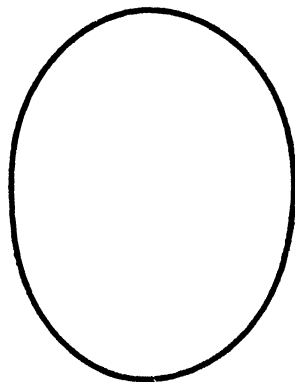
3 Months.



6 Months.



9 Months.



12 Months.

**MELLIN'S FOOD** retains its properties, any  
length of time, in all climates.

**Photograph at 2nd year.**

## PROGRESS. END OF SECOND YEAR.

Weight :    st'ns.    lbs.    oz.    Height :    feet..... inches.

Colour of Eyes

Colour and Character of Hair

Number and Character of Teeth } Upper  
  } Lower

Character of Skin

„      Complexion

„      Finger Nails

Other external peculiarities

•  
Notes on Eyesight

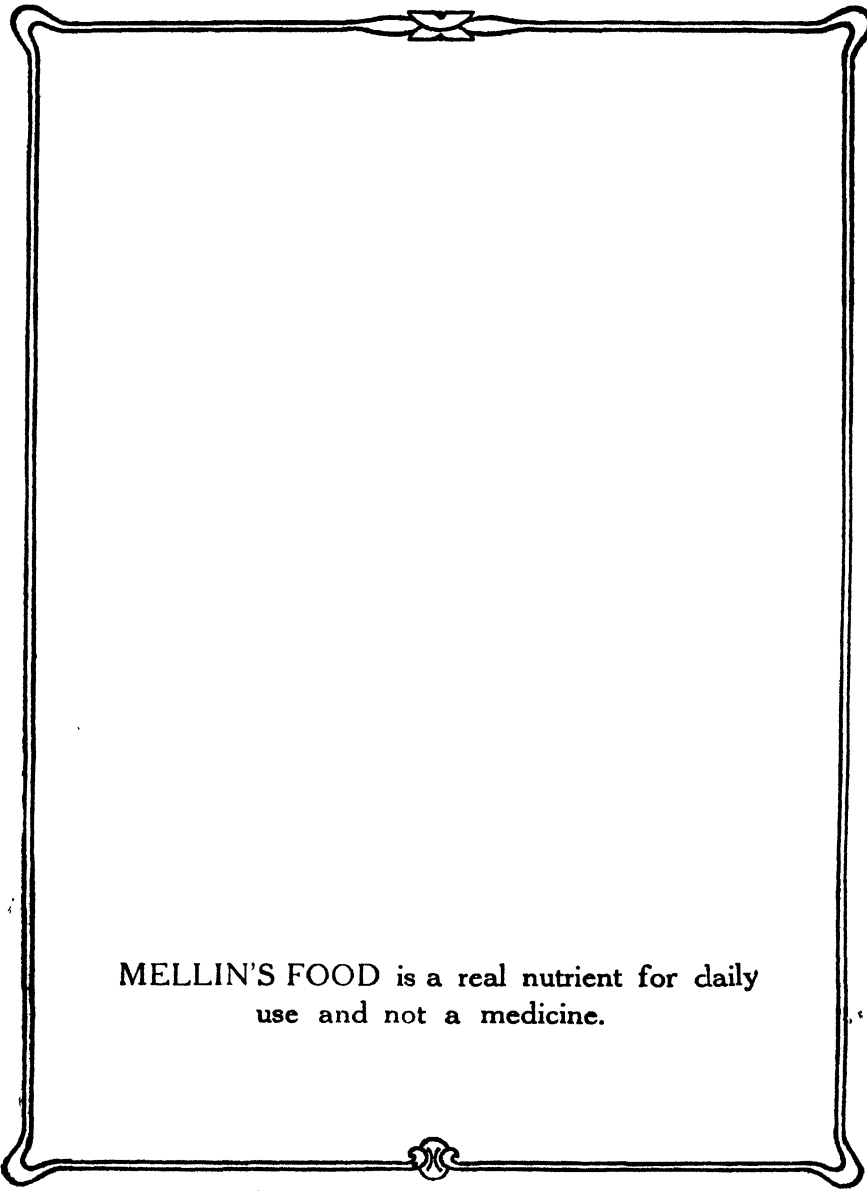
„      Hearing

„      Smell

„      Taste

„ •    Touch

••  
Hereditary peculiarities



MELLIN'S FOOD is a real nutrient for daily  
use and not a medicine.

Photograph at 3rd year.

## PROGRESS. END OF THIRD YEAR.

Weight :     st'ns.     lbs.     oz.   Height :     feet     inches.

Colour of Eyes .....

Colour and Character of Hair ..

Number and Character of Teeth	}	Upper	.. .
	}	Lower	.....

Character of Skin ...

„     Complexion

„     Finger Nails

Other external peculiarities

Notes on Eyesight

„     Hearing

„     Smell

„     Taste

• „     Touch

Hereditary peculiarities



Correct feeding is a sure foundation for  
healthy constitution.

MELLIN'S FOOD is correct.

Photograph at 4th year.

## PROGRESS. END OF FOURTH YEAR.

Weight :      st'ns.      lbs.      oz.      Height :      feet      inches.

Colour of Eyes ..

Colour and Character of Hair ..

Number and Character of Teeth	}	Upper
		Lower

Character of Skin ..

„      Complexion

„      Finger Nails ...

Other external peculiarities . . . . .

Notes on Eyesight

„      Hearing

„      Smell

„      Taste

„      Touch

Hereditary peculiarities .

**MELLIN'S FOOD** simply dissolved in water  
and milk is ready for use.

**Photograph at 5th year.**

## PROGRESS. END OF FIFTH YEAR.

Weight :    st's.    lbs.    oz.    Height :    feet    inches.

Colour of Eyes

Colour and Character of Hair

Number and Character of Teeth } Upper  
  } Lower

Character of Skin

„      Complexion

„      Finger Nails      .

Other external peculiarities      -

Notes on Eyesight

„      Hearing

„      Smell

„      Taste

• „      Touch

Hereditary peculiarities

MELLIN'S FOOD is of the highest value as  
an evening meal for growing children.

Photograph at 6th year.

## PROGRESS. END OF SIXTH YEAR.

Weight :    st'ns.    lbs.    oz.    Height :    feet    inches.

Colour of Eyes

Colour and Character of Hair

Number and Character of Teeth { Upper  
Lower

Character of Skin

„      Complexion

„      Finger Nails

Other external peculiarities

Notes on Eyesight

„      Hearing

„      Smell

„      Taste

„      Touch

Hereditary peculiarities

**MELLIN'S FOOD with fresh cow's milk  
contains all the materials required for perfect  
nutrition.**

**Photograph at 7th year.**

## PROGRESS. END OF SEVENTH YEAR.

Weight :      st's.      lbs.      oz.      Height :      feet. . . inches.

Colour of Eyes

Colour and Character of Hair

Number and Character of Teeth	} Upper Lower

Character of Skin

„      Complexion

„      Finger Nails

Other external peculiarities      .      ....      ....

Notes on Eyesight

„      Hearing

„      Smell

„      Taste

„      Touch

Hereditary peculiarities



MELLIN'S FOOD requires no cooking.

Photograph at 8th year.

## PROGRESS. END OF EIGHTH YEAR.

Weight :      st'ns.      lbs.      oz.      Height :      feet      inches.

Colour of Eyes

Colour and Character of Hair

Number and Character of Teeth	}	Upper
	}	Lower

Character of Skin

„      Complexion

„      Finger Nails

Other external pecculiarities

Notes on Eyesight

„      Hearing

„      Smell

„      Taste

„      ' Touch

Hereditary peculiarities

MELLIN'S FOOD is well borne by the  
weakened stomach after illness.

Photograph at 9th year.

## PROGRESS. END OF NINTH YEAR.

Weight :     st'ns.     lbs.     oz.   Height :     feet.     inches.

Colour of Eyes

Colour and Character of Hair

Number and Character of Teeth	} Upper	..

Character of Skin

„     Complexion

„     Finger Nails

Other external peculiarities

Notes on Eyesight

„     Hearing

„     Smell

„     Taste

„     Touch

Hereditary peculiarities

MELLIN'S FOOD is not only well borne by the enfeebled stomach, but will rapidly give tone to the digestive organs.

Photograph at 10th year.

## PROGRESS. END OF TENTH YEAR.

Weight :      st'ns.      lbs.      oz.      Height :      feet..      inches.

Colour of Eyes .....

Colour and Character of Hair .....

Number and Character of Teeth	}	Upper	.....
		Lower	.....

Character of Skin .....

„      Complexion ..

„      Finger Nails .....

Other external peculiarities .....

Notes on Eyesight

„      Hearing

„      Smell

„      Taste

„      Touch

Hereditary peculiarities

MELLIN'S FOOD contains no starch.

Photograph at 11th year.

## PROGRESS. END OF ELEVENTH YEAR.

Weight :    ..st'ns.    lbs.    oz.    Height :    feet    inches.

Colour of Eyes .. .. .

Colour and Character of Hair .. .. .

Number and Character of Teeth	}	Upper .. .. .
	}	Lower .. .. .

Character of Skin

„      Complexion

„      Finger Nails

Other external peculiarities    ..    .....    ..    ...

Notes on Eyesight

„      Hearing

„      Smell ..

„      Taste

„      Touch

Hereditary peculiarities



**MELLIN'S FOOD** aids the digestion of  
cow's milk.

**Photograph at 12th year.**

## PROGRESS. END OF TWELFTH YEAR.

Weight :    st'ns.    lbs.    oz.    Height :    feet...    inches.

Colour of Eyes

Colour and Character of Hair

Number and Character of Teeth	} Upper

Character of Skin

„      Complexion

„      Finger Nails

Other external peculiarities

Notes on Eyesight

„      Hearing

„      Smell

„      Taste

„ •    Touch

• Hereditary peculiarities.

**MELLIN'S FOOD** contains all the substance  
required for rapid nutrition.

**Photograph at 13th year.**

## PROGRESS. END OF THIRTEENTH YEAR.

Weight : ..... st'ns.      lbs.      oz.      Height :      feet      inches.

Colour of Eyes .....

### Colour and Character of Hair

Number and Character of Teeth } Upper  
 } Lower

Character of Skin . . . . .

„ Complexion

„ Finger Nails .

Other external peculiarities . . . . .

Notes on Eyesight .

„Hearing

„ Smell

„ Taste

„Touch

### Hereditary peculiarities

**MELLIN'S FOOD** is adapted for use from birth.

**Photograph at 14th year.**

## PROGRESS. END OF FOURTEENTH YEAR.

Weight :      st'ns.      lbs.      oz.      Height :      feet      inches.

Colour of Eyes

Colour and Character of Hair

Number and Character of Teeth	} Upper

Character of Skin .

„      Complexion

„      Finger Nails

Other external peculiarities      ...      ....      ...      .      .....

Notes on Eyesight

„      Hearing .

„      Smell

„      Taste

„      Touch. ....

Hereditary peculiarities

MELLIN'S FOOD modifies cow's milk.

Photograph at 15th year.

## PROGRESS. END OF FIFTEENTH YEAR.

Weight :      st'ns.      lbs.      oz.      Height :      feet      inches.

Colour of Eyes

Colour and Character of Hair

Number and Character of Teeth

}	Upper
	Lower

Character of Skin

„      Complexion

„      Finger Nails

Other external pēcularities      .....      .....      .....

Notes on Eyesight

„      Hearing

„      Smell

„      Taste

„      •      Touch

Hereditary peculiarities



**MELLIN'S FOOD** is highly palatable as well,  
as nutritious.

**Photograph at 16th year.**

## PROGRESS. END OF SIXTEENTH YEAR.

Weight :      st'ns.      lbs.      oz.      Height :      feet      inches.

Colour of Eyes . . . . .

### Colour and Character of Hair

Number and Character of Teeth } Upper ..  
 } Lower ..

### Character of Skin

„ Complexion

Finger Nails

Other external peculiarities	.. . . .
------------------------------	----------

## Notes on Eyesight

## „Hearing

## .. Smell

„ Taste

• Touch

## Hereditary peculiarities

**MELLIN'S FOOD yields a light nutritious.  
diet for the student.**

**Photograph at 17th year.**

## PROGRESS. END OF SEVENTEENTH YEAR.

Weight :    st'ns.    lbs.    oz.    Height :    feet    inches.

Colour of Eyes

Colour and Character of Hair

Number and Character of Teeth } Upper  
  } Lower

Character of Skin

„        Complexion

„        Finger Nails

Other external peculiarities .

Notes on Eyesight

„        Hearing

„        Smell

„        Taste

„        • Touch

Hereditary peculiarities

**MELLIN'S FOOD is valuable in all climates.**

**Photograph at 18th year.**

## PROGRESS. END OF EIGHTEENTH YEAR.

Weight :      st'ns.      lbs.      oz.      Height :      feet.....inches.

Colour of Eyes

Colour and Character of Hair

Number and Character of Teeth	}	Upper
		Lower

Character of Skin

„      Complexion

„      Finger Nails

Other external peculiarities

Notes on Eyesight

„      Hearing

„      Smell

• „      Taste

• „      Touch

Hereditary peculiarities

MELLIN'S FOOD BISCUITS are concentrated nourishment.

Photograph at 19th year.

## PROGRESS. END OF NINETEENTH YEAR.

Weight :      st's.      lbs.      oz.      Height :      feet... .. inches.

Colour of Eyes

Colour and Character of Hair

Number and Character of Teeth	}	Upper	...
		Lower	...

Character of Skin

„      Complexion

„      Finger Nails

Other external peculiarities

Notes on Eyesight

„      Hearing

„      Smell

• „      Taste

„      Touch

Hereditary peculiarities



MELLIN'S FOOD is easily adapted for use  
throughout life.

Photograph at 20th year

## PROGRESS. END OF TWENTIETH YEAR.

Weight : .... st'ns.    lbs.    oz.    Height :    feet.....inches.

Colour of Eyes

Colour and Character of Hair

Number and Character of Teeth } Upper  
  } Lower...

Character of Skin

„      Complexion

„      Finger Nails.....

Other external peculiarities .....

Notes on Eyesight .

„      Hearing

„      Smell

„      Taste

„      •Touch

Hereditary peculiarities

MELLIN'S FOOD is invaluable for the sick,  
the aged, and in all diseases of children.

Photograph at 21st year.

## PROGRESS. END OF TWENTY-FIRST YEAR.

Weight :    st'ns.    lbs.    oz.    Height :    feet    inches.

Colour of Eyes

Colour and Character of Hair

Number and Character of Teeth } Upper  
  } Lower

Character of Skin

„      Complexion

„      Finger Nails

Other external peculiarities    .....    .....    .....

Notes on Eyesight

„      Hearing

„      Smell

„      Taste

„      Touch

Hereditary peculiarities

# AVERAGE WEIGHTS AND HEIGHTS.

*Normal Males.*

AGE Last Birthday.	WEIGHT.			INCREASE.		HEIGHT.		INCREASE.
	St'ns.	lbs.	ozs.	lbs.	ozs.	ft.	ins.	ins.
1 Year	1	8	0	0	0	2	3	0
2 "	2	4	8	10	8	2	9	6
3 "	2	6	0	1	8	3	1	4
4 "	2	9	5	3	5	3	2½	1½
5 "	2	11	14	2	9	3	5	2½
6 "	3	2	6	4	8	3	8	3
7 "	3	7	11	5	5	3	10	2
8 "	3	12	14	5	3	3	11	1
9 "	4	4	6	5	8	4	2	3
10 "	4	11	8	7	2	4	4	2
11 "	5	2	0	4	8	4	5½	1½
12 "	5	6	11	4	11	4	7	1½
13 "	5	12	9	5	14	4	9	2
14 "	6	8	0	9	7	4	11	2
15 "	7	4	11	10	11	5	2¼	3¼
16 "	8	7	0	16	5	5	4¼	2
17 "	9	4	14	11	14	5	6¼	2
18 "	9	11	6	6	8	5	7	¾
19 "	9	13	9	2	3	5	7¼	¼
20 "	10	3	4	3	11	5	7½	¼
21 "	10	5	3	1	15	5	7½	—

# AVERAGE WEIGHTS AND HEIGHTS.

*Normal Females.*

AGE Last Birthday.	WEIGHT.			INCREASE.		HEIGHT.		INCREASE. ins.
	St'ns.	lbs.	ozs.	lbs.	ozs.	ft.	ins.	
1 Year	1	6	0	0	0	2	1	0
2 "	1	11	4	5	3	2	3½	2½
3 "	2	3	9	6	5	2	8½	5
4 "	2	8	1	4	8	3	0	3½
5 "	2	11	3	3	2	3	2	2
6 "	2	13	11	2	8	3	4½	2½
7 "	3	5	8	5	13	3	7	2½
8 "	3	10	1	4	9	3	8½	1½
9 "	3	13	8	3	7	3	11	2½
10 "	4	6	0	6	8	4	1	2
11 "	4	12	0	6	0	4	5	4
12 "	5	6	6	8	6	4	7½	2½
13 "	6	3	3	10	13	4	9¾	2¼
14 "	6	12	11	9	8	4	11¾	2
15 "	7	8	4	9	9	5	1	1¼
16 "	8	1	0	6	12	5	1¾	¾
17 "	8	3	8	2	8	5	2½	¾
18 "	8	9	0	5	8	5	2½	—
19 "	8	10	13	1	13	5	2¾	¼
20 "	8	10	13	0	0	5	3	—
21 "	8	11	6	0	9	5	3	—

# AVERAGE WEIGHTS AND HEIGHTS.

## *Normal Males.*

AGE Last Birthday.	WEIGHT.			Increase.		HEIGHT.		Increase. ins.
	St'ns.	lbs.	ozs.	lbs.	ozs.	ft.	ins.	
22 Years	10	6	14	1	11	5	7 $\frac{1}{2}$	—
23    "	10	7	13	—	15	5	7 $\frac{3}{4}$	$\frac{1}{4}$
24    "	10	8	—	—	3	5	7 $\frac{3}{4}$	—
25-30   "	10	12	4	4	4	5	7 $\frac{3}{4}$	—
30-35   "	11	5	13	7	9	5	8	$\frac{1}{4}$
35-40   "	11	10	4	4	7	5	8	—
40-50   "	11	10	4	—	—	5	8	—
50-60   "	11	12	—	1	12	5	8	—
60-70   "	12	—	—	2	—	5	7 $\frac{1}{2}$	Loss $\frac{1}{2}$
70    "	13	—	—	14	—	5	7 $\frac{1}{2}$	—

## *Females.*

AGE Last Birthday.	WEIGHT.			Increase		HEIGHT.		Increase. ins.
	St'ns.	lbs.	ozs.	lbs.	ozs.	ft.	ins.	
22 Years	8	11	6	—	—	5	3	—
23    "	8	12	—	—	10	5	3	—
24    "	8	12	—	—	—	5	3	—
25-30   "	"	"	—	—	—	"	"	—
30-35   "	"	"	—	—	—	"	"	—
35-40   "	"	"	—	—	—	"	"	—
40-50   "	"	"	—	—	—	"	"	—
50-60   "	"	"	—	—	—	"	"	—
60-70   "	"	"	—	—	—	"	"	—
70    "	"	"	—	—	—	"	"	—

# A FEW PRESS NOTICES.

OF THE

## FIRST EDITION OF "THE PROGRESS BOOK."

*The Sind Gazette.* "A dainty looking book to be in the hands of every mother, which has been prepared for the purpose of easily and methodically recording in the home the more important events connected with the life of any particular child so as to constitute a useful record of the child's development for family reference in after years."

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*The Times of India.* "A work prepared for the purpose of easily and methodically recording the more important events connected with the life of a child."

*The Phoenix.* "A work prepared for the purpose of easily and methodically recording the more important events connected with the life of a child."

*The Madras Mail.* "A daintily bound little memorandum book entitled 'The Progress Book for the use of mothers and others in charge of children.'"

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# THE CARE OF INFANTS IN INDIA.

A WORK FOR MOTHERS AND NURSES IN INDIA

UPON

**The FEEDING and MANAGEMENT OF INFANTS in HEALTH  
and SICKNESS.**

SEVENTH EDITION.

## A FEW PRESS NOTICES.

*The Statesman.* "‘The Care of Infants in India.’ It is quite a remarkable work, which is mainly intended for Anglo-Indian mothers, but it is of equal value to Indian ladies, and such an exhaustive treatise on nursery hygiene in India should be universally read. It is evidently the work of one equipped by the knowledge born both of experience and scientific study, and there is much to be said for the author’s claim, that if the hygienic rules of dietary and nursing were more closely followed in India there would be a less high rate of infant mortality to attribute to the climate. We can cordially commend the book to the attention of the mothers of India."

*The Empress.* "‘The Care of Infants in India,’ and very helpful might the tyro in the gentle art of baby-rearing find it. In addition to the various hints, useful in a nursery, whether sick or well, there are several recipes for dainty and appetising invalid and baby food to be made with or without the assistance of Mellin’s. Invaluable, indeed, is the little work to the Zenana Nursery and the harem."

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*The Madras Times.* "An invaluable work entitled 'The Care of Infants in India,' a work for mothers and nurses in India upon the feeding and management of infants in health and sickness."

*Practical Medicine.* "'Care of Infants in India.' The advice given is mainly intended for Anglo-Indian mothers, but the work will receive the attention, not only of such, but also of educated Hindu ladies and gentlemen generally. It contains many valuable hints concerning a number of the commonest disorders of infancy, which will prove decidedly useful to the general practitioner."

*Calcutta Medical Journal.* "'The Care of Infants in India.' We can well say that it is admirably written and a good deal of useful information has been compacted in a small compass. It is specially intended for Anglo-Indian mothers but educated Indian gentlemen and their wives may read it with advantage, in the rearing of their children."

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*Temperance Record.* "'The Care of Infants in India.' A valuable book. A copy of the seventh edition of a little book entitled 'The Care of Infants in India' has reached us for review ; and in the preface we learn that the high mortality among infants in India of Indian and European parentage, with all its attendant suffering, is in a large measure to be traced to errors which arise from ignorance of the simplest hygienic rules of dietary and nursing. This little book certainly sets forth in a simple clear manner a host of valuable information, and should remove much of this ignorance."

*Mussoori Echo.* "'Infants in India.' The seventh edition of a work for mothers and nurses in India has been published this year, and, treating of the feeding and management of infants both in health and sickness, should be found of very great value to those to whom it is specially addressed. This little book is intended chiefly for Anglo-Indian mothers, but it is hoped that it will receive the attention also of Hindu ladies and the better educated Indians generally. Altogether this little book is a most valuable one which no mother or nurse should be without a copy of."

*Sind Gazette.* "'The Care of Infants in India.' In addition to the valuable hints on the careful dieting and rearing of children in India and chapters on the treatment of minor ailments there is also a useful chapter for adults, another on 'the infectious diseases of childhood' and a selection of simple nursery recipes both solid and liquid. At the end of the volume appears some useful information as well as a convenient index."

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