

F. Y. I.

for your information

FOOD FOR CHILDREN

by Dorothy Johnson

In most homes it is not convenient or practical for the children to eat meals entirely different from those prepared for grownups.

From the time the baby begins to receive solid food, the objective should be to teach him to like and eat all the foods that are good for him. This does not mean he will eat everything his parents eat, and in just that same form; for actually a child's meals should be tailored to fit him, just as much as, his clothes are.

What it does mean is -- that food prejudices should be prevented from developing in the growing child, if he is to grow up healthy, well nourished and happy.

One of the most important influences on the child's attitude toward food, is his parents attitude. If the father dislikes vegetables and says so, the child who is devoted to his father is more than likely to copy his dislikes and his refusal to eat vegetables. If the mother dislikes some particular food and never serves it at home, the child will never become acquainted with it, and may never learn to like it.

Parents who, with the welfare of their children foremost in mind, conquer their own food dislikes lest they influence the children, are benefiting not only the youngsters, but themselves in the long run, since it is impossible to have a well balanced diet, if one has a number of food prejudices.

To introduce a child to a new food, give him a small quantity of it (not more than a tablespoon at first) in addition to his regular meal. After two or three trials he should be able to accept the new food as an old friend.

After his school life begins, the child's diet will gradually begin to conform more closely to the grown-up pattern. From eight or nine years on, the growing child's calorie requirements will be, nearly the same as an adults; and during adolescence, the boy's requirements often exceed his fathers, unless his father is very active.

If the child has been trained from babyhood to accept and enjoy a variety of foods, including the important vegetables, both raw, as well as, in salads and cooked, he will present no special feeding problems during the school years or later in life.

MECHANICAL MOTHER

The Washington University School of Medicine in St. Louis, has developed a mechanical "mother to ease the shock of babies born prematurely. The "mother" is equipped with the sound of a beating heart and it rocks, mimicking the motion inside the womb. An item in American Family Physician reports that 15 infants born prematurely and placed in the mechanical mother for two weeks gained more weight, slept better, and matured faster than infants placed in a regular incubator.

Self-destructive behavior shortens lives

Numerous forms of self-destructive behavior tend to unnecessarily shorten the lives of elderly people, according to a recent report in Geriatrics, a journal for physicians. The most obvious example is suicide, but other physically injurious behavior or preventable psychological stress can have the same result.

One-fourth of all suicides in the U.S. occur among people over age 65, and the proportion is increasing, the journal reports. Physicians can reduce suicide rates through diagnosis and treatment of depression the authors of the report write. Other major types of self-injurious behavior include weight abnormalities, neglect of routine medical examinations and treatment for illness, heavy smoking, alcoholism, and lack of planning for medical emergencies.

RETARDED CHILDREN NEED ATHLETICS

Retarded children need athletic activities even more than normal children do, but they're much less likely to get them, according to a committee of the American Academy of Pediatrics.

The mentally retarded child's exclusion

from sports leads to a cycle of exclusion and inactivity that worsens his personal and social skills and increases his deficits, the Joint Committee on Physical Fitness, Recreation and Sports Medicine reports. These children should be encouraged to

play simplified games with other retarded youngsters and other normal children of similar development (rather than age) level, as well as individual and dual sports rather than team play, the committee reports.

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To Keep Alert Reduce Dosage

Since drowsiness is a common side-effect of antihistamines, allergy sufferers who need to stay alert during the daytime should try taking only half the recommended dose, writes Doris J. Rapp, MD. A full dose can be taken at bedtime, she advises.

Even a child's dose can cause drowsiness in some adults. If cutting the dosage in half still doesn't help, then the allergy sufferer should check with a physician.

Do nose drops or sprays help nasal or ear

allergies? "Yes, they do," she writes, and mention Neo-Synphrine drops and spray which, she says, come in a variety of strengths, including special formulations for children and infants.

She recommends that nose drops be given no more than three times a day for three consecutive days. However, they can be administered again after an interval of several days.

Dr. Rapp explains that this will prevent irritation of the inside of the nose.

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