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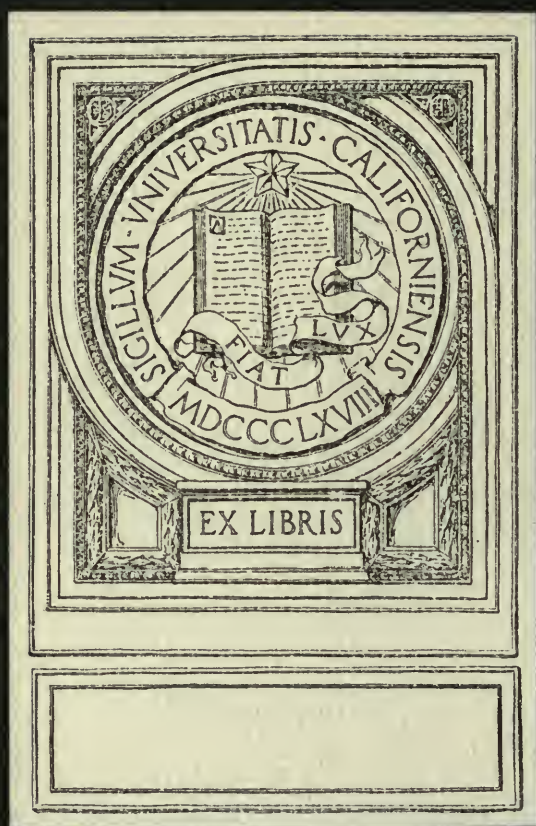
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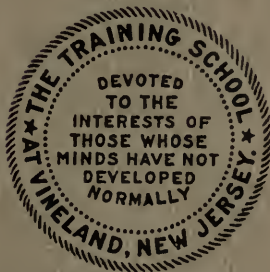
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PUBLICATIONS OF
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RECORD
OF INDIVIDUAL GROWTH
A GUIDE TO PARENTS, PHYSICIANS
AND TEACHERS

BY
DR. PAUL GODIN

TRANSLATED BY
CARROLL T. JONES

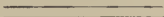


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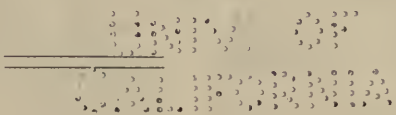
RECORD OF INDIVIDUAL GROWTH
A GUIDE TO PARENTS, PHYSICIANS AND TEACHERS



BY

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Introduction

The author claims for his Guide that it is indispensable for the proper care of the health, physical development, and education of the child. It furnishes physicians, teachers and parents a complete record of the individual child's growth and development year by year, which should constitute the basis of the preventive measures, the rules of hygiene, and the principles of education and life best adapted to his individuality.

For the detailed method of obtaining and interpreting the data called for by the Record the recorder will find the author's numerous books and articles on the subject of growth invaluable aids. The author's *La Croissance pendant l' Age Scolaire* (Growth during School Age) and his *Le Medecin, l' Enfant, et la Famille* (The Physician, the Child, and the Family) are especially recommended.

This record guide satisfies a real need in the mental and physical study of children. It should stimulate parents to a better understanding of their children's natures and tendencies, and the mental and physical causes of behavior. It should encourage teachers to relate the materials and methods of instruction to the individual needs, with due regard for mental and physical hygiene. It should give the physician those all-important data of personal and family history without which he cannot hope to realize his highest function.

Only by such systematically obtained records can eugenics ever hope to establish itself upon an exact and scientific basis. It is to be hoped that laboratories, clinics and institutions will encourage the extensive use of these records in families, schools and custodial and corrective homes. In particular the Record affords a systematic method for the study and treatment of normal and supernormal children.

INDIVIDUAL GROWTH

Full name.....

Date of birth.....

Nationality.....

Place of residence (country).....

Occupation of father.....

Occupation of child.....

Stature of father.....

Age of father.....

Physiological characteristics inherited from father.....

Physiological characteristics inherited from mother.....

Hereditary tendencies to disease in father's family.....

Hereditary tendencies to disease in mother's family.....

Facts of child's early life.....

(falls, blows, accidents, diseases)

Malformations.....

Observations (feeding at breast; right or left-handed etc.).....

(1) See the instructions in regard to this "Record," in the following works: for the teacher—*La Croissance pendant L'Age Scolaire* in the Collection Actualites pedagogiques, Neuchatel, Delachaux et Niestle, edit. 1913; and for the physician—*Le Medecin, l'Enfant, et la Famille*, Paris, Maloine, editeur, 1913.

INDIVIDUAL GROWTH

Date of Observation

- Diameter of legs (just above knee)*
- Anterior-posterior diameter of cranium*
- Transverse diameter of cranium (maximum)*
- Vertical diameter of cranium*
- Circumference of forearm (maximum)*
- Circumference of forearm (minimum)*
- Thoracic circumference (chest expanded)*
- Thoracic circumference (chest not expanded)*
- Length of hand*
- Length of foot*
- Width of hand*
- Width of foot*
- Status presens (2)*
- Present diseases*
- Peculiarities (teeth) (Development partially retarded)*
- Malformations*
- Obesity*
- Excessive growth of hair, location*
- Development of genital organs .*
- Color of skin*
- Thickness of skin*

(2) Tall, short, medium height; tall-stout, tall-thin, tall-heavily built and the same for short and medium height.

INDIVIDUAL GROWTH

Color of hair							
“ “ eyes							
Change of voice							
General strength (wrestling, dumb-bells)							
General strength (by the dynamometer)							
Agility							
Standing broad jump							
Index for physical fatigue $\frac{r}{e}(3)As$							
Temperament E (4)							
Humor on waking H (5)							
Depoiment							
Attention							
Intelligence I							
Memory m							
Index of mental fatigue $\frac{r}{e}(3)Ac$							
S (length of lower limbs)							
B (sitting height)							
C (cranial volume)							
V (volume of trunk) used as an index of volume of vital organs							
O (sum of the lengths of the upper and lower limbs)							

(3) In minutes, r=time of rest necessary for recuperation, e=time of exertion.

(4) Energy shown in action; 1, very little energy; moderate amount of energy; 5, very great energy.

(5) Bright, 4; very bright, 5; indifferent, 3; depressed, 2; very much depressed, 1.

$\frac{r}{e}Ac$ =somatic activity. Ac=cerebral activity.

INDIVIDUAL GROWTH

Date of Observation

Diameter of legs (just above knee)

Anterior-posterior diameter of cranium

Transverse diameter of cranium
(maximum)

Vertical diameter of cranium

Circumference of forearm
(maximum)

Circumference of forearm
(minimum)

Thoracic circumference (chest expanded)

Thoracic circumference (chest not expanded)

Length of hand

Length of foot

Width of hand

Width of foot

Status presens (2)

Present diseases

Peculiarities (teeth)
(Development partially retarded)

Malformations

Obesity

Excessive growth of hair, location

Development of genital organs .

Color of skin

Thickness of skin

(2) Tall, short, medium height; tall-stout, tall-thin, tall-heavily built and the same for short and medium height.

INDIVIDUAL GROWTH

<i>Color of hair</i>							
" " <i>eyes</i>							
<i>Change of voice</i>							
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<i>General strength</i> (<i>by the</i> <i>dynamometer</i>)							
<i>Agility</i>							
<i>Standing broad jump</i>							
<i>Index for physical fatigue</i> $\frac{r}{e}(3)As$							
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(3) In minutes, r=time of rest necessary for recuperation, e=time of exertion.

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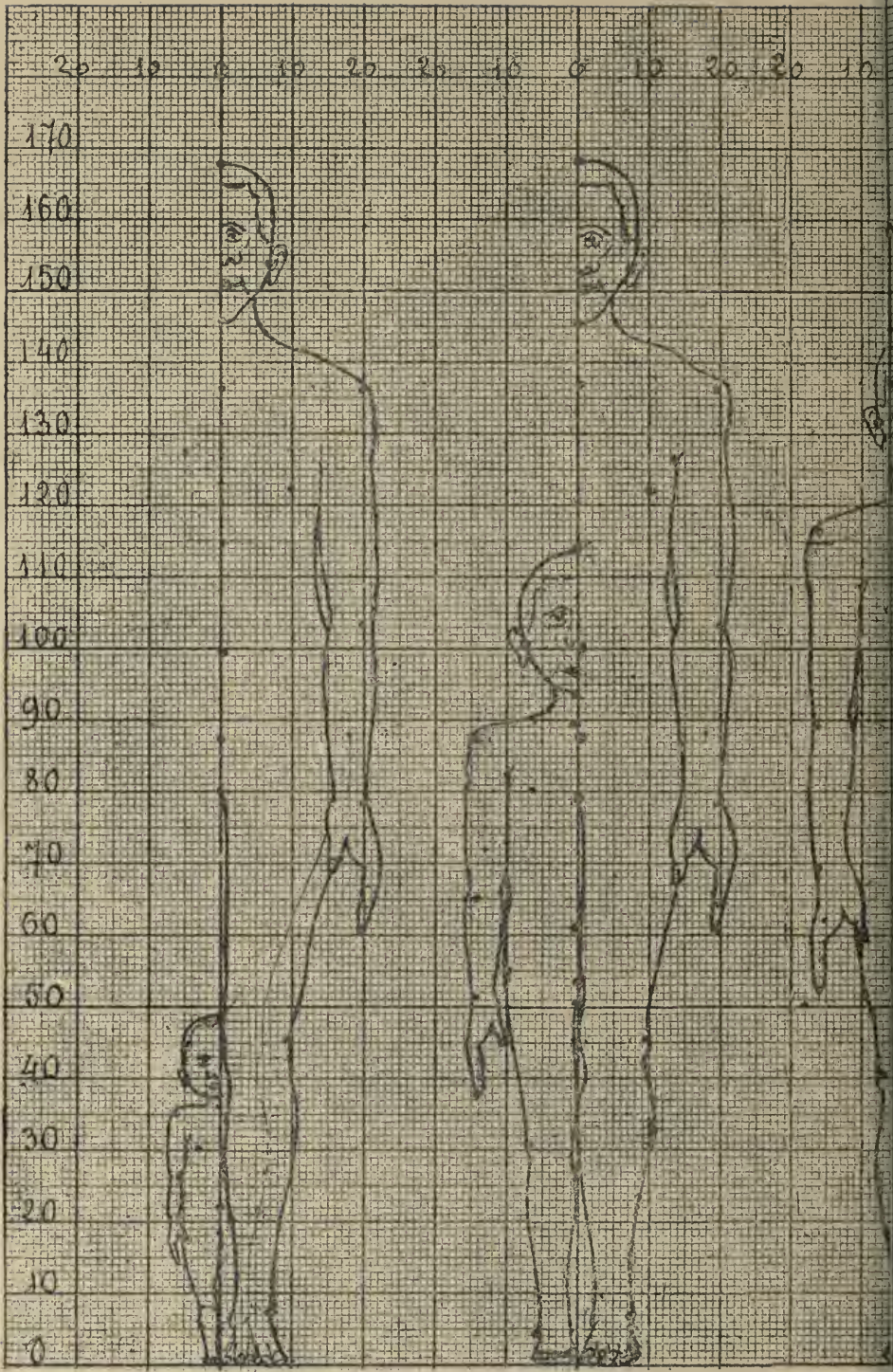
(5) Bright, 4; very bright, 5; indifferent, 3; depressed, 2; very much depressed, 1.

As=somatic activity. Ac=cerebral activity.

INDIVIDUAL FORMULA

Date	Age	$\frac{S}{B}$	$\frac{C}{V}$	$\frac{O}{V}$	Age of puberty	M	R	E	H	I	m	As	Ac	D(6)
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(6) Bodily defect: 1, slight; 3, moderate; 5, serious.



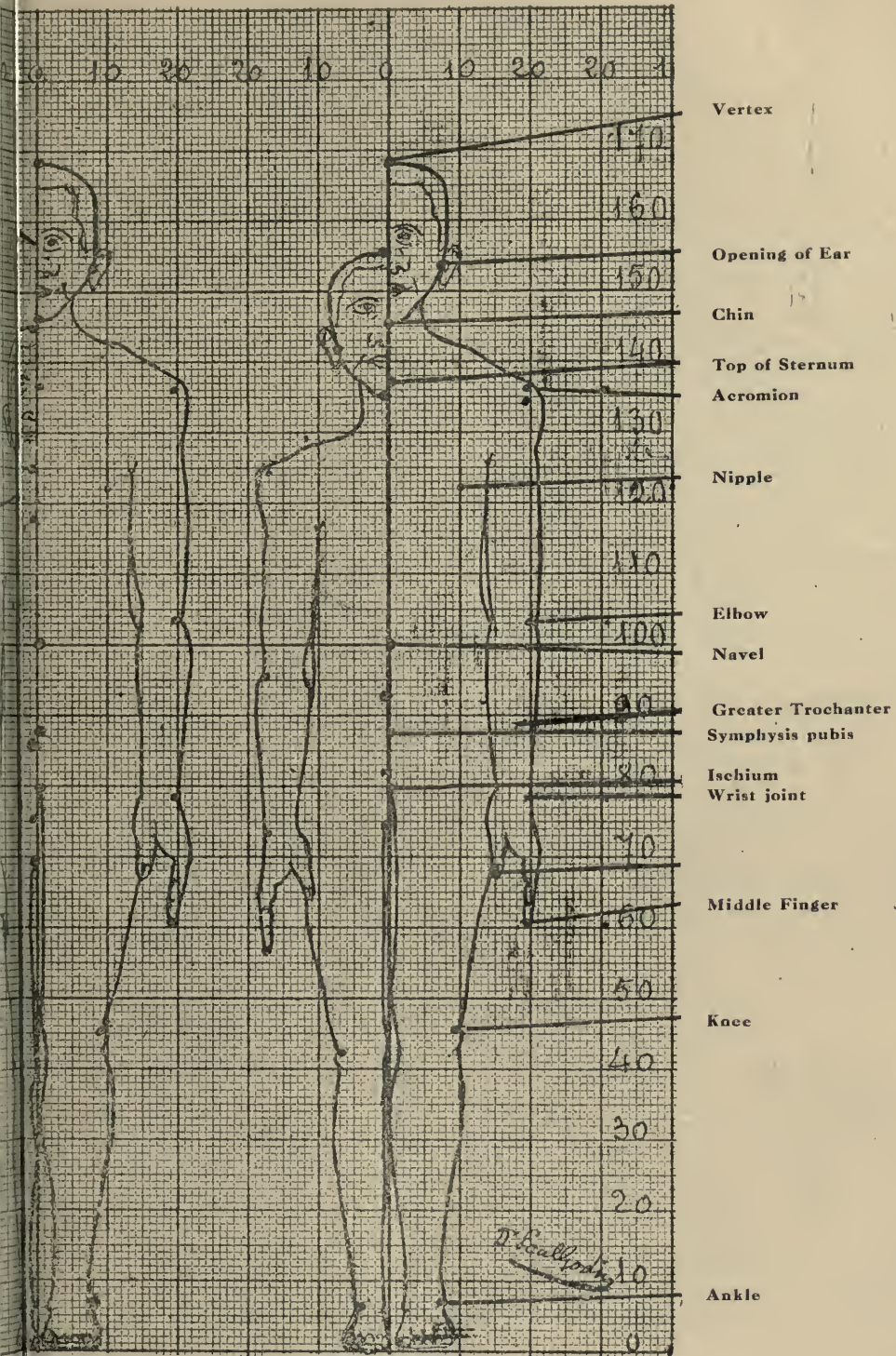
BIRTH

6 1-2 Yrs.

13 1-2

GROWTH

Child at different periods of his development compared



15 1-2 Yrs.

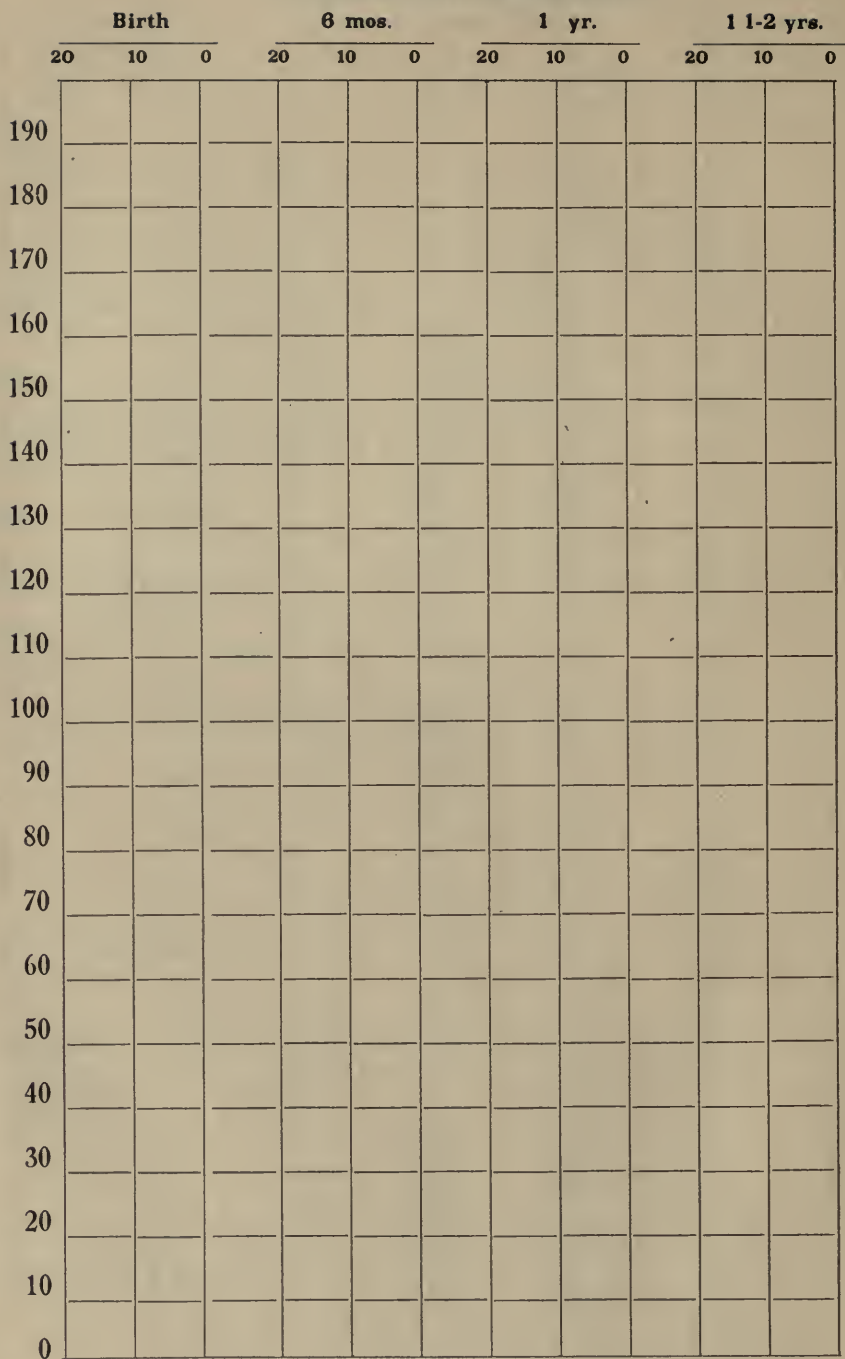
Fig. I

h the adult. (One tenth natural size.)

Clinical Notes of the Physician (7).

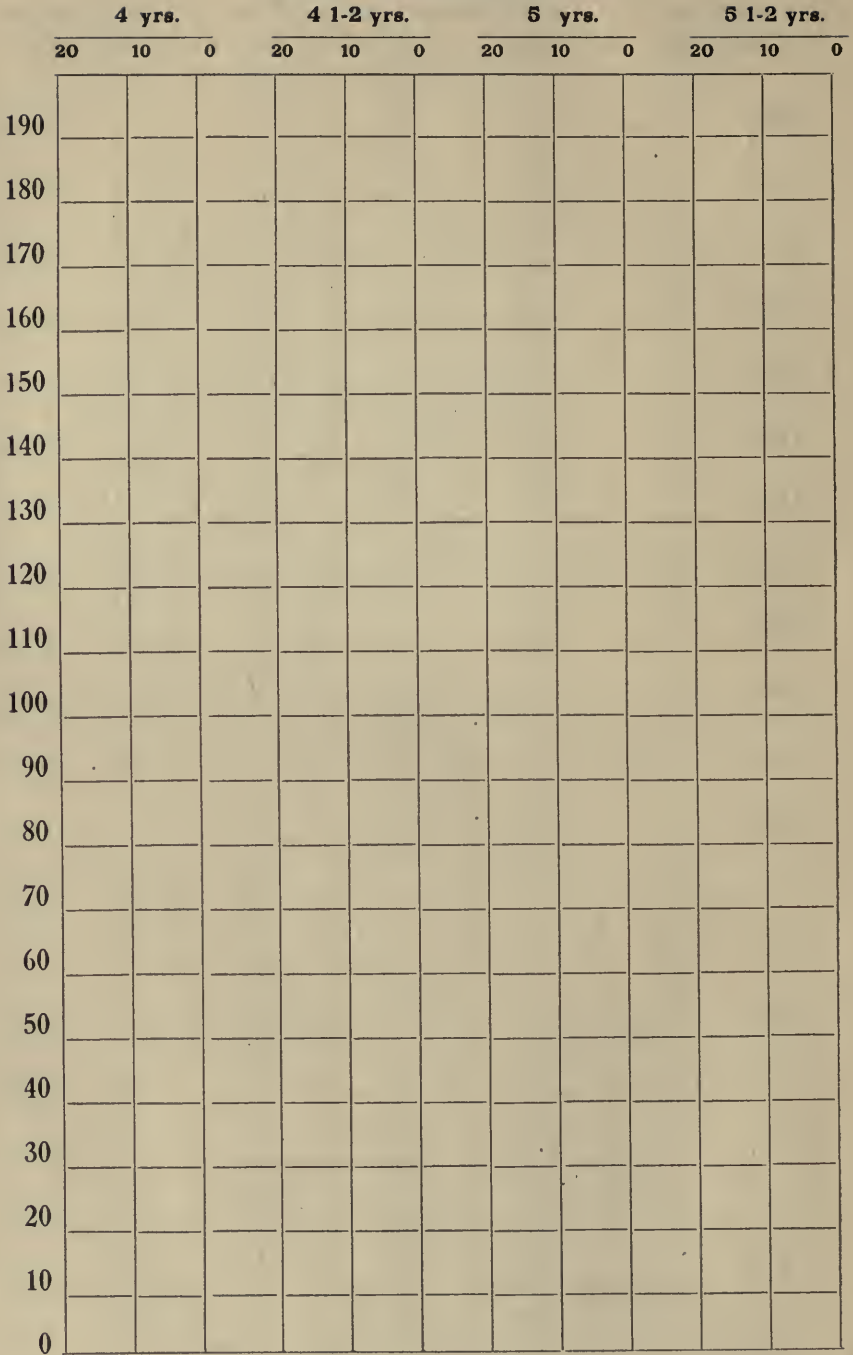
7 The details of the clinical examination may be written on the blank pages.

HALF SILHOUETTES*



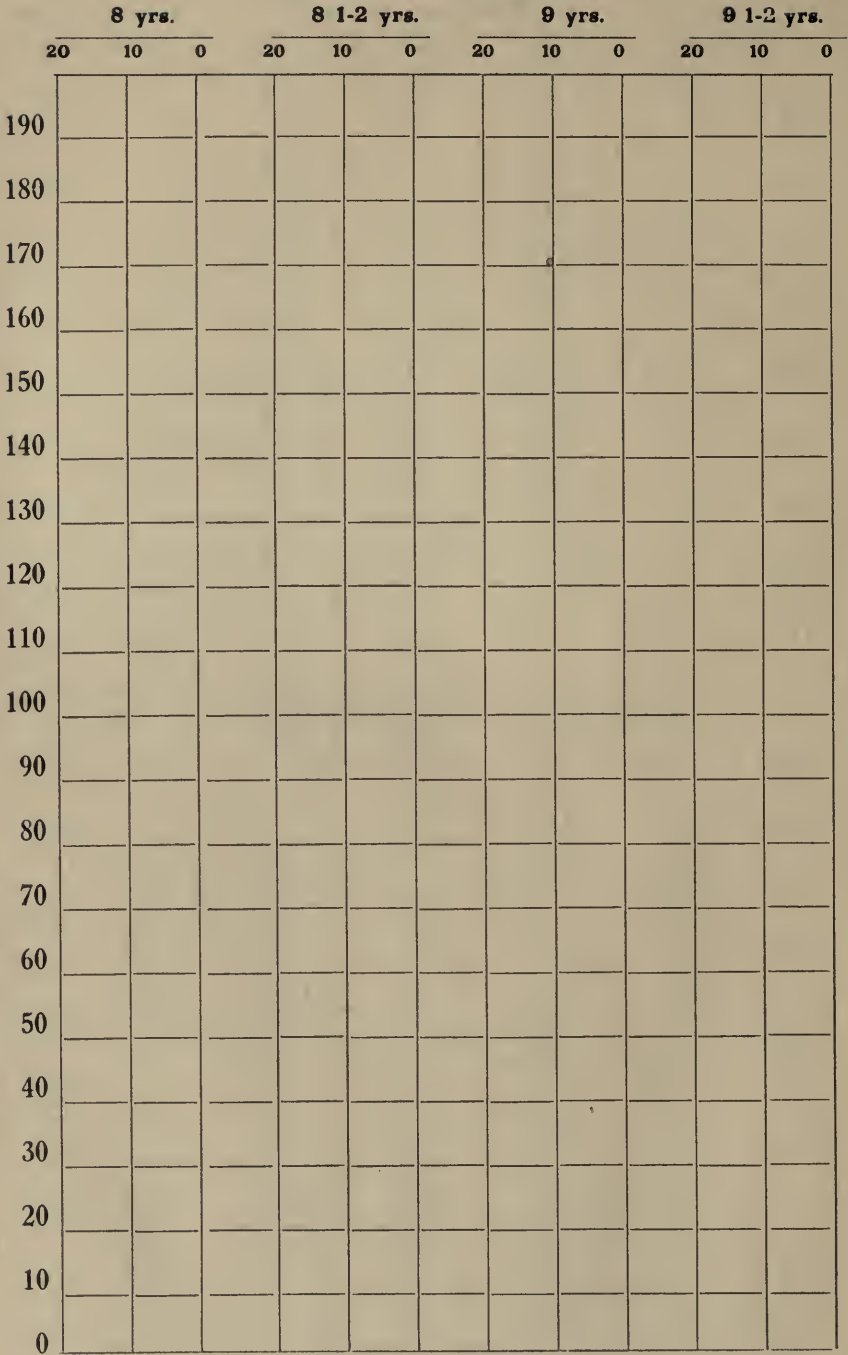
*See figure (1)

HALF SILHOUETTES*



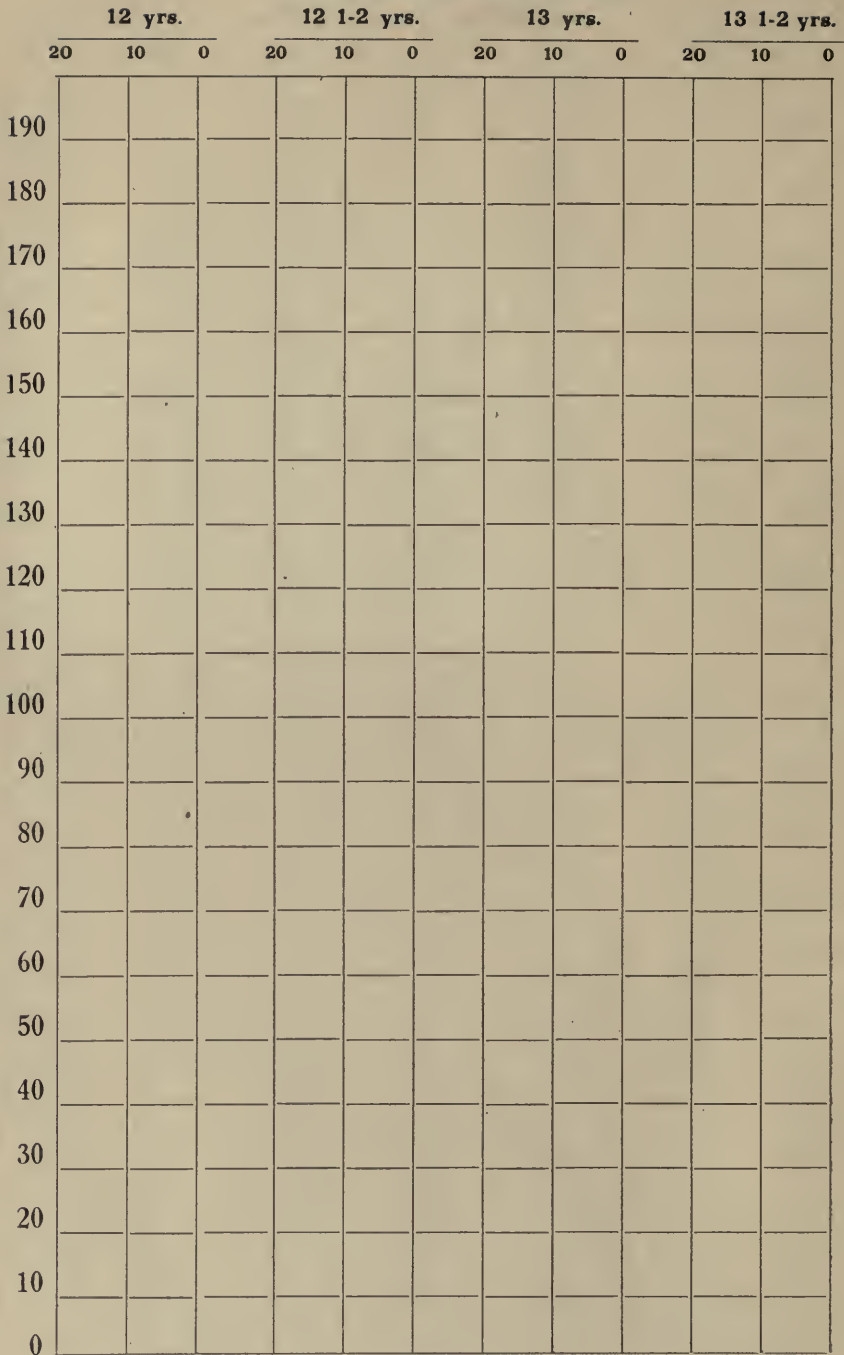
*See figure (1)

HALF SILHOUETTES*



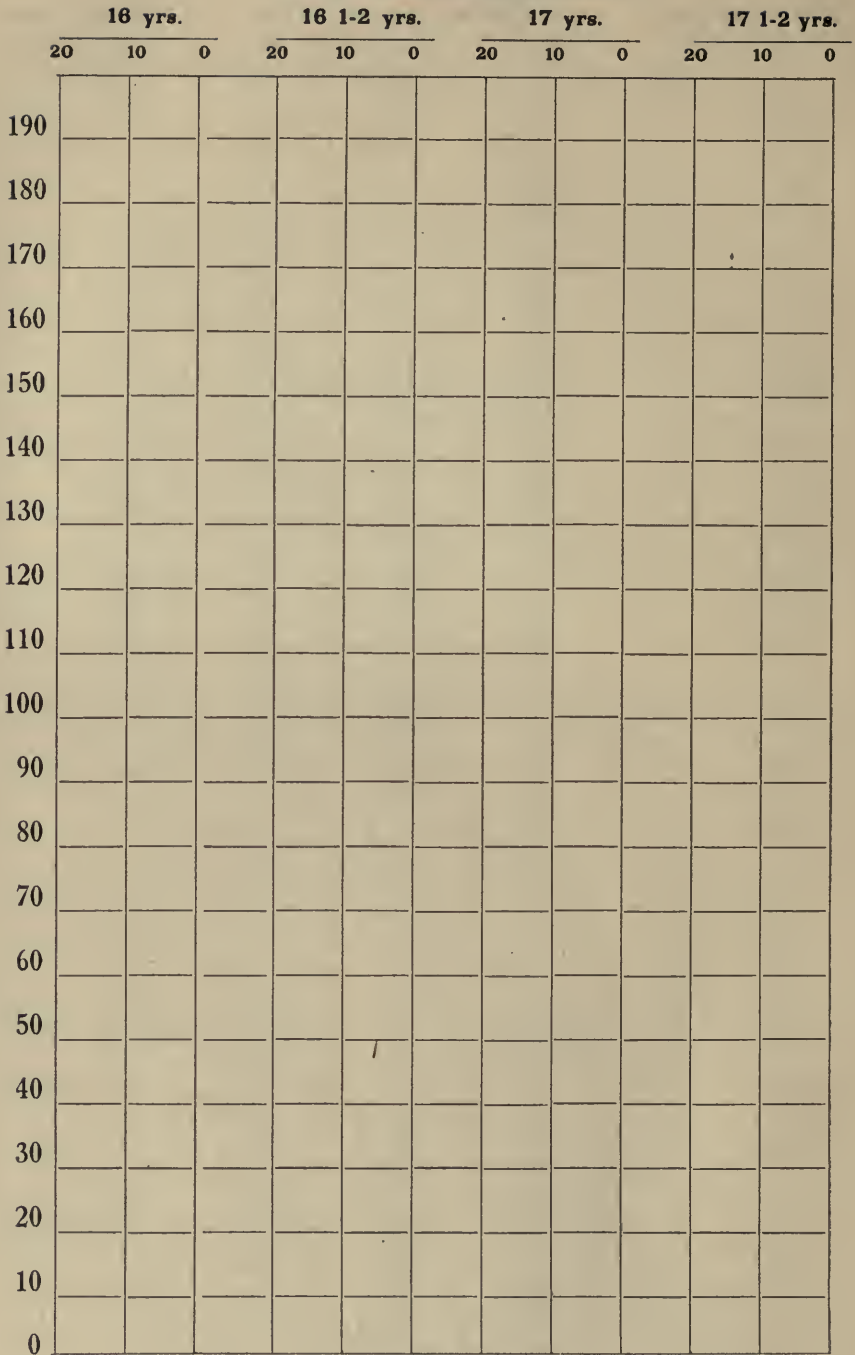
*See figure (1)

HALF SILHOUETTES*



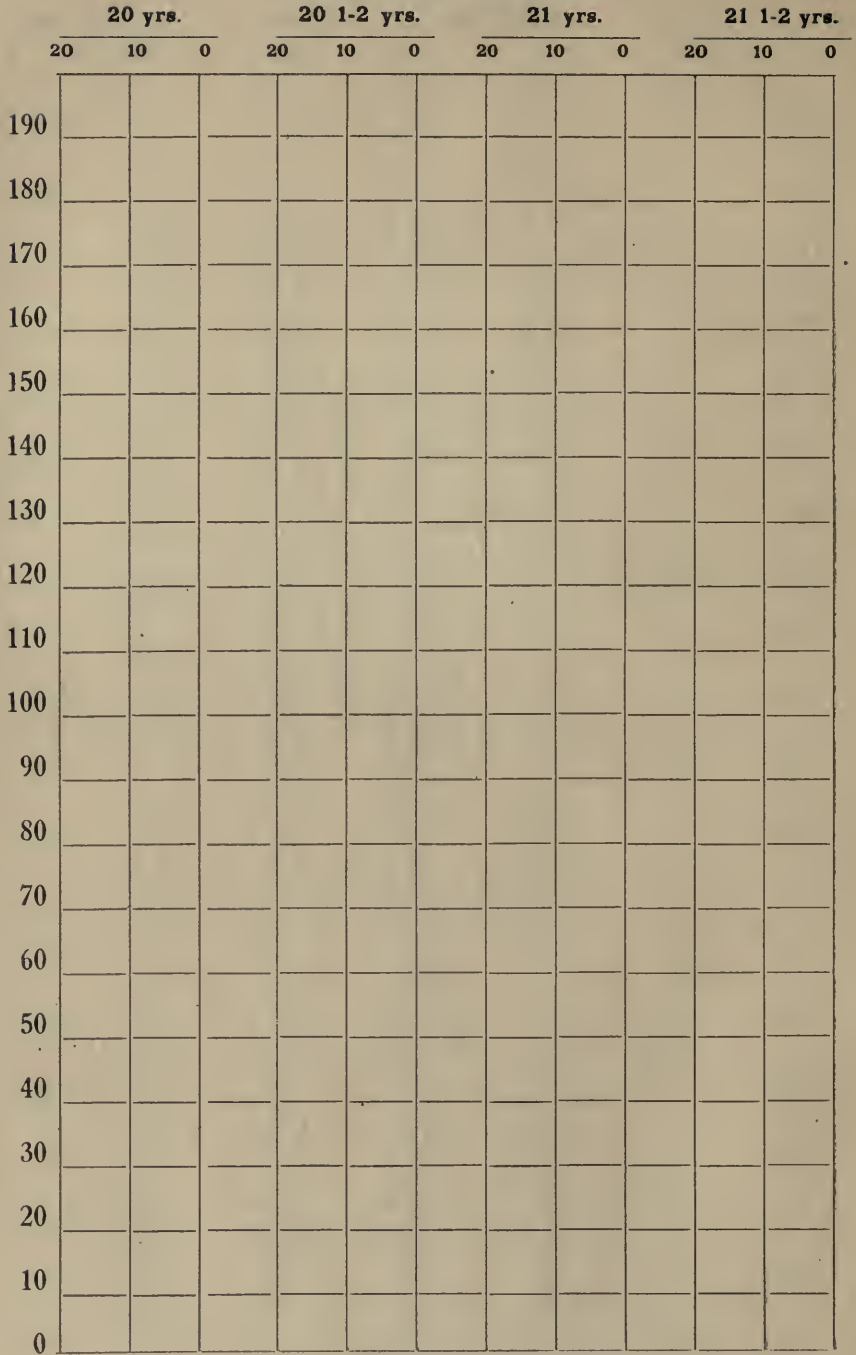
*See figure (1)

HALF SILHOUETTES*



*See figure (1)

HALF SILHOUETTES*



*See figure (1)

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