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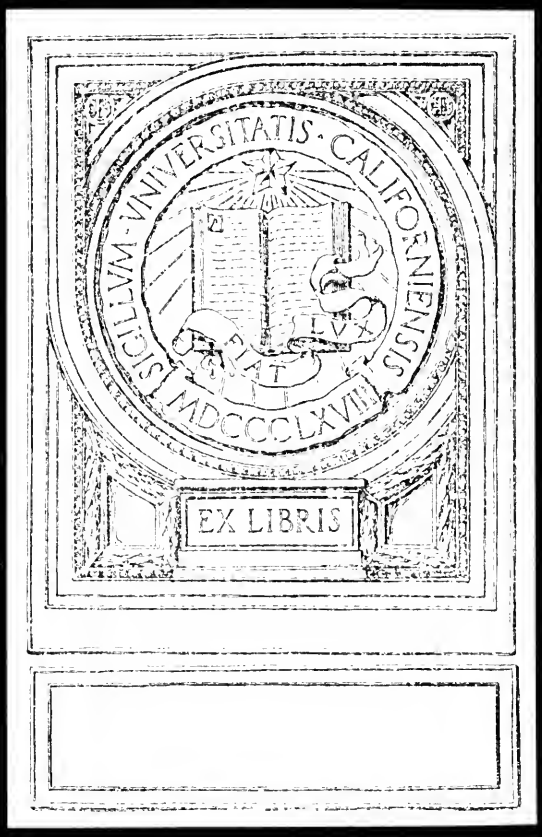
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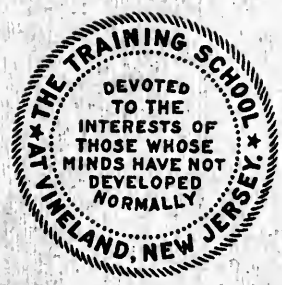
RECORD OF INDIVIDUAL GROWTH
A GUIDE TO PARENTS, PHYSICIANS AND TEACHERS

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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AT VINELAND, N. J.

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Introduction

The author claims for his Guide that it is indispensible 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.

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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.

Notes (1) of the Teacher and Physician

Place of birth.....

Now living in country or city.....

Of the mother.....

Of the mother.....

Of the mother.....

INDIVIDUAL GROWTH

Date of Observation							
Weight							
Sitting height (on a seat 12 in. high) . .							
Standing height							
Height of opening of ear . . .							
" " *chin*							
" " *top of sternum* . . .							
" " *xiphoid point* . . .							
" " *navel*							
" " *symphysis pubis* . .							
" " *greater trochanter* . .							
" " *knee*							
" " *ankle*							
" " *shoulder*							
" " *elbow*							
" " *wrist joint*							
" " *middle finger* . . .							
Bi-acromial diameter							
Anterior-posterior thoracic diameter							
Transverse thoracic diameter (chest not expanded) .							
Transverse thoracic diameter (chest expanded) . .							
Diameter of body at hips . . .							
" " *arms (just above elbow)*							

Notes (1) of the Teacher and Physician.

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.

Notes (1) of the Teacher and Physician.

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) . . .							
Deportment							
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.

As=somatic activity. Ac=cerebral activity.

Notes (1) of the Teacher and Physician.

INDIVIDUAL GROWTH

Date of Observation							
Weight							
Sitting height (on a seat 12 in. high) . .							
Standing height							
Height of opening of ear . . .							
" " *chin*							
" " *top of sternum* . . .							
" " *xiphoid point* . . .							
" " *navel*							
" " *symphysis pubis* . .							
" " *greater trochanter* . .							
" " *knee*							
" " *ankle*							
" " *shoulder*							
" " *elbow*							
" " *wrist joint*							
" " *middle finger* . . .							
Bi-acromial diameter							
Anterior-posterior thoracic diameter							
Transverse thoracic diameter (chest not expanded) .							
Transverse thoracic diameter (chest expanded) . .							
Diameter of body at hips . . .							
" " *arms (just above elbow)*							

Notes (1) of the Teacher and Physician.

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.

Notes (1) of the Teacher and Physician.

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) . . .							
Deportment							
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.

As=somatic activity. Ac=cerebral activity.

Notes of the Teacher and Physician (1).

INDIVIDUAL FORMULA

Date	Age	S/B	C/V	O/V	Age of puberty	M	R	E	H	I	m	A s	Ac	D(6)

M=difference between maximal and minimal circumferences of fore-arm (used as an index of muscular development.)
R=thoracic diameter expanded, divided by thoracic diameter normal.

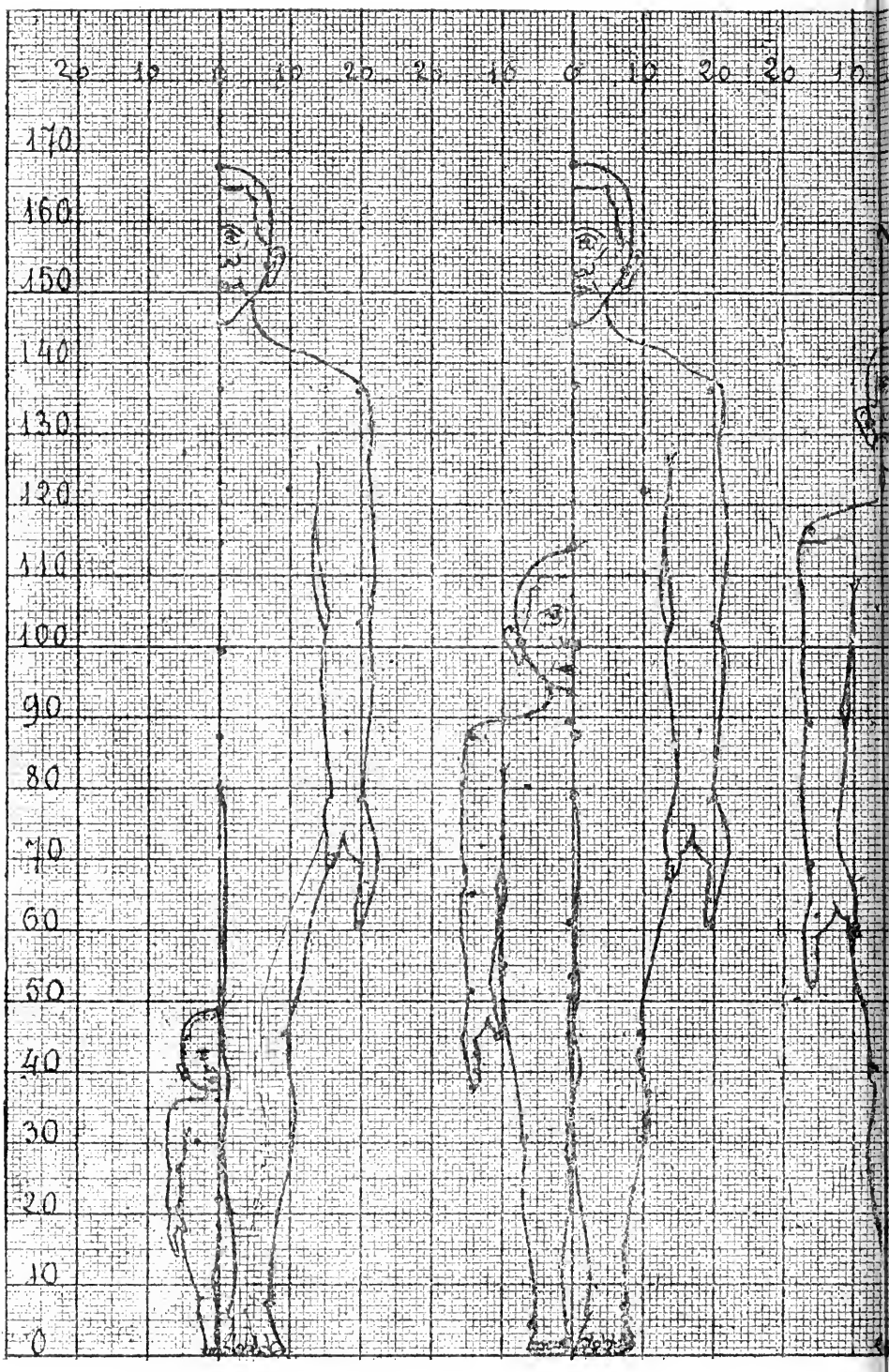
INDIVIDUAL FORMULA

Date	Age	S/B	C/V	O/V	Age of puberty	M	R	E	H	I	m	As	Ac	D(6)

(6) Bodily defect: 1, slight; 3, moderate; 5, serious.

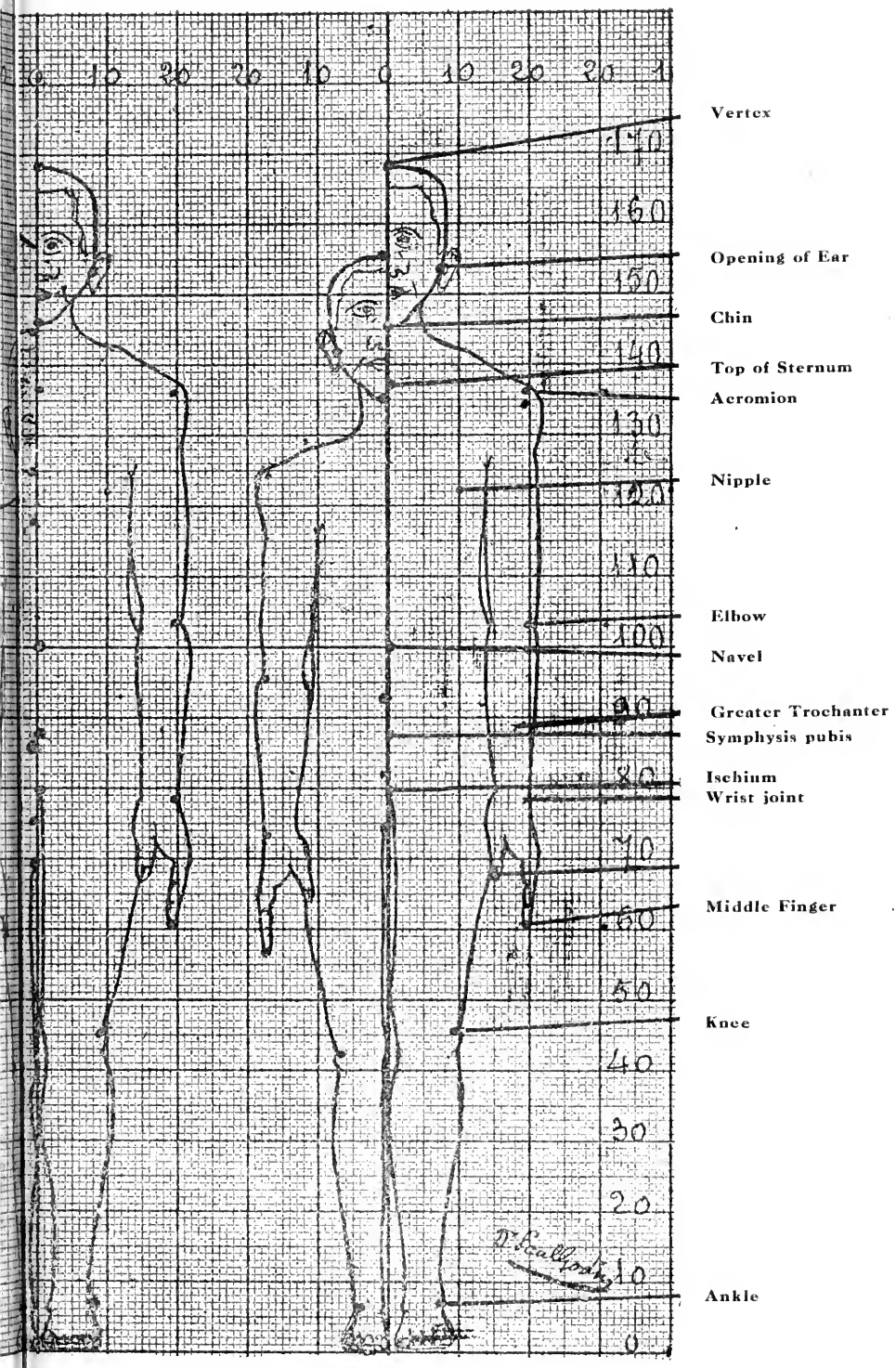
INDIVIDUAL GROWTH

Date of Observation							
Keenness of vision							
" " hearing							
Digestive organs (teeth) . . .							
Respiratory organs							
Circulatory system							
Genito-urinary organs							
Organs of locomotion							
Nervous system							
facility in moving							
reflexes							
sensibility							
sense organs							
vaso-motor condition . . .							
sudoral condition							
trophic condition							
intelligence							
Skin							
Nutrition							
Diatheses							



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.

INDIVIDUAL GROWTH

Chemical characteristics of the sputum (Albumin reaction, etc.)							
Microscopic characteristics . . .							
Characteristics of the blood, chemical							
Characteristics of the blood, biological							
Characteristics of the urine and other urological reports . .							
Abnormal elements							
Characteristics of the excreta (physical, chemical, microscopic)							
Tuberculin reaction							
Wassermann reaction							
Vaccinated for small pox . . .							
" " *diphtheria* . . .							
" " *typhoid*							
" " *rabies*							
. . . . .							
Organotherapy by . . . . . *(Effects)*							
Anaphylaxis							
Characteristics of all illnesses .							
. . . . .							
. . . . .							
Time confined in bed							

Clinical Notes of the Physician (7)

INDIVIDUAL GROWTH

Date of Observation							
Keenness of vision							
" " hearing							
Digestive organs (teeth) . . .							
Respiratory organs							
Circulatory system							
Genito-urinary organs							
Organs of locomotion							
Nervous system							
facility in moving							
reflexes							
sensibility							
sense organs							
vaso-motor condition . . .							
sudoral condition							
trophic condition							
intelligence							
Skin							
Nutrition							
Diatheses							

Clinical Notes of the Physician (7).

INDIVIDUAL GROWTH

Chemical characteristics of the sputum (Albumin reaction, etc.)							
Microscopic characteristics . . .							
Characteristics of the blood, chemical							
Characteristics of the blood, biological							
Characteristics of the urine and other urological reports . .							
Abnormal elements							
Characteristics of the excreta (physical, chemical, microscopic)							
Tuberculin reaction							
Wassermann reaction							
Vaccinated for small pox . . .							
" " *diphtheria* . . .							
" " *typhoid*							
" " *rabies*							
. . . . .							
Organotherapy by . . . . . *(Effects)*							
Anaphylaxis							
Characteristics of all illnesses .							
. . . . .							
. . . . .							
Time confined in bed							

Clinical Notes of the Physician (7).

HALF SILHOUETTES*

	Birth			6 mos.			1 yr.			1 1-2 yrs.		
	20	10	0	20	10	0	20	10	0	20	10	0
190												
180												
170												
160												
150												
140												
130												
120												
110												
100												
90												
80												
70												
60												
50												
40												
30												
20												
10												
0												

*See figure (1)

HALF SILHOUETTES

	2 yrs.			2 1-2 yrs.			3 yrs.			3 1-2 yrs.		
	20	10	0	20	10	0	20	10	0	20	10	0
190												
180												
170												
160												
150												
140												
130												
120												
110												
100												
90												
80												
70												
60												
50												
40												
30												
20												
10												
0												

HALF SILHOUETTES*

	4 yrs.			4 1-2 yrs.			5 yrs.			5 1-2 yrs.		
	20	10	0	20	10	0	20	10	0	20	10	0
190												
180												
170												
160												
150												
140												
130												
120												
110												
100												
90												
80												
70												
60												
50												
40												
30												
20												
10												
0												

*See figure (1)

HALF SILHOUETTES

	6 yrs.			6 1-2 yrs.			7 yrs.			7 1-2 yrs.		
	20	10	0	20	10	0	20	10	0	20	10	0
190												
180												
170												
160												
150												
140												
130												
120												
110												
100												
90												
80												
70												
60												
50												
40												
30												
20												
10												
0												

HALF SILHOUETTES*

	8 yrs.			8 1-2 yrs.			9 yrs.			9 1-2 yrs.		
	20	10	0	20	10	0	20	10	0	20	10	0
190												
180												
170												
160												
150												
140												
130												
120												
110												
100												
90												
80												
70												
60												
50												
40												
30												
20												
10												
0												

*See figure (1)

HALF SILHOUETTES

	10 yrs.			10 1-2 yrs.			11 yrs.			11 1-2 yrs.		
	20	10	0	20	10	0	20	10	0	20	10	0
190												
180												
170												
160												
150												
140												
130												
120												
110												
100												
90												
80												
70												
60												
50												
40												
30												
20												
10												
0												

HALF SILHOUETTES*

	12 yrs.			12 1-2 yrs.			13 yrs.			13 1-2 yrs.		
	20	10	0	20	10	0	20	10	0	20	10	0
190												
180												
170												
160												
150												
140												
130												
120												
110												
100												
90												
80												
70												
60												
50												
40												
30												
20												
10												
0												

*See figure (1)

HALF SILHOUETTES

	14 yrs.			14 1-2 yrs.			15 yrs.			15 1-2 yrs.		
	20	10	0	20	10	0	20	10	0	20	10	0
190												
180												
170												
160												
150												
140												
130												
120												
110												
100												
90												
80												
70												
60												
50												
40												
30												
20												
10												
0												

HALF SILHOUETTES*

	16 yrs.			16 1-2 yrs.			17 yrs.			17 1-2 yrs.		
	20	10	0	20	10	0	20	10	0	20	10	0
190												
180												
170												
160												
150												
140												
130												
120												
110												
100												
90												
80												
70												
60												
50												
40												
30												
20												
10												
0												

*See figure (1)

HALF SILHOUETTES

	18 yrs.			18 1-2 yrs.			19 yrs.			19 1-2 yrs.		
	20	10	0	20	10	0	20	10	0	20	10	0
190												
180												
170												
160												
150												
140												
130												
120												
110												
100												
90												
80												
70												
60												
50												
40												
30												
20												
10												
0												

HALF SILHOUETTES*

	20 yrs.			20 1-2 yrs.			21 yrs.			21 1-2 yrs.		
	20	10	0	20	10	0	20	10	0	20	10	0
190												
180												
170												
160												
150												
140												
130												
120												
110												
100												
90												
80												
70												
60												
50												
40												
30												
20												
10												
0												

*See figure (1)

HALF SILHOUETTES

	22 yrs.			22 1-2 yrs.			23 yrs.			23 1-2 yrs.		
	20	10	0	20	10	0	20	10	0	20	10	0
190												
180												
170												
160												
150												
140												
130												
120												
110												
100												
90												
80												
70												
60												
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