Your Children

by

ANGELO PATRI

Breakfast

As broadcast by Angelo Patri, October 19, 1932

Through the courtesy of
The Cream of Wheat Corporation

No. 12 {Second Series}

Angelo Patri, famous authority on children, has devoted his lifetime to the study of childhood and the problems which all parents have. As the kindly, ever-understanding principal of a great New York public school, he has observed thousands of children day after day. Parents’ Magazine has twice awarded him its medal for distinguished service in parental education. His books on child training, his daily articles spread by syndicate throughout the country, guide thousands of parents.

It is a great pleasure for The Cream of Wheat Corporation to sponsor Mr. Patri’s talks to parents every Sunday and Wednesday evening at 7:45 New York Time, over the Columbia network, and to send you these talks in printed form.

HOW TO GET THESE TALKS

To get 12 of these talks as they are published, send 25c in stamps to cover postage and handling charges. Of course if you write in after each radio broadcast you will receive that talk free, in accordance with the radio announcement.

THE CREAM OF WHEAT CORPORATION, MINNEAPOLIS, MINN.

Copyright 1932 by Angelo Patri
Breakfast

THE school child's breakfast is a highly important matter. He will not think so. He likes to stay in bed as long as he can in the morning. Then he has to hurry, for fear he will be late. He remembers with horror that he forgot to do his home work. Mother says, "Come to breakfast."

"I don't want anything to eat. I can't wait. I'll be late."

The wise mother says firmly, calmly, as she can, "Your breakfast is more important than anything else. Put down the lessons, put aside your hat and coat. Sit down here and eat this good cereal I cooked for you. Drink your orange juice. Now stop fretting or your breakfast won't do a bit of good. The better the breakfast you eat, the smarter you are going to be today. You don't want to be a fidgety fish, do you?"

Edging toward the table, mother manages to center his glance on the food. Few children of school age can resist an attractive bowl of hot cereal with good milk. It looks easy to eat. He takes one spoonful and then another, and by that time his mother has managed to direct his mind toward his food and away from his worry. I am not saying this is easy to do. I am saying it is necessary to do.

The child who goes to school with a cup of coffee in his stomach and an emptiness entirely surrounding it, is going to have an unsatisfactory school session. You can depend upon that. For all the good his work will do him, he might better have taken time out to lay in a good breakfast. A good breakfast—and by that I mean one that provides plenty of live energy quickly—is vitally important to every child, whether he's of school age or not.

Without this protection, youngsters often develop what doctors call "morning ketogenesis." In simple, everyday terms, this is an abnormal condition of the blood which frequently results from a lack of balanced energy-producing foods.

If your child is sluggish when he gets up in the morning; if he dawdles along with his dressing and hates to start the day; if he seems irritable or dull, watch out! These are common warnings
of "morning ketogenesis." Let them go unheeded, and resistance will slowly but surely be torn down. Gradually the gates are opened to a whole swarm of troubles—particularly, acute infections of the nose and throat, and digestive disturbances. The first thing you know you may have a sick child on your hands.

The school day begins with a rush. The stimulation of the bells, the morning exercises, the great group of children, carries the child along pretty well until along toward ten or half past. Then the breakfastless child begins to slow down. He is tired. His eyes grow dull. His hearing fades. He yawns, catches himself, tries to attend to what the teacher says, yawns again and discovers he doesn’t understand her, and gives up. It is this morning fatigue that makes so much trouble in the classroom.

"George Henry, did you hear what I said?"

George Henry replies to this prodding of the teacher according to his nature. He may look scared and say, "No, Ma’am." He may look cross and growl under his breath. He may merely look helpless. In any case he is not getting anything out of his lesson. The teacher says impatiently "Pay attention. I’ve explained this now three times. The first thing you know, young man, you’re going to be put back."

Contrast this child with the one who ate a leisurely breakfast of hot cereal, toast, milk, fruit and proceeded to school in a mood of complete physical well being. That sort of child finds no difficulty in getting what the teacher says. His ears are alert, his eyes are keen, his body eager and willing to serve his mind. The teacher doesn’t have to call him to attention. She praises him, holds him up as an example to the other lazy ones.

"If Arthur can get it you can. Put your mind on your work." A child who has not stored up sufficient energy for his morning’s work by eating his breakfast cannot hold his mind on its job. Paying attention means centering one’s mind, holding it steadily, on one idea for the span of time that is necessary. A hungry, undernourished child has not the power to do this. He won’t have that power until he is fed.

He goes home at noontime ravenous. He eats all he can hold, all that time allows, and races back to school. Is he alert and ready now? Not a bit of it. He is loggy with food. The energy of his body is now directed toward digesting the heavy meal he has eaten. He falls asleep over his book. His afternoon is little better than his morning. Good food is the basis of health, growth and all activity. You can’t expect the best from a child unless he has been properly nourished.
The ill-nourished child does not behave well. We had a little girl in one of the middle grades of the school, who gave every teacher in the place all the trouble she could. Her mother said, "She is just the same at home. I can't do a thing with her. I thought she would be better when she got to school, but she's worse."

When the nurse and the school visitor studied the home conditions they agreed that the child could not behave like other children because she was not fed as they were. She went to school without breakfast. She ate whatever she found in the icebox, provided she liked it, at noontime. On the way to and from school she bought candy. She drank no milk, she ate no eggs, she never touched a cooked cereal.

"I give her whatever she wants," said her mother. "If she will eat cereal, I'll give it to her. I can't watch her every minute to see that she doesn't eat the wrong things. She'd get up in the night to eat cake or whatever she thought she'd like. I can't let her go hungry, and she won't eat what is on the table."

The girl was eleven years old. Talking to her did no good. She didn't care about her appearance, her height or her weight, her place in class, or any of the other prides of childhood. She had sunk into a deadly routine of do-as-you-please. We persuaded her mother to place her in a children's hospital and to keep her there until she learned to eat the right kind of food, at regular hours, and to like it. It took a few weeks to establish a taste for nourishing food. Then we had to place her in the home of a nurse for another month lest she slip back into the old routine at home. Between home, school, hospital and the nurses we managed to teach the child to eat. As her body took on health her conduct improved. Not in a day, or in a month, but in a couple of years she was made over.

"I don't know what was the matter with me," she said. "I just wanted to hit the teacher, hit anybody I could. I didn't mean it. I just couldn't help it. They made me so mad. What other things I did, I don't know. I just don't do them any more. I guess I'm old enough to know better."

"You feel hungry at mealtime now, Sarah?"

"Yes, I'm hungry all right. And my mother cooks me nice things, so I like to eat them." The nice things were the old things she used to scorn: cereal in the morning, a lamb chop at noon, a dinner at night, with a couple of glasses of milk in between. Healthy routine, established eating habits, were all she needed to make her as good a girl as we had in school.
I've seen little boys who behaved like fiends become models of behavior when they were properly fed. I believe that the quality of the food, the kind of food, the amount of it, have definite relationship to the quality of character in a child. Feed a child carelessly and you rear just that kind of person, careless, ignorant, blundering and a failure. Feed him with wholesome food, with regularity, good taste, and you at least give him a chance to grow at his best.

Guard against the one dish child. You all know the youngster who pushes his vegetable aside and eats only the meat; the one who wants to eat no solid food but cries for milk and more milk; the one who will eat nothing but potato for his midday meal. Children have to be trained from the beginning to eat a varied menu as a matter of course.

It is unwise to make a to-do about eating. The child is quick to seize any advantage he can to outwit the adult who is trying to get him to follow schedule. Any show of anxiety is quickly noted and used against us. "Please, dear, eat your cereal. Mother can't see you going hungry," is a signal for a prompt refusal, a dramatic struggle. A child enjoys exercising his power on adults. If he discovers he can make you cry, he will practice his art to perfection. If he finds, however, that he cannot disturb your calm, that you go the even tenor of your way and let him enjoy his own hunger, he will soon cease to cut off his nose to spite his own face. Keep all anxiety, all emotion, out of the eating schedule and the difficulties will be lessened tremendously.

The daily routine must be set early in the scheme. Give the child enough time for dressing, gathering his wits about him, eating and starting the day. Cook his cereal well. Cook it extra well. If you have the kind of fire that will let cereal cook slowly, very slowly for a long period in a double boiler, you have the ideal arrangement. Children cannot help relishing well cooked cereal.

I emphasize the breakfast because it is highly important to the rest of the day. Children use an incredible amount of energy. This must be stored, and the store must be maintained at a healthy level. The child who goes breakfastless—and this is true of any child, any young person—has not the reserve strength that he needs to preserve him in an emergency.

Sickness overtakes the ill-nourished child, while it is cast off easily by the well-fed one. Any sudden call on the strength of a child is met by the release of stored energy. If the storehouse is empty, the child fails in the emergency. That is why many chil-
YOUR CHILDREN

Breakfast

dren fail in tests. They have no reserve. They say they are afraid. Fear is the child of hunger, and its forms are as varied as human conduct. A sturdy body knows no fear that it cannot hold in check.

The conduct of a child depends upon his state of nutrition to a greater extent than people know. The naughty child is usually fatigued, poisoned by poor food, stunted by malnutrition. Food is the basis of healthy living. Its quality is directly related to the character of the one who consumes it. I stoutly believe that wheat is one of the basic foods for health and morality. Don’t—if it is humanly possible—let a child begin his day without a child’s breakfast of cereal, well-cooked, and milk, and fruit. As he eats, so will he grow, so will he be.

HEALTH POSTERS FOR CHILDREN

Thousands of boys and girls are participating enthusiastically in the H.C.B. Club. Mothers say the plan works wonders.

Send in today for your child’s first H.C.B. Club poster. All material is free, including colored stars, Club button, and colorful posters of romantic figures in history. With these we will likewise send booklet, "The Important Business of Feeding Children," containing much worthwhile information on this subject.

SURPRISE BOWLS

For the younger children the Cream of Wheat Surprise Bowls, as described on the Cream of Wheat package and in the booklet, "The Important Business of Feeding Children," are especially appropriate. Follow the directions as given on the package to get a pair of these cereal bowls. The package also refers to the Rastus rag doll, which has brought happy hours to thousands of children. THE CREAM OF WHEAT CORPORATION, MINNEAPOLIS, MINN.

BOOKS BY ANGELO PATRI

For Parents and Teachers

CHILD TRAINING ($2.00) D. Appleton & Co., 35 West 32nd St., New York City
TALKS TO MOTHERS (50 cents) D. Appleton & Co.
SCHOOL AND HOME ($1.50) D. Appleton & Co.
PROBLEMS OF MOTHERHOOD ($2.00) D. Appleton & Co.
THE QUESTIONING CHILD ($1.50) D. Appleton & Co.
A SCHOOLMASTER OF THE GREAT CITY ($1.60) MacMillan, 5th Avenue, New York City.
WHAT HAVE YOU TO GIVE ($2.00) Doubleday, Doran & Co., Garden City, N. Y.

For Children

SPIRIT OF AMERICA (90 cents) American Viewpoint Society, Astor Place, N.Y.C.
PINOCCHIO IN AFRICA (64 cents) Ginn & Co., 5th Avenue, N. Y. C.
PINOCCHIO IN AMERICA ($2.00) Doubleday, Doran & Co., Garden City, N. Y.
ADVENTURES OF PINOCCHIO (translation) ($2.00) Doubleday, Doran & Co.
WHITE PATCH (56 cents) American Book Co., Washington Square, N. Y. C.
The Most Hazardous Period of Childhood

*Do this, Mothers, to Help Your Child Safely Through It*

The most hazardous period of childhood—from the age of one to six. It is twice as full of dangers, government records show, as the later years!

Guard your children, in every way, during this anxious time. Cream of Wheat will help you see them safely through it. See that they eat it regularly.

For more than thirty-six years, child specialists have approved Cream of Wheat. It puts on good, solid pounds, with never a fear of stomach upset. It is unusually easy to digest.

Cream of Wheat is a natural weight builder. It promotes the steady, healthy weight increase that every normal child should show. It helps to curb the nervousness, listlessness, that often result from an underweight condition.

Cream of Wheat supplies abundantly the energy that growing children must have—and it releases this energy more quickly than any other cereal in common use. Simple in form, free from the harsh, irritating parts of the grain, a child’s delicate digestive tract handles it easily.

Thus Cream of Wheat fortifies your children for the day before them. It guards them against the dangers of underweight. It builds up their resistance. Gives them the energy they need.

If you have a baby that is just ready for solid food, give him Cream of Wheat and feel safe. Child specialists everywhere agree that Cream of Wheat—so smooth, so easily digested, and so rich in energy and weight-building elements—is an ideal first solid food for babies. It is so easy to play safe! Why experiment with anything so precious as your little baby’s health?

Give your children Cream of Wheat regularly. It comes in the hygienic, triple-sealed package that protects the pure quality of the cereal within. The cost is moderate. Forty generous servings in the box, at about half a cent each.

Ask your grocer for Cream of Wheat—today!
"Your Children"

broadcast by Angelo Patri

every Sunday and Wednesday evening at 7:45 New York time
9:15 Mountain time, 8:15 Pacific time

over the following
Columbia Broadcasting System Stations:

**Eastern Stations**
- Baltimore, Md. - WCAO
- Boston, Mass. - WNAC
- Buffalo, N. Y. - WGR
- New York, N. Y. - WABC
- Philadelphia, Pa. - WCAU
- Pittsburgh, Pa. - WJAS
- Syracuse, N. Y. - WFBL
- Washington, D. C. - WMAL

**Middle West Stations**
- Chicago, Ills. - WGN
- Cincinnati, O. - WKRC
- Cleveland, O. - WHK
- Detroit, Mich. - CKOK
- Kansas City, Mo. - KMBC
- Louisville, Ky. - WHAS
- St. Louis, Mo. - KMOX
- Minneapolis, Minn. - WCCO

**Pacific and Inter-Mountain Stations**
- Denver, Colo. - KLZ
- Salt Lake, Utah - KSL
- Portland, Ore. - KOIN
- Spokane, Wash. - KFY
- Seattle, Wash. - KOL
- Tacoma, Wash. - KVI
- Los Angeles, Calif. - KHJ
- San Francisco, Calif. - KFRC
- San Diego, Calif. - KGB
- Bakersfield, Calif. - KERN
- Fresno, Calif. - KMJ
- Sacramento, Calif. - KFBK
- Santa Barbara, Calif. - KDB
- Stockton, Calif. - KG

**Jolly Bill and Jane**

These well loved entertainers
with Rastus, the Cream of Wheat chef

broadcast every weekday morning except Saturday, at 7:45

over the N. B. C. Network

**The Cream of Wheat Corporation**

Minneapolis, Minn.