CHILD HEALTH ALPHABET

METROPOLITAN LIFE INSURANCE COMPANY
Cho-Cho wants to know how much you weigh now.

AND

Cho-Cho wants to know how much you gain each month.
Cho-Cho says! and Cho-Cho knows!

that if you do as these rhymes say, eat and drink and bathe, and play and sleep in the good fresh air, you will surely be happy and gay.
A is for Apples and also for Air; Children need both and we have them to spare.
B is for Butter spread thick on Brown Bread,  
Also for Baths before Breakfast or Bed.
C is for Cereals and Cocoa too; Consider the Calories coming to You.
D is for *Dates*,
the kind that You eat,
Deliciously sweet
and far cheaper than Meat.
E is the Excellent Edible Egg,
One daily at least,
dear Children, we beg.
F is for Fruits whether fresh, dried, or stewed; Dried, at the Grocer's, you'll buy them, if shrewd.
G is for Gaining,
as every Child could;
A half pound a Month
is the least that he should.
H is for Height,
be as tall as you can,
Weight up to Height
makes a healthy strong Man.
I is for *Iron*

in Spinach and Eggs,
Builds Red Blood and Sinews
for strong Arms and Legs.
J is for *Jam*
and also for *Joy,*
Which spread on his Bread
it brings to a Boy.
K is for Kitchen
so spick and so span,
We all like our Food
from a shining clean Pan.
L is for Luncheon
served hot in the School;
We wish all the Teachers
could follow this Rule.
M is for Milk which makes Muscle and Bone; One pint a day would be best till you’re grown.
N is for *News* of habits you need.
To grow up so healthy
You’re bound to succeed.
O is for Oatmeal, the finest of Food; With Milk for your Breakfast there's nothing so good.
P is for Prunes,
Potatoes and Peas,
And Patriots who will be glad to eat these.
Q is for Quiet, we frequently need; After Meals don’t run at the top of your speed.
R

is for Rest
and Round Rosy Faces,
Rest is a thing
which nothing replaces.
S is important and therefore I hope you’ll pardon my specially mentioning Soap.
This is a Topic which Trouble begins; Both Tea and Coffee for Children are Sins.
Understanding the best way to live, United for Service our Country to give.
V is for Vegetables; if you're too slim, These Victuals are full of Vigor and Vim.
W is for Water, the best thing to drink Between Meals as often as ever we think.
X is for Xtras of Soup or of Milk,
For a thin little Girl till she's finer than Silk.
Y is for You, and I tell you the Truth, Learn to be Healthy and Strong in your Youth.
Now march for it, Children, with Drum and with Fife, is the Zest which Health gives to Life.
### Height and Weight Table for Boys

<table>
<thead>
<tr>
<th>Height in Inches</th>
<th>Age (Yrs)</th>
<th>Weight (oz)</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>5 to 8</td>
<td>6 oz.</td>
</tr>
<tr>
<td>31</td>
<td>9 to 11</td>
<td>8 oz.</td>
</tr>
<tr>
<td>32</td>
<td>12 to 14</td>
<td>10 oz.</td>
</tr>
<tr>
<td>33</td>
<td>15 to 16</td>
<td>12 oz.</td>
</tr>
<tr>
<td>34</td>
<td>17 to 18</td>
<td>14 oz.</td>
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**About What a GIRL Should Gain Each Month**

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**Weight and Measures should be taken without shoes, and in only the usual indoor clothes.**