

May 4, 1932.

My dear Mrs. Morrow:

I did not get back from Long Island until after my secretary had left, so I must write you instead of dictating.

As far as physical peculiarities are concerned, they are few. I saw him last Feb. 18th, when he was almost 20 months old. He was then 33 inches tall, and was a very tall and unusually well developed child for his age. His chest measured at the nipples about 21 inches. His weight was 26 lbs. Three months later, with ordinary careful feeding and living conditions, he ought to be nearly an inch taller and should weigh about 27 lbs. This will, of course, depend upon his general condition.

The two things I specially noted when I examined him were that his skin was unusually dry all over his body, and the fact that both little toes were slightly turned in and overlapped the next toe. This is unusual in a child of his age.

He had 16 teeth, and being now about 22½ months, his next four teeth should be through or very nearly so. They usually appear somewhere between the 18th and 24th month. As his development, except for height and chest development, was slightly delayed, it is possible these last four teeth are not through as yet. Similarly, his fontanelle (soft spot) of the head was still and may be still detectable by touch, although it ought to be closed by now.

As to his food, I think a safe diet at his age, and under conditions as far as can be guessed, would be as follows:

Breakfast - about 7:30 to 8.

Orange juice, about 4 tablespoons.

Cereal - Cream of Wheat; Wheatena; Quaker ~~White~~

cooked 1 hr. in double boiler - about 3 or 4 tablespoons with some milk on it, and flavored with a little salt.

2 thin pieces bacon, crisp.

1 slice of toasted bread with a very little butter.

Glass of milk (about ½ pint - 8 oz.)

Dinner - Chop, cooked only long enough for the juice to be still running when out. Cut very fine. The amount should be about the size of a silver dollar and about ¾ in. thick. (This would be about 1 or 2 rounded tablespoonsful.) or Chicken - roasted - white meat. About the same quantity as the chop, or Beef - round or steak, cooked raw so that juice is running - (Broiled). Same quantity.

Dinner Con't. Potato (baked) or Rice - about 2 rounded tablespoons. Green vegetable - peas, beans, spinach, cauliflower, carrots, turnip, squash, onions, (not fried) celery - boiled and well mased - 2 tablespoons.

1 slice bread or toast with a very little butter.
1 glass of milk (1/2 pt. or 8 oz.)

Stewed fruit if wants it.

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Cereal, cooked (as breakfast).
Toast and a little butter.
Glass of milk (1/2 pt, or 8 oz.)
Stewed fruit - prunes (without skins)
Applesauce, baked apple - occasionally a ripe banana.

Water between meals - 3 or 4 times a day.

Butter should not be used in cooking vegetables nor should fried food be given.

During the next two or three months one teaspoonful of cod liver oil should be given daily.

If there is anything in the world I can do to help you, it is needless to say I am at your command. Knowing how you have been pestered, I have thought the kindest thing to do was to keep silent.

If you want me on the 'phone at any time, I would suggest you call me at Butterfield 8-8471, which is my private wire, and all you need to say is that New Jersey wants me. I am usually accessible until 10 a. m. and between 1 and 2 in the middle of the day. If you should need me in a hurry my secretary, who is absolutely to be trusted, can always reach me, and if you will give her the number she will always get in touch with me.

With sincerest sympathy, and hoping I have given you what you wish,
I am

Very sincerely,
(Signed) Philip Van Ingen.

Please do not acknowledge this letter.