

rapid during the first two years of life and remains reasonably fast throughout the following four years. At the age of six, however, it slows down considerably. This phase of gradual growth continues until eleven in boys and until ten in girls. Then, at puberty, it puts on another spurt. Rapid growth is seen again from eleven until seventeen in boys and from ten until fifteen in girls. Because of their slightly earlier puberty, girls tend to outstrip boys between the eleventh and fourteenth years, but then the boys pass them again and stay in front from that point on. Body growth tends to end for girls at around nineteen, and for boys much later, at about twenty-five. The first teeth usually appear around the sixth or seventh month, and the full set of milk teeth is usually complete by the end of the second year or the middle of the third. The permanent teeth erupt in the sixth year, but the final molars-the wisdom teeth-do not usually appear until about the nineteenth.

Newborn infants spend a great deal of time sleeping. It is usually claimed that they only awaken for about two hours a day during the first few weeks, but this is not the case. They are sleepy, but not that sleepy. Careful studies have revealed that the average time spent sleeping during the first three days of life is 16-6 hours out of every 24. Individuals varied a great deal, however, the sleepiest averaging 19 hours out of 24, and the most wide-awake a mere 10-5.

During childhood the sleeping-to-waking ratio gradually shrinks until, by the time the adult stage has been reached, the original sixteen-hour average has been reduced to half. Some adults vary considerably from this typical eight-hour average however. Two out of every hundred require only five hours and another two need as much as ten hours. Adult females, incidentally, have an average sleep-period that is slightly longer than that of adult males.

The sixteen-hour quota of daily sleep at birth does not occur in one long nocturnal session, it is broken up into a number of short periods scattered throughout the twenty-four hours. Even from birth, however, there is a slight tendency to sleep more at night than in the day. Gradually, as the weeks pass, one of the nocturnal