By JESSIE H. BANCROFT

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The Posture of School Children

With its Home Efficiency and New Efficiency Methods for School Training

The aim of the book is to aid parents and teachers to improve the posture of children. The failure to achieve and hold the correct position in childhood is the cause of far-reaching harm. Many disturbances, both acute and chronic, are directly traceable to poor posture and carriage. The application of pedagogical principles to the training of children in correct habits of posture and a working description of some of the new efficiency methods practiced in schools for the purpose of obtaining correct posture are authoritatively presented and applied.

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