

harm to the body and laying the foundation for many ills by eating too much sugar.

The fifth group of fats form another source. Our most valuable fat is butter and plenty of it should be used. Cooked fats are hard to digest. We should reduce our fried foods to a minimum. Whenever possible cook foods in other ways.

Many of the children have already formed their food habits and when these habits are bad, much teaching and persuasion may be necessary to change them. A child needs to realize that he is not getting the most out of life, if he is not physically fit. How can the child be brought to recognize the fact that he is undernourished or suffering from malnutrition? It is easy in any school to pick out the pale, listless, inattentive, peevish child, but such conditions are not altogether a safe measure. Other children may not measure up to the physical standard. Doctors and health workers, who are seeking to make every child physically efficient, have established a standard for judging the physical condition of all children. The relation of the weight of the child to his height and age gives the standard. Standard rates of increase in weight and height have also been established. Several of the newer books and bulletins on nutrition and health contain the charts showing these figures. Charts may also be obtained from the Child Health Organization, 156 Fifth Ave., New York. Much interest can be established among the children by having them keep their own weight charts, marking them graphically. Although faulty diet is not the only cause of underweight, it is one of the main causes. Physical defects such as diseased tonsils, adenoids, decayed teeth and faulty eyesight may cause underweight. These physical defects should be remedied and the child brought to a condition to use his food properly. He then needs to be given the proper food in order to be physically fit and lay the foundation for a strong and healthy body in after years.

The following suggestion may help in applying the rules and principles which have been given:

Begin the day right. Eat a good breakfast. Have a well cooked cereal for breakfast, some bread and butter and a glass of milk; add to this fruit or egg if desired.

Drink milk, but no tea or coffee.

Eat plenty of fruits and vegetables. It is almost impossible to eat too many vegetables.

Eat plenty of bread and butter, small amounts of plain cake and cookies, small amounts of sweets, meat but once a day and in small quantities.

Whenever possible cook foods by other methods than frying.

Teach children to eat the foods that are good for them.

Take plenty of time for meals.

Have meals regularly.

Use food to overcome constipation.

Be in a happy frame of mind during meal time.

Form a health club in your school.

Help the children to judge their own condition.

Help each child to become as physically efficient as it is possible for him to be.

HOW TO USE THESE HEALTH TALKS

(Editor)

This 'How to Keep Well' article is admirably fitted to the work of the upper grades and High School. The instruction for the little folks will need to be simplified. One original primary teacher has called proteins 'building-materials' and carbohydrates 'go-materials.' A 'What to Eat' chart may be made by the class, bearing the most important rules and illustrated by colored pictures of these foods cut from magazines. A "Good Food" poster may be arranged by each pupil and illustrated in the same way.

In the lower grades each child may make a little booklet in which the reading lesson based on the health talk may be copied. The lesson on milk should lead to some such summary:—

Milk will make me strong.

It will keep me warm.

Milk makes children grow.

I will drink milk.

I will be strong.

This lesson may be illustrated by drawings of the number of glasses of milk the child should drink each day.

To give this series of lessons practical value it will be well to start a Height and Weight Record for the Class. The class chart and the individual record cards may be obtained at a very reasonable cost from the Child Health Organization, 156 Fifth Ave., New York, N. Y.

The following books may be obtained there for 5c. each: Teaching Health. Further Steps in Teaching Health. The Diet of the School Child. The Child Health Alphabet and Cho-Cho, the Health Fairy are attractive supplementary readers which would delight Grade I and II pupils and may also be bought for a small amount from the above.

Childhood and Health, price 25c. may be obtained from the Child Welfare Association, 70 Fifth Ave., New York, N. Y.

NOVA SCOTIA TEACHERS

The Educational Review strives to serve all the teachers of the Atlantic Provinces. Have you read the biographical sketches of the Canadian authors who are represented in the High School Reader? This is the first of a series of articles on Nova Scotia High School English. Send in your subscription today so you will not miss an article.

We rise by the things that are under our feet,

By what we have mastered of good or gain,

By the hopes despoiled and the passions slain

And the conquered ills that we daily meet.

—Longfellow.