

the abdomen is a compensatory curve which occurs in the attempt to stand upright.

The remedy for this state of things consists in first getting proper seats; second, attention by teachers to the position of pupils, and third by giving all school children proper exercises and gymnastics.

First,—The object of this brief paper is to call attention to the imperative need of supplying suitable seats to the children, and to the importance of beginning at the youngest. I was very sorry to see in the kindergarten of one of our large schools that the little chairs were all improperly constructed, and it is the more unfortunate, inasmuch as properly made chairs would cost not one cent more. For a moment to recapitulate the points of a good seat, (1) it should allow the child's feet to rest firmly on the floor, (2) the seat should form an angle of ten degrees with the floor, (3) the back should be at right angles with the seat, (4) the back should reach to the middle of the shoulders.

Secondly,—Teachers should attend to the position of pupils. Photo 2 shows what a correct position can be assumed even in a bad seat by instructing the child how to sit. The child who sits there so upright has the feet hanging from the floor and no support for the back; yet it is better to make children sit upright than allow them to assume such faulty positions as are usually seen.

Third,—Suitable exercises for developing all the muscles should be provided for every class, and these should be taken for a few minutes at the end of every half hour by the younger children and every hour by all the classes.

These exercises would be of great benefit to the teachers themselves.