

ately, become largely professional and the nation suffers proportionately. Let us avoid any approach to this condition in the physical department. Evidently with this end in view the National Advisory Committee has divided the physical into five parts:

1. Health.
2. First Aid and Home Nursing.
3. Physical Culture.
4. Sports.
5. Out Door Life.

One may approach the first division, that of health, either directly or indirectly. The latter method has proven much more successful with girls of 'teen age. The leader should see that all the surroundings conform to the highest hygienic standards with which we wish to impress our young people. Many incidents will arise during the course of meeting together which will give ample opportunity to set before the girls the highest ideals in the matter of clothing, food, air, posture and care of the person.

One practical demonstration, for instance, of manicuring, will give a girl more pride and interest in her appearance than much talking on the same subject. One cannot fail to remark on the number of 'teen age girls today who apparently, are still copying the debutante slouch which came so much in vogue two or three years ago. A girl will profit vastly more by having aroused within her the desire to make her body express an alert, active mind than by knowing the number of bones in the human body.

Teaching Social and Racial Responsibility.

More than this one can easily enlist the girl's interest in the sanitary arrangements of the home and community, thereby helping her to realize her social responsibility. As the social and racial responsibility are so closely connected this may be made to lead up to the much discussed question termed Sex Hygiene. Undoubtedly the treatment of this problem belongs to the parent, but, since so many of these are both ill-prepared and unwilling to give the necessary information, it must be imparted in the most wholesome form possible by some outside agent. The club or class leaders, it seems to us, are in a much better position to do this than the school teacher, who has a prescribed amount of work to cover and only a limited acquaintance with her pupil's life. The leader who is interested in the intellectual, religious and social aspects of the girl's life as well as the physical, will be able to link this subject up to life in its proper relation. There is surely no subject which can fail more seriously if improperly handled and yet none which, if properly brought before the girl, will so favorably affect her attitude toward life. Out of a multitude of blundering books on the subject, one has recently come to our notice which will prove helpful to those of you who wish to present these facts of life in the most desirable way. The book to which we refer is "The Three Gifts of Life."

In these times when the usefulness of First Aid and Home Nursing is so obvious just here the physical may be made to relate itself very closely to the intellectual and social standards.

The actual Physical Culture work will depend largely on the amount of corrective work where the defect is not serious except in its possibilities. Other than this the less formal exercise is always better and should be carefully adjusted to the needs of the growing girl. The exercises should be as natural as possible and call into play the larger muscles upon which depends the strength of the entire body.

The developing organs are easily subject to displacement at this period. Long races, jumping and swinging by the arms should be carefully restricted. Rather than a series of gymnastic stunts, let us teach our girls proper carriage, how to land lightly on the toes, get on and off a street car, how to relax when they have the opportunity for rest after fatigue.

Joy of the Game—Play Spirit—Good Citizenship.

We have arrived at what is probably the most important division under the standard. Participation in some form of sport is the birthright of every young person. Recreation for the sheer joy of the game cannot be improved upon as a means of building up a sound body. Happiness accelerates the circulation of the blood, thereby promoting growth in the human being just as surely as does sunlight in the plant world. The first great requisite of all sport is this play spirit. The team game is most attractive and most suited to this period. Here is a small world, a small democracy where the girl must rise or fall by what she is or can do just as in the big world in which she is trying to find her place. She learns in the most convincing manner the benefits and pleasures of united action, which likewise hold good in the large world. Only by obeying the rules of the game is she an effective member of her small society. All unconsciously (by all odds the best way) she is learning good citizenship. The girl most useful to her team must be quick in judgment and action. She must be loyal, fair and honest and put aside all small prejudices and be ready to shake hands with the hated social rival who has beaten her on the field of sport.

From the leader's standpoint also the team game is of great importance. When possible she should participate, throwing herself absolutely into the spirit of the girls. In no way can she get into closer touch with them. In no way will she be able to see more clearly the weakness and strength of their character. If we cannot give our girls any of the other form of physical education suggested by the programme—give them games under a thoughtful leader.

Picnicing and Camping Commended.

Outdoor life should be made attractive by frequent "hikes,"—picnics. Swimming cannot be too strongly advised. There is no exercise which combines more benefit and pleasure. Climatic conditions in B. C. favor a close association with nature. For a leader to neglect to cultivate this is scarcely short of criminal. Moreover the habits of city life tend to draw our girls continually from such genuine forms of recreation. Encourage summer camps. Once a girl has spent a pleasant holiday with only the roof of a tent between her and the sky she will never have an indifferent attitude toward the big out-of-doors, as is daily proven by the groups of girls who live over and over again the days spent at camp. Let us do everything we can to foster this side of life. In the study of nature's forms the girl will find an absorbing intellectual pursuit, through it she will find a natural approach to the Great Creator of All and will be anxious to determine what is her place in the wonderful plan of which she sees herself a part.

This correlation of outdoor life with its intellectual, social and religious aspect is merely typical of the vital relations that exist among all of these and the physical life as a whole. All suffer by the separation which all too frequently is evident.

One inestimable gift the physical department may bring to all other life and that is the true play spirit for, just as the value of play consists in the amount of work there is in it, so is all work valuable according to the amount of play which it contains.

Now, will you ask yourself---

How many friends, near or far, would value the British Columbia Monthly?

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