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THE EVENING TIMES AND STAR, ST. JOHN, N. B., TUESDAY, AUGUST 3, 1920

THE RESULTS OF PHYSICAL TRAINING IN THE SCHOOLS

Report of New York High School Shows Many Defects Corrected.

The recent report of health activities through the health office of the department of physical training of the Erasmus Hall High School, New York, bears out what has been said many times before, that to carry out successfully the follow-up work in correcting physical and hygienic defects, a health officer must be in charge, with a free period each day for purposes of consultation. What holds true of Erasmus, holds equally true of other High schools, where disposal to confer with students referred to the health officer with physical defects, experts agree.

Attention is also directed by class teachers to the plan of requiring students excused from participating in physical training activities to attend gymnasium classes, at which time they are given a reading course in hygiene. At the end of the term, a written examination is held, and if the student passes, he is given credit for work in physical training. In other words, this practice does away with the "cutting" of physical training periods with the idea of



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having a free period for study in other subjects. The report follows:

"No one who has watched a class of girls during a formal lesson and has seen the alert attention, the muscle inhibitory control, the quick response and vigorous muscular movements, ever questions its value. No one who has watched a class during the dancing lesson and has seen the training in muscle coordination, in rhythm and balance and has noticed the flushed cheeks from the exercise, ever questions its value. Nor does one who has watched a class during the game period, and has seen the training in leadership, obedience and co-operation, in addition to the hygienic value and enjoyment of the game, ever question its value. But the value of the 'follow-up' work of physical training is not so evident. So few people are reached at one time and so little of the work is in evidence, that it is only when the results are tabulated, that one begins to realize that it is one of the most important

phases of the physical training department.

"The gymnasium classes are so large that it is impossible for the teacher to do the follow-up work during that period. With classes before her that vary anywhere from 75 in the small gymnasium, to 225 in the large gymnasium, the teacher works with numbers, not with one individual. The corrective posture work can be done on the floor, but not the other features of the work. To accomplish real results, the health office is a necessity. When the health office is obtained, the success of the work is assured.

History of Follow-Up Work.

"The history briefly told of the follow-up work of last term will speak for itself. During the month of September 2,597 girls were examined by the physical training teachers and the results

recorded on the girls' physical record cards.

"The cards of the girls who had marked defects in eyes, skin, teeth, nails or hair were separated from the other cards. In the corner of these cards was marked the girls' study period. These cards were then sorted into the seven study periods and filed in the health office.

"The girls when examined were told of the defect and advised to consult a dentist or oculist as the case might be. About a month was allowed for clearing up the cases, and then in the second week of October the real follow-up part of the system began.

"Thousands were alphabetized and the teacher sent for the first few girls in her pack. A note was placed in the box of the girls' official class teacher, asking that those pupils report on the following day in the health office instead of in their study halls. The pupils were then questioned about what they had done

to remedy the defect. If it were eyes, and glasses had been obtained, the glasses were tested by the eye chart and a note of the pupils' vision with glasses made on her cards. If it were teeth, they were re-examined and the dentist's 'O. K.' noted on the cards. If nails, the improvement or lack of improvement was noted. All pediculosis cases were excluded from school till cleared, so only one interview was needed in those cases. If nothing had been done, the pupil was urged to expedite matters. The eye cases were cleared up much more quickly than the teeth cases. The next day ten more girls were sent for. As fast as the defects were cleared the cards were changed to the O. K. pack.

Co-operation of Parents.

"If nothing had been done by the second interview, a note was sent to the parents. Although the co-operation of the parents was excellent, occasionally a parent was found who would much prefer her daughter's vision to remain at 20-100, L. 20-10, rather than have her wear glasses. The amazing thing was that so many girls had a vision of 20-100, 20-10, or even 20-200, and were totally unconscious of it.

"Nail biting was one of the hardest defects to completely cure. Improvement would be shown, but seldom a total cure.

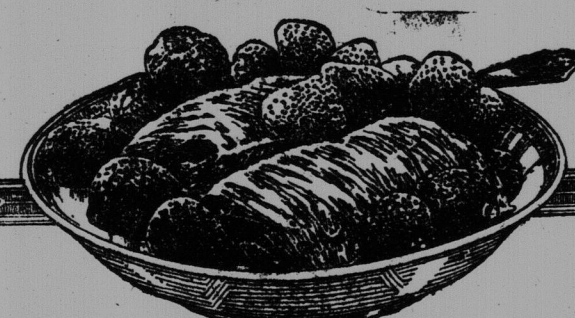
"Many cases were cleared in one interview, many in two and three, but some dragged on to five and six, and

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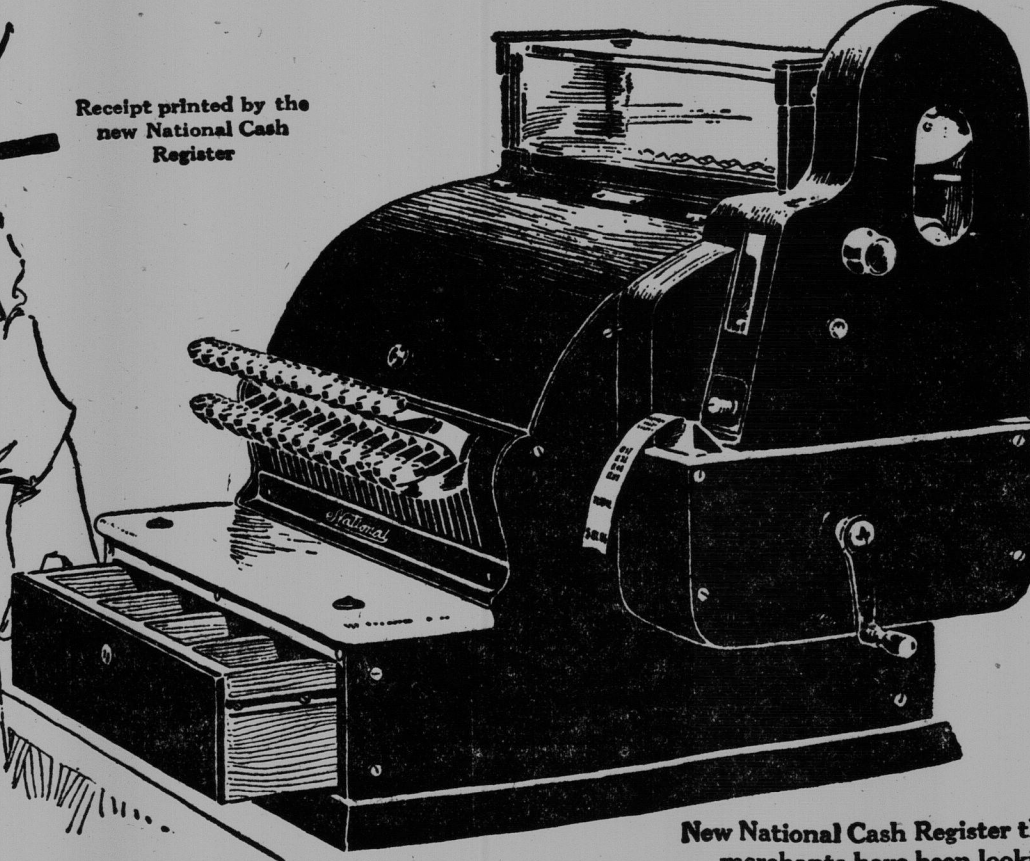
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some were not cleared at the end of the term.

A partial tabulation of defects and interviews follows:

	No. of Defects	No. of Interviews	No. of Cases Cleared	No. of Cases Still Under Treatment
Eyes	399	464	240	159
Teeth	861	339	224	137
Hair	44	444	44	0
Nails	124	231	42	82

"The health officer was not devoted solely to the follow-up work. It was supplied with health pamphlets published and with hygiene books. The doctor's certificate was required for girls who were permanently debilitated from physical training, and the girls who were temporarily unable to do the floor work reported to the health officer in their physical training period. A card catalogue system of their attendance was kept. They each selected a book from the list and during the period read a chapter in it and made ten summary of it. At the end of the period the papers were collected and examined by the teacher.

"A typewritten list of the girls who had eye trouble was sent to each subject teacher that she might send those girls in the front of the room. A realization of the seriousness of the eye defects alone and the lifelong harm done if glasses had not been obtained shows how useful this part of the physical training work has been and how important it is that the health office remain a permanent part of the department."

A NEW WARDEN FOR PENITENTIARY AT DORCHESTER

Prince Albert, Sask., Aug. 2.—William McGeen of this city, who was deputy warden of the Edmonton penitentiary when that institution was closed, has been appointed warden of the penitentiary at Dorchester (N.B.). He is a brother of Premier Arthur Meighen. He began his career in the service as an accountant at the Prince Albert penitentiary and is said to have made a great success of his work.

BOY SCOUTS CAMP.

H. A. Eaman, accompanied by L. W. Narroay was in the city yesterday returning from the scout camp near Hatfield's Point. He took up with him on Saturday most of the camp equipment and he goes back today with the remainder and also with that important personage, the cook. The main body of scouts goes up on Thursday. There are at the camp already engaged in preparing for the arrival of the party, G. H. Estabrooks, of Oromocto, the recently chosen Rhodes scholar, and Scouts E. Jenner, G. Adams and E. Adams. When the camp opens there will be about seventy-five boys from Moncton, Sussex, Fredericton, Woodstock, St. John and other points in the province.

This Week at Wiesel's

Prices of Footwear will drop to the lowest level possible. The Wise Buyer will take a little jaunt around to St. John's Biggest Shoe Store and look over the Great Display of Bargains.

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<p>\$3.85</p> <p>Ladies' White Kid Low Heel Oxford and White Buck Louis Heel Laced Boots.</p> <p>Regular Value, \$12.00</p>	<p>49 cts.</p> <p>Baby's Patent Button White Kid and Red Kid Top Soft Sole.</p> <p>Regular Value, \$1.00</p>
<p>\$1.98</p> <p>Men's White Canvas Oxfords and Boots Sizes 6 1-2 and 7.</p> <p>Regular Value, \$3.50 to \$7.00.</p>	<p>48 cts.</p> <p>Children's White Canvas Ankle Tie. Sizes, 5 to 10.</p> <p>Regular Value, \$1.00.</p>
<p>\$1.65</p> <p>Children's Patent Button Grey Suede Top. Sizes, 4 to 7 1-2.</p> <p>Regular Value, \$3.00.</p>	

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