

FINDS PIGMENT IN FOOD

The following clipping taken from a New York paper will be of interest to students of nutrition:

Philadelphia, Oct. 18.—Pigment which plays an important part in the normal development of the eye, ear and brain is largely a product of food, Dr. Percy H. Fridenberg of New York declared today in an address at the twenty-sixth annual meeting of the American Academy of Ophthalmology and Otolaryngology.

Such things as butter, oranges, spinach and other highly colored foods contain a substance which prevents certain deficiency diseases, among which are rickets and scurvy, he said, adding:

"Mothers' milk is best protection for all these deficiency diseases. There are secretions in the body called 'hormones' which act like vitamins and add substantially to such process as normal growth, weight and reaction to disease."

Professor J. van der Hoeve of Leyden, Holland, told of investigations in connection with the lack of pigment in the eye and the excess of pigment in the visual parts of the eye, both often congenital and leading to blindness, and with similar pigment distribution in the ear leading to deafness.

VI

ENTERTAINMENTS SUITABLE
FOR HIGH SCHOOLS

[Teachers in the field are quick to make use of published lesson plans, of lists of references informing them of devices, books, and other materials valuable in their work. THE VIRGINIA TEACHER has noted the cordial response made to the lists of questions and other helps prepared by Dr. John W. Wayland for use in the teaching of Wayland's *A History of Virginia for Boys and Girls*; to the excellent and comprehensive tabulations of aids to home economics teachers published in February, 1921; and to *Some Aids in Physical Education*, published in March, 1921.

In later issues of THE VIRGINIA TEACHER are to be published reference lists and aids helpful to the teacher of English, drawing,

geography, history, music, nature study and science, arithmetic, and hygiene. These aids will include bibliographies of useful books on method; addresses of commercial firms from whom devices, apparatus, etc., may be obtained; addresses and prices of appropriate professional periodicals.

These compilations were initiated by seniors in Education 22 and Education 201, during the spring quarter of 1921. Three sources of information were drawn upon by the student committees. Each committee consulted available material in the library, interviewed the critic teachers of the training school for suggestions and helps, and finally submitted the assembled material to the normal school instructor in whose field the subject lay.

Herewith are presented suggestions and helps gathered by Misses Gladys Hopkins and Katherine Willson, which have been revised and extended by Miss Ruth S. Hudson, instructor in public speaking and dramatic coach.]

PLAYS

a. Indoor Plays:

1. Pot of Broth. A comedy in one act by W. B. Yeats. Two males, one female; costumes modern; clever lines; interesting plot. Price 35 cents.
2. The Revolt. A comedy in one act by Ellis Parker Butler. Eight females; costumes modern. This play has been very successfully given by high schools. Its bright clever lines keep you laughing throughout the entire play. Price 30 cents.
3. America Passes By. A play in one act by H. Andrews. Two males, two females; costumes modern; good character drawing and strong dramatic interest; plays thirty minutes. Price 25 cents.
4. The Copper Pot. A play in two scenes by F. Healy. Eight males, five females; costumes oriental; plays thirty minutes. A laughable picture of eastern life, cleverly written; easily produced. Price 35 cents.
5. Miss Molly. A comedy in two acts by Elizabeth Gale. Three males, five females; plays one hour; costumes modern; full of fun, easy to produce. Price 35 cents.
6. The Elopement of Ellen. A comedy in three acts by M. J. Warren. Four males, three females; costumes modern; lines good; well suited to amateurs; plays two hours. Price 35 cents.
7. Scrap of Paper. A comedy in three acts by J. P. Simpson. Six males, six females; plays full evening; costumes modern. A play high in tone, sprightly in movement, interesting in story and

- offering good parts to all. Price 25 cents.
8. *Joint Owners in Spain*. A comedy in one act by Alice Brown. Four females; plays twenty minutes; costumes modern. A very humorous sketch of high literary quality. Price 25 cents.
 9. *Green Stockings*. A comedy in three acts by E. W. Mason. Seven males, five females; costumes modern; plays two and a half hours. A delightful comedy, one of the most popular plays with amateurs that has ever been published. Price 60 cents.
 10. *Purple and Fine Linen*. A comedy in three acts by A. B. Fairgrieve and Helena F. Miller. Nine males, five females; costumes puritan; plays two hours. An exceptionally pretty comedy, the setting and costumes are effective; an admirable play for amateurs. Price 30 cents.
 11. *The Adventures of Lady Ursula*. A comedy in four acts by Anthony Hope. Twelve males, three females; costumes old English; plays two and a half hours. The play is bright, clever and effective and deftly put together both in action and dialogue. Price 60 cents.
 12. *Fourteen*. A comedy in one act by Alice Gerstenberg. One male, two females; costumes modern. A bright interesting play with clever lines. Price 35 cents.
 13. *The First Lady of the Land*. A play in four acts by F. C. Nirdlinger. Eleven males, eight females; costumes early American; plays full evening; witty lines and lively incidents; relating story of American history. Price 60 cents.
 14. *It Pays to Advertise*. A comedy in three acts by Roi Cooper, Megrue and Walter Hackett. Eight males, four females; plays two and a half hours; costumes modern; an ingenious and entertaining farce. Price 60 cents.
- b. *Outdoor Plays*:
1. *Chinese Lantern*. A comedy in three acts by Lawrence Housman. Twelve males, two females; costumes Chinese; plays two and a half hours. The Chinese Lantern is one of the most charming fantastic costumed comedies of modern times. It is alive with color and movement joy and humor. Price 75 cents.
 2. *Maker of Dreams*. A fantasy in one act by Oliphant Down. Two males, one female. A most delightful fantasy with exquisite lines. Price 20 cents.
 3. *Comus*. A masque by John Milton, adapted for acting by Chater. Nine characters and chorus. A very spectacular masque especially arranged for amateur performances; plays forty minutes. Price 35 cents.
 4. *The Arrow Maker's Daughter*. Adapted from Longfellow's *Hiawatha* by Grace E. Smith and Gertrude Nevils. Particularly recommended for school use; plays about an hour. Price 30 cents.
5. *The Princess*. By Alfred Tennyson. Eight males, four females; costumes effective; plays two hours. Price 35 cents.
 6. *Pandora*. A play in three acts by M. N. Crumpton. Four males, three females; costumes Greek; plays one hour. Price 25 cents.
 7. *The Pierrot of the Minute*. A dramatic fantasy in one act by Ernest Dowson. One male, one female; costumes fantastic; plays thirty minutes. A very gracefully written little play, illustrating the idea that while the artist is ephemeral, his art endures. Price 25 cents.
 8. *Twig of Thorn*. An Irish fairy play in two acts, by M. J. Warren. Six males, seven females; costumes Irish peasants; plays one and a half hours. A study of Irish folklore. Price 75 cents.
 9. *Behind a Watteau Picture*. A fantasy in verse in one act by R. E. Rogers. Six males, two females, and supers; costumes Watteau; plays one hour; an admirably imagined and gracefully written play of fancy, appealing to the highest taste and embodying every desirable quality of good drama—literary, dramatic, pictorial and even musical, music being incidentally demanded. Price \$1.00.
- These plays may be gotten from Walter H. Baker and Company, Boston, Mass.
- READINGS
1. *Mrs. Fiske's Monologues*, \$1.25.
 2. *Up to the Minute Monologues*, 75 cents.
 3. *Sergel's Selections*, 35 cents.
 4. *Pieces for Everyday School Celebrations*, by Bemis. 35 cents.
 5. *Selected Readings*, Anna Morgan, \$2.00.
- The above readings may be gotten from Walter H. Baker and Company, Boston, Mass.
6. *Just Folks*, by Edgar A. Guest, Publisher, Reilly Lee Co., Chicago, Ill.
 7. *Scrap Book Recitations*, 35 cents. Publisher, T. S. Denison, Chicago, Ill.
- SUGGESTIONS FOR COMMENCEMENT
1. *The Commencement Manual*, Edith Painter. Price \$2.00. Publishers, T. S. Denison, Chicago, Ill.
 2. *The Sweet Girl Graduate*, *Ladies Home Journal*, May, 1921.
- PAGEANTS
1. *The Passing of Kings*, \$2.00.
 2. *America, Yesterday and Today*, \$1.00.
 3. *The Gifts We Bring Christmas*, \$1.00. Publisher, T. S. Denison
- Helpful book for pageants: *The Technique of Pageantry*, by Linwood Taft. Publisher, A. S. Barnes & Co., New York. \$2.00.
- READING MATTER FOR THE TEACHER
1. *The Drama* (magazine), \$3.00 per year. Publisher, The Drama League

- of America, 59 East Van Buren St., Chicago, Ill.
2. *The Theatre Magazine*, \$4.00 per year. Theatre Magazine Co., 6 East 39th St., New York.
 3. *Producing in the Little Theatres*, by Clarence Stratton. Henry Holt & Co., New York.
 4. *Choosing a Play*, by Gertrude E. Johnson. The Century Co., New York. \$1.35.
 5. *Plays for Children*, by Kate Oglebay. H. W. Wilson Co., New York. 60 cents.
 6. *Dramatics in the High School*, by Harry Andrews. *The English Journal*, October, 1921.
 7. *The School Play*, by Margaret C. Knapp. *The English Leaflet*, December, 1921. Published at Boston, Mass., by the New England Association of Teachers of English.

ANTHOLOGIES

1. *One-Act Plays by Modern Authors*, edited by Helen Louise Cohen. Harcourt, Brace & Co., New York. (\$1.60).
2. *A Treasury of Plays for Children*, edited by Montrose J. Moses. Little, Brown & Co. (\$3.00).

COSTUME HOUSES

1. Van Horn, Costumer, New York.
2. A. T. Jones, Baltimore. Maryland.
3. Cameron Costume Co., Chicago, Ill.
4. New York Costume Co., Chicago, Ill.

Courses in commerce and business administration now lead to degrees at many institutions. The University of Virginia offers the B. S. in its school of economics; Washington and Lee University, the University of Richmond, and the College of William and Mary offer the B. A. degree in commerce.

If you fail to receive your copy of THE VIRGINIA TEACHER each month, you will confer a favor upon the management, if you will let us know this fact. If you change your address, drop us a card, telling us where to send you the magazine. The address can be changed as often as you like; the magazine, however, will be sent to your last address unless notice of change is sent to the Business Manager of THE VIRGINIA TEACHER, Harrisonburg, Va.

THE CALL
FOR VOLUNTEERS

The Great War recently won at a cost of ten million lives is fresh in our memories. To limit the armament of nations is even now the object of a great world conference in Washington. The masses of humanity everywhere are praying that ways may be found of diverting the billions wasted in preparation for war into the constructive enterprises of peace.

The call for volunteers has never been clearer than now. There are important tasks ahead—big, challenging tasks that call for the best effort of the constructive forces of our civilization. The call is to every citizen everywhere. It is primarily a call to service in the army of friends of education, for there can be no permanent peace or secure world leadership based on democratic ideals without firm foundations in universal education.

For every American the duty is plain. Adequate elementary education must be made a vital, universal opportunity for every boy and girl. Higher education—general, professional, and technical—must be helped to grow until it is able to meet full and ready-handed the problem of training the leadership of our democracy. Libraries for rural communities as well as urban must be built up to keep alive the high purpose and the spirit of intelligence which schools exist to create. The ideals of educated men and women must more and more be made the ideals of all our people.

The influence of America must always be exerted to combat ignorance and to liberate the human spirit. It is for us to join hands and go over the top in the greatest battle that ever was fought—the battle for peace and righteousness based on universal intelligence.

CHARL ORMOND WILLIAMS

President of the National Education Association, Superintendent of the Shelby County Schools, Memphis, Tennessee.

N. E. A. Press Service.