soon saw he was being left out of something which the others enjoyed very much and always later asked the privilege of joining the group. So much stress was placed upon the necessity of eating a good breakfast before coming to school that one morning a small girl who had been unable to secure breakfast before she had to leave for school, forced her father to bring her breakfast to her as soon as it was prepared. Miss Bragg feels that the interest and type of work which they are able to secure from the children have proven to her without a doubt the merit of establishing good health habits.

Possibly one of the most fascinating papers read at the convention was the one given by Mrs. Green, of Missouri. Mrs. Green introduced herself as "just one of those ignorant mothers who needs all the help she can get to raise her own daughter." But she succeeded in making us all feel that with a few more such mothers the necessity for teachers of home economics would soon pass away. She presented the challenge of the adult woman to home economics. She feels that valuable as home making subjects are to the girls in the high school and college, they are never really appreciated or understood until the girl enters her own home, and indirectly responsible for the preparation of food, the management of the house, and the care of a child.

It is these young women who, Mrs. Green thinks, would be most benefited by courses which would give them advice and counsel at the time when it is needed most. She also threw out a most searching challenge to the institutions of higher learning when she told of her method of selecting a college for her daughter. She prepared a questionnaire which she sent to four women representing four of the leading universities and colleges. In that questionnaire she made the following statement:

"I am seeking a college for my daughter that will teach her, first, to carry her part in making an ideal American home; second, to aid her in the development of leadership; third, to enable her to maintain her own social standing; and fourth, an institution in which she will come in contact with fine, noble women teachers."

From each questionnaire came the same answer: "Do not send your daughter here."

What can be the matter? Has she asked the impossible? Are her standards too high? Does not every American mother have the right to expect just this from the college to which she sends her daughter? Or are we as institutions of higher learning falling short of our highest good? If every subject in the college curriculum was taught not for the subject matter alone, but with a view to its functioning in the betterment of American ideals and home life, could we not then qualify?

GRACE BRINTON

VI

PROGRAM OF DISTRICT "G"
TEACHERS' MEETING
HARRISONBURG, VIRGINIA
THURSDAY, MARCH 24
Address, Hon. Harris Hart, Superintendent of Public Instruction, Richmond, Virginia.
Music
FRIDAY, MARCH 25
Easter Service.
"The Call of the Teaching Profession," Mr. A. B. Chandler, Jr., President State Normal School for Women, Fredericksburg, Virginia.
"The Ideal Teacher," Mr. G. L. H. Johnson, Superintendent of Public Schools, Staunton, Va.
Departmental Conferences:
Superintendents, Principals and High School Teachers, Supt. John C. Myers, Chairman
"Next Steps in the Development of Virginia's High Schools," Mr. Henry G. Ellis, State Supervisor of High Schools.
"General Science in the High Schools," Mr. Marvin N. Suter, Instructor in Bridgewater High School.
"Home Economics in the Small High School," Miss Grace Brinton, Head of Home Economics Department, Harrisonburg Normal School.
"How We as Schoolmen Can Help Rural Communities," Mr. A. L. Bennett, Superintendent of Public Schools, Albemarle County.

Elementary Teachers Conferences:
- Chairman, Miss Katherine Anthony, Harrisonburg State Normal School.

Demonstration Lessons:
- Reading, Grade I, Miss Lillie Belle Bishop
- Games, Grade III, Miss Zoe Porter
- History, Junior High School, Miss Ethel Spilman

"The Functions of Teachers' Associations," Dr. W. T. Sanger, Dean Bridgewater College.

"Some Phases of the Development of Secondary Education," Prof. C. G. Maphis, University of Virginia.

SATURDAY, MARCH 26

Business Meeting
- Address, Mr. Geo. H. Guy, Executive Secretary State Co-operative Education Association, Richmond, Virginia.
- "Rural School Standards," Miss Rachel E. Gregg, Supervisor of Teacher Training, State Board of Education, Richmond, Virginia.

High Spot Conferences:
- High School Section—Chairman, Mr. Milton Hollingsworth, Principal Edinburg High School.
- Elementary Teachers—Chairman, Miss Ada E. Baugh, Rural Supervisor, Rockingham County.

VII

SOME AIDS IN PHYSICAL EDUCATION

SUGGESTIONS FOR THE INEXPERIENCED ORGANIZER

The two most interesting aspects of physical education that are receiving special emphasis at present are the physical examinations made with a view to bringing the health of children up to a higher standard and the very marked change in the method of teaching athletics.

Splendid results have been accomplished with that part of the physical examination program that deals with the weighing and measuring of children. The weekly record kept by each child gives him the much-needed part in comparing his condition with standards to make the subsequent changes in diet and exercises required to bring his weight either up or down seem worth while to him. A fruitful method of arousing interest in this phase of the work is a Health Week, in which health talks, original playlets by children, posters, scoring points by classes for certain improvements, say, in posture, clean hands, face, and teeth, number of baths, proper diet, and so on, are used to the point of reasonable and good spirited competition. This Health Week is followed throughout the year by weekly scoring. Physical exercise can secure a more genuine interest, with the other good results, if the work is aimed to accomplish some definite improvement. Here, too, the home economics work can gain in effectiveness, if the school lunch is used to show the definite improvement obtained by the proper food properly prepared. Good charts for the weighing and measuring of children can be obtained from the Department of Interior, Bureau of Education, Washington, D. C. Charts for corrective exercises, such as fallen arches, round shoulders, constipation, etc., should be secured from the Bureau of Social Education, 600 Lexington Avenue, New York City. In every school there should be scales for the weighing and measuring of children. The following references are sufficient for any needs in this line:

The Fairbanks Company, Broom and Lafayette Streets, New York City.
- Single quantities, with measuring rod 4 ft.
  - 7 ft. No. 1265 — $33.00
- In quantities — $28.00
- Single quantities, without rod — $25.00
- Same, in quantities — $21.60

Mason, Davis and Company, 7700-7740 Chicago Avenue, Chicago.
- With rods — $30.00
- Without rods — $26.00

Continental Scale Company, 3905-3911 Langley Avenue, Chicago.
- Range of prices — $29.40 to $35.00

R. H. Forschner, 230 Third Avenue, New York City, sells portable scales of about 5 pounds weight in two sizes: No. 69, weighing to 60 pounds; No. 70 weighing to 120 pounds.

The other development in physical education concerns the effort to get away from