

"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



the idea of developing to an unnecessary extent the already sufficiently well developed child. The emphasis here is rather toward an encouragement of the average or below average child to train his body in such a way that he will become strong and healthy. An effective method is the point system, in which the grade, age, weight, and height of the children are used as the basis of a division into squads. In this the entire squad take it upon themselves to help develop each other for the credit of obtaining the highest squad record. Consult Reilly's text, listed in the references given below, for an interesting point system. *Athletics for all*, and particularly for the child below the average in development, should be the slogan of the modern school.

The teacher of Physical Education needs some materials at hand to assist her with the different phases of her work, (1) formal gymnastics, (2) athletics, (3) games, (4) folk dances, and (5) singing games. The following list of books will cover the aspects of the subject mentioned and are essentially modern in their methods:

*Athletic Games*, by Bancroft and Pulvermacher; price \$2.00.

This text contains detailed descriptions of—(a) how to mark courts and fields, (b) baseball, (c) basket ball (also line game), (d) field hockey, (e) foot ball, (f) golf, (g) hand ball, (h) ice hockey, (i) indoor base ball, (j) lacrosse, (k) lawn tennis, (l) polo, (m) volley ball, (n) track and field games.

*New Rational Athletics for Boys and Girls*, by Reilly; price, 75 cents.

Here can be found good ideas of present methods of teaching field events and methods of scoring such events.

*The Playground Book*, by Sperling; price, \$2.40

This is a simple and thoroughly practical book containing—(a) singing games, (b) folk dances, (c) playground athletics, (d) playground games, and (e) classroom games.

*Physical Training for the Elementary Schools*, by Clarke; price, \$2.00.

This text classifies all the materials in an excellent way for each grade; it contains

—(a) formal gymnastics (with or without apparatus), (b) games, (c) rhythmic plays, and (d) story plays.

*Games* (for the playground, home, school, and gymnasium), by Bancroft; price, \$2.40.

This is a large collection of games for many occasions and conditions.

*The Folk Dance Book*, by Crampton; price, \$2.40.

Here may be found a good collection of familiar folk dances.

*Basket Ball and Indoor Baseball for Women*, by Frost and Wardlaw; price \$1.75.

This reference contains splendid material for coaching either game, being an especially up-to-date book on girls' basket ball.

These books may all be obtained from The American Physical Education Association, 93 Westford Avenue, Springfield, Massachusetts.

The following names, representing three of the best known dealers in sporting goods, bloomers, middies, caps, sweaters, uniforms, etc., are sufficient for those who wish to order their goods:

Partridge Athletic Goods, 59 Franklin Street, Boston, Mass.

Goldsmith's Sons, Cincinnati, Ohio.

A. G. Spalding and Brothers, 613 14th Street, N. W., Washington, D. C.

If a catalog, containing wholesale prices given to directors, is asked for, reduced prices may be had by those directing physical education work.

The most needed equipment, with the wholesale prices quoted from one of the manufacturer's listed above, is as follows:

Official Volley Ball (complete)-----	\$6.70
Official Basket Ball (complete)-----	10.50
Volley Ball Net-----	2.45
Basket Ball Goals and Basket Nets--	5.90
Tennis Net (double court)-----	7.40
Tennis Racket (full size) -----	3.10
Tennis Racket (small size) -----	1.70
Tennis Balls -----	.50
Base Ball Bats -----	1.10
Base Ball (regulation practice ball)--	.57
Indoor Base Ball-----	1.47



Playground Ball -----	1.70
Foot Ball -----	6.25
Hockey Sticks -----	1.55
Hockey Ball -----	2.00
Referee's Whistle -----	.38
Inflated Ball Laces -----	.07
Lacing Needles -----	.03

The space required for games and the dimensions of courts should be given careful attention. A good description of fields may be found in the *Handbook of Athletic Games*, by Bancroft and Pulvermacher, published by the Macmillan Company, 64 Fifth Avenue, New York City.

ALTHEA L. JOHNSTON

### VIII

## SOME VIRGINIA EDUCATIONAL NEWS

### SALARIES OF COUNTY SUPERINTENDENTS, 1920

A study of the salaries of county superintendents of schools for the entire United States in 1920 has been made by the Department of Education, and shows a range of salaries from \$100 to \$9,100, with an average salary of \$1,740. This figure is based on the returns from 2,050 out of the 2,874 counties in the United States.

Out of the 100 counties in Virginia, 57 reported; these show a range of salary from \$200 to \$2,400. Virginia county superintendents receive an average salary of \$1,505, on the basis of the returns of the 57 reporting counties.

The Virginia Survey Report showed (Table 116) that for 1918-19, 12 county, or division, superintendents received less than \$1,000 and more than half of them received less than \$1,500.

The Education Commission's recommendation in this matter was that a minimum of \$2,000 be set for division superintendents.

### IRREGULAR ATTENDANCE COSTS VIRGINIA HEAVILY

From the statistical study of State school systems in 1917-18, as published in the March

*Journal of the National Education Association*, interesting and significant facts are to be noted:

Virginia had school children between 5 and 18 years of age estimated at 678,455.

Of this number only 70.9 percent were enrolled in public school.

The length of school term provided was 141 days, but pupils actually attended school only 95.8 days.

The percent of the school term wasted was 32.1.

The financial loss to the State of Virginia due to this irregular attendance was \$2,665,747.

There were 13, 904 teaching positions in the State, and the average annual salary to elementary and secondary school teachers was \$385.

### AFFILIATION WITH THE N. E. A.

It is in the communities whose teachers have the real professional spirit that local teachers' associations are quickest to affiliate with the National Education Association. At its November meeting the Virginia State Teachers Association affiliated, and four local associations have added their support to the

N. E. A. since January:

Danville Teachers Association; Mr. Lily F. Walters, Treasurer, Danville, Va.

Lynchburg Teachers Club: Myrtle E. Revely, Secretary, Lynchburg, Va.

Rockingham Teachers Association: Lina E. Sanger, Secretary, Bridgewater, Va.

Wise County Teachers Association: J. J. Kelley, Jr., Secretary, Wise, Va.

Every teacher of the Henry Clay School, Norfolk, Va., is a member of the N. E. A. Merrill J. Ober is principal.

### VIRGINIA PAYS FOR INSTRUCTION:

Those who think Virginia's expenditures for the education of her children are excessive will be surprised to find that while the average cost per pupil attending daily in Virginia in 1917-18 was \$22.15, the amount similarly expended in Montana, was \$80.54.