

- 4 Follow Dr. Terman, Chapter X, "The Hygiene of the School Child."

**November**

## III Cleanliness

- 1 Aim: to impress the truth that "Cleanliness is Godliness."
- 2 Questionary
- 3 Course:
  - 1 Fifth, contamination and dirt spots, the breeding places of disease.
  - 2 Cleaning the school room; floors, desks, walls, boards, door-knobs, etc. The pupil must understand why these things are done. More attention must be given to rendering the things handled by the students sanitary—they must be told why these things are done.
  - 3 Methods for cleaning rooms and dormitories.
  - 4 Cleaning grounds and premises. Frequent student inspections and reports—accompanied by the teacher—would impress the need for cleanliness.
  - 5 Cleaning the person and the clothing.
  - 6 Dust, flies, mosquitoes—other animals as disease carriers.
  - 7 The cleaning of wells and drinking water; foods, milk, bath-rooms, toilets, grounds, etc.
  - 8 How to clean the hands, head, body, shoes, and other clothing and the meaning of odors.
  - 9 Frequent quizzes to see whether students are following the rules.

**December**

## IV Exercise; playgrounds; gymnasium; outings; etc.

- I Aim: to lead to, or even enforce, abundant play and exercise. During suitable weather teachers will go out on the grounds with the students and aid in rollicing play when possible. The teacher requires exercise.

"The assimilation of food depends not only on the food itself and the soundness of the digestive apparatus, but fully as much upon the influences exerted on metabolism by bodily activities. The tissues can starve for oxygen in the out-of-doors, if bodily functions are not stimulated by exercise. In like manner the child who hugs his books for six or more hours per day may suffer malnutrition in the midst of abundance. There is no way for the school to atone for the evil it does when for a dozen years it assiduously cultivates pernicious habits of sedentary kinds."—Terman.