

- 2 Questionary.
- 3 Course:
  - 1 Impress the necessity for exercise of the entire body.
  - 2 Provide games and amusements—helping them in the things the students like; consult State Library for free books.
  - 3 Aid in every way possible in social games and pleasures, always guarding the student. Each teacher is the director of the social side of her class.
  - 4 Talk and encourage the students in taking gymnasium work. Remember that exercise and pleasure, to be most helpful, must go hand in hand and that the social side of their lives is exceedingly important.
  - 5 Occasionally, especially on rainy days, open all doors and windows, and put the class through rhythmic motions—remember that the school building was made for the student and not the student for the building. These things should supplement the gymnasium work and not aim to take its place. Song and pleasure have an important place in the school as routine work—music; play and work go best properly mixed.

#### January

- V Colds; spitting; tuberculosis; etc.
  - 1 Aim: to fight colds and tuberculosis and to prevent the spread as far as possible of transmissible diseases.
  - 2 Questionary.
  - 3 Course:
    - 1 The closest observation; direction and questioning of individuals.
    - 2 Careful consideration of preventive measures and direction of students in carrying out these measures.
    - 3 Colds—their dangers and preventives.
    - 4 Spitting—dangers and preventives.
    - 5 Watch the weighing, personal appearance and behavior, and report promptly to the Principal all cases even suspected as being incipient—early detection is half or all the battle.

#### February

- VI Dress and clothing; posture; conduct; etc.
  - 1 Aim: to impress cleanliness and carriage; of correct posture and clothing.
  - 2 Questionary.
  - 3 Course:
    1. Drill in practical orthopedic exercises and require each student to practice these each day for a short period—preferably out-