

side of the school room.

2. Outward, inward and lateral curvature of the spine and early detection and direction.
3. Detection and correction when possible of round-back, pigeon-breast, and other deformations of early life.
4. Correct standing, sitting and walking; how each frees the vital organs.
5. How to protect and fit the body with clothing; aim of clothing; why clothing should fit, not bind, but swing from the shoulder—report to the Principal all students not properly or neatly clad.
6. How to practice in a few massage exercises and purposes.
7. Malnutrition and the body—especially the bones.
8. Carrying books, weights, etc. in one arm and dangers of unidexterity.
9. How to fit and care for the feet.
10. Co-operate with physical director—many times defects may be forced out by proper exercise.

March

VII Eyes and trachoma; hearing, nose and throat.

1. Aim: to instruct on the hygiene of the eyes, nose and throat; to detect defects of sight; hearing and presence of adenoids and trachoma.
2. Questionary.
3. Course:
 1. Proper uses and abuses of these organs.
 2. The question of mouth breathing.
 3. The eyes and light; reading and protection of the eyes.
 4. How to wash and clean the eyes, nose, ears and mouth.
 5. How to gargle.
 6. The unclean mouth, pharynx and nose as breeding cesspools.
 7. Make a careful test of the eyes, using Allport's Cards.
 8. Make tests for color blindness.
 9. Watch constantly for headaches:
Terman says "Among untold thousands of children headache is a chronic ailment."
Hutchinson says "The head in its vicarious sufferings, is continuously doing fire-alarm duty for other parts of the body". Find the cause if you can but if frequent send the pupil to the Principal.
 10. Trachoma—consider in all preventive ways.

April

VIII Foods; eating and teeth.

1. Aims: formation of correct food eating habits and protection