

The problem of posture is complex. Posture affects health and health affects posture. Poor bodily mechanics often explain why a child is not enjoying good health and the reason for his poor neuro-muscular control. Good nutrition is a contributing factor to good posture. Defective vision, adenoids and bad tonsils tend to have an unfavorable effect on the child's posture. Children who are effected with any of these conditions should be closely watched by both Physical Education teachers and the nurse. In childhood the tissues are plastic and the correction of faulty habits and bad posture is comparatively easy. Health education is fundamental and should be included as part of the required work from kindergarten through college.

There is no one who can develop an integrated personality like the Physical Education teacher. Posture in a way is the root of personality. It's the first step in voice correction which starts diaphragm breathing, and diaphragm breathing is dependent upon a posture which allows for lung expansion. The manner in which we wear our clothes is to a great extent determined by posture. Certainly it adds to the physical attractiveness of the individual as no elaborate supply of cosmetics and permanent waves can ever do. All the weight is not being thrown on a few over-worked parts of the body, but is being distributed equally. Too often we see people with swollen ankles -- hear them complain of backache, and see their shoulders rounded and stooped. Frequently these ailments, along with others too numerous to mention, may be blamed entirely on that one noxious habit--poor posture. The mental attitude of an individual is much better when they have developed a good posture. They have taken the first step toward the actual possession of self-assurance and poise. There are three reasons why I have called attention to posture, first, its essential to health, second, it adds much to individuals mental attitude and third, it adds beauty to the person.

We are aiming at a well rounded, healthful life, based on a sensible knowledge of the needs of the body. Much time must be devoted to the development and exercise of the muscles--yet a constant eye must be kept on the individual pupils to be sure that no child is being over exercised.

The nurses are expecting six things from the Physical Education Program:

1. To increase the capacity for the delay of fatigue.
2. To develop latent neuromuscular control through more efficient use of various sets of muscles.
3. To utilize portions of the body that are not habitually used.
4. To develop sufficient muscular tonus to enable the individual to work more effectively and efficiently with a minimum amount of effort.
5. To develop an integrated personality.
6. To recognize that some folk will not be benefited but definitely harmed by too much exercise.

In summing it all, I would say that one of the most important things is that the Physical Education teacher respect the nurse and the nurse respect the Physical Education instructor. Both departments are working for the same results--a healthy girl and one who appreciates her life in terms of the "good life".

"What I Expect of My Teachers" -- R. R. Strait, Supervisor of  
Physical Education, Chanute.

The story is told of a woman who had entered upon a mail-order course to develop charm. The first lesson directed her to sit before her mirror ten minutes a day for two weeks looking at herself. At the end of the first week the following defiant note came from her to her mail-order teacher: "Madame,- I have been looking at myself ten minutes a day for the past week and I just can't stand it any longer".

Teachers are under the constant scrutiny of children, fellow teachers, superior officers, parents, and the general public. Yet as a group we seldom take a look at ourselves. We might not be able to stand it either.

Every organism when functioning normally is capable of what we loosely call "adjustment." Biology teaches us, and common observation confirms the teaching, that all living organisms possess at least one common characteristic, the tendency to vary their activities in response to changed conditions in their environments. When an animal ceases so to adjust itself, it is dead. On the human level most of our adjust-