

- Women's Section - Gladys Taggart, Chairman.
- 12:15 Convention Luncheon * Helen Saum, presiding.
Special music.
- 1:45 Section Meetings
Public School Section - Ann Theilen, Chairman
"Safety Education" - Miss Marian Telford.
"Understanding the Child," - Dr. Bert A. Nash, Kansas University.
Athletic Section - Leo Green, Chairman.
Student Section - Hattie Stoskopf, Chairman.
- 3:30 General Session - Earl Kauffman, presiding.
"The Dynamics of a Teacher's Personality," - Dr. Bert A. Nash.
Address - Mr. Howard White, Technical Consultant on Recreation, W.P.A.,
Washington, D. C.
- 4:45 Business Meeting.
- 5:15 Meeting of the New Executive Committee.
- Exhibits: Special exhibit of physical education material prepared by Edgar Schmidt,
State W.P.A. Recreation Director.
Displays from Lowe & Campbell Athletic Goods Company, and A. S. Barnes
Publishing Company, American Optical Company.

GUEST EDITOR

We are very happy to present, as guest editor in this issue, Dr. Bert A. Nash, of the Department of Education, Kansas University, and President of the Kansas Mental Hygiene Society. This is in line with the policy of the K.H. & P.E.A. to promote closer cooperation with the various organizations in Kansas which are interested in the welfare of boys and girls. Dr. Nash in his editorial shows very clearly the close relation between mental hygiene and physical education in the proper development of children and youth. Members of our physical education profession should receive a great deal of benefit from reading carefully this splendid, clearcut statement by an educational leader.

Mental Hygiene and Physical Education

---by Dr. Bert A. Nash, Kansas University.

It has been unfortunate for both the mental health and physical health programs that we have so long thought of them as separate fields of study and investigation. As a matter of record, it is clear that physical hygiene developed for many years with only incidental reference to the role of mental health, and even now many persons interested in the physical aspects of children and adolescents fail to demonstrate in their work that the two aspects of the individual are really one.

There is a great deal of progress apparent in recent years, however, for through the joint efforts of the mental hygienist and the physical hygienist the program of youth instruction in health is much broader now. Instead of being concerned primarily only with muscle building and physical exercise, physical education teachers today are emphasizing that these factors are basic to proper emotional and mental functioning, and the mental hygienist is concerned that youth shall learn that physical health is basic for effective personal development.

The mental hygienist is ever ready to point out that the attitudes and spirit which the individual has toward his physical activity, and toward his physical processes, are fundamental in determining the extent to which he may profit in their culture. The attitude of the child toward his play, what he hopes to make of it, and how he relates himself to other persons through it are just as fundamental as the physical activity itself. In adolescence, with all the variety of physical activity programs sponsored by physical education specialists, there is even more opportunity for the development of the kinds of attitudes toward self, toward others, and the strengthening of positive emotional behavior which may render the individual stronger personality, and more able to get satisfactions from everyday living.

It is in the realm of personality development that the physical health program reaches paramount importance. We see weakness all around us in the form of shy, retir