

NOTE: PLEASE LOOK THIS OVER BEFORE GIVING A LESSON FROM OUR MATERIAL

Instruction on the Value of Exercise and the Muscular System

We are anxious to make our educational material just as helpful as possible in the teaching of the proper use of muscles. So won't you please give us the benefit of your experience by answering the following questions after you have given a lesson from our chart entitled "Exercise is Vital, but".

1. Did you and your students like the chart?
2. How did you use the chart?
 - a. In the gym to illustrate muscles used in various sports
 - b. In classroom instruction
 - c. In first aid work to illustrate injured muscles and causes
 - d. In the locker room
3. Did it furnish the desired information on muscles as related to proportionate use, strain, etc.?
4. If not, what additional information would you like to have?
5. As supplementary material to tie in with the information on the chart, which of the following do you think would be most helpful?
 - a. Teacher's handbook containing what basic facts?
 - b. Student manual --- containing self-rating charts on various sports, established records, school calendar of events, etc.
 - c. (Other).....
6. What other sources of information on muscles were helpful to you?
7. For what purpose did you suggest the use of Minit-Rub (for aching muscles, headaches, chest colds, feet, etc.)?
8. What preventive measures do you take when muscular aches and strains occur in your group?
 - A. Massage to relieve fatigue and strain
 - B. Application of a counter-irritant having these qualities:
 - a. Ability to stimulate circulation
 - b. Stainless
 - c. Greaseless
 - d. Convenient to handle (in a tube)
 - e. Quickly absorbed
 - f. Inexpensive and economical
 - g. Available everywhere
9. What specialized teaching publications do you like to read regularly?.....
.....Which preferred?.....

NAME.....SCHOOL.....

TITLE.....GRADE.....

SUBJECT TAUGHT.....CITY.....STATE.....
(Where material was used)