

infections, should be excused temporarily from participation.

1/ See Bell, Margaret. The doctor answers some practical questions on menstruation. Washington, D. C., Women's Athletic Section, American Association for Health, Physical Education, and Recreation, National Education Association, 1201 Sixteenth Street, N. W.

4. Endurance is developed only as the result of vigorous activity carried beyond the first onset of fatigue. Effort should be sustained, therefore, even though the girls are somewhat tired. It is imperative, however, that the teacher watch her students carefully so that they do not become overtired. Such signals as falling frequently, dropping objects, bumping into others and awkward gait should warn the teacher that the individual should cease activity.

5. Intramural sports should be organized so that a maximum number of girls are included. The round-robin tournament provides the greatest amount of participation and should be used in preference to other forms. If inter-scholastic sports are organized, the intramural program should not be sacrificed. The desirable practice is to make the interscholastic program an outgrowth of the intramural program.

6. The element of competition present in team play and dual sports should be used as a desirable, constructive force in character development.

7. Appropriate costume should be worn. Shorts, rompers, play suits and the like are suitable for the gymnasium and playfield. Slacks or ski suits are suggested for outdoor participation in cold weather.

8. All resources of the community should be studied for their possible use in this program.

Aquatics

Women in the American Red Cross, in the USO, and in other branches of the service which may be sent overseas must be completely at home in the sea while fully clothed. They must be able to stay afloat for a long period of time and be ready to give assistance to others when necessary. These needs, therefore, should be emphasized at the present time rather than recreative aspects of swimming.

While it is true that many women will not be sent abroad, the program outlined below represents a minimum which is useful to all girls and women. In making them better able to handle themselves in the water and to help others in emergencies a service of inestimable value is rendered to the nation.