

2. In the elementary schools especially, a daily health inspection should be made by the classroom teacher in order to check upon the proper performance of the regular daily health habits and in order to detect any sign of illness or symptoms of communicable diseases.
Superintendents should insist that all children who are ill or who have some disease that might endanger the health of the other students remain out of school and under the care of a physician, if necessary, until entirely free from illness or disease.
3. There should be a definite period of health instruction in which proper health habits as well as information for the proper care and preservation of the body should be given, including sanitation of home, school, and community.
4. Every child should be weighed and measured monthly or at least semi-annually in order to determine the amount of growth or increase in weight. The amount of gain in weight is now considered far more important than being of what is considered normal weight.
5. In the rural schools, as well as all others, every effort should be made to provide at least one hot dish for each child at noon.
6. A definitely organized and properly executed program of physical activity in every school. Pupils are entitled to adult leadership in their play activities as well as in any other school endeavor.
7. During each activity period every child should be engaged in some game or other activity. The program should be varied sufficiently from day to day so that each child will be given an opportunity to take part in some activity which he particularly likes and enjoys.
8. The course in Physical and Health Education should consist of at least three periods a week (120 minutes) in the high school and a daily period in the grades of directed activities based upon outlines and suggestions from the State Department of Education and at least one prepared recitation per week in Health Instruction, based upon the regular health textbooks, material from the State Department of Education, and supplemented by any other approved material.

Reports of the progress of the work will be very much appreciated.

(Signed) R. N. Sandlin, Director of
Health and Physical Education.