

6. The State - Through the social studies the introduction to the various workings of government is made and the child begins to see his place in this picture.

7. Opposite sex - A definite interest in the opposite sex develops during this age and those who up to this time have been just playmates, assume a different place in the child's life.

Miss Hoover You speak of treating adolescence as an individual growth period rather than the 12-19 year age?

Miss Stapleton Yes, that is necessary, for there is a great difference between the chronological age and the physiological age. The latter is far more significant, for then we can see how the child has progressed towards maturity rather than how old he is in years. Every child has his own particular growth pattern to fulfill, but there are some common denominators.

Miss Hoover What do you include in those common denominators, Miss Stapleton?

Miss Stapleton We might think first of the skeletal system. The adolescent period is the second largest growth period in the child's life. There is a definite growth in the long bones, the chest enlarges at puberty in common with the rest of the skeleton and there is a corresponding increase in the lung capacity. On the other hand the internal ear is of adult size at birth and the cranial cavity is nearly adult in size at six years. Girls have nearly their adult height at 16, while boys reach theirs a few years later. It is now possible to determine the bone age of an individual by observing the ossification centers revealed by the x-ray.

Miss Hoover I think that is all very important for one interested in working with adolescent boys and girls to know. Especially do I think so for the physical educator. Since the bone growth is affected by stresses placed upon the skeleton, it is vital that posture be of the very best during this growing period. Correction of faulty posture or of malnutrition early in the growth period will do much to promote normal bone growth.

Miss Stapleton Since there is such a close tie-up between the muscular system and the skeletal system in posture, we might pause here to see the main causes of faulty posture in adolescence. What do you consider these to be, Miss Hoover?

Miss Hoover Possibly these six are the main causes of faulty posture in adolescence:

1. Insufficient exercise to maintain muscular tone.
2. Fatigue from insufficient sleep.
3. Malnutrition.
4. Over-exercise
5. Too crowded days.
6. Recent infectious disease.

Miss Stapleton Another system of the body that seems very important to me, Miss Hoover, is circulatory system. The relation and balance of the body and the heart is bad during adolescence. The heart is narrow