

Miss Hoover      What steps, if any, are being taken to correct this condition?

Miss Stapleton      With the aid of the tuberculin test the prescence of germs of tuberculosis in the body is now readily determined. A follow-up of a positive reaction with an x-ray chest plate will show whether the disease is in an active or arrested form. Some schools are modifying the program of activities for those children with positive reactions to the tuberculin test. Such provision as open air rooms, shortened schedule of classes, covering the four year course in five or more years, a rest period and various other methods are being used to help the child stay within the bounds of his physical ability.

Miss Hoover      From our discussion then, Miss Stapleton, these seem to me to be the needs in helping the adolescent make this new adjustment:

1. The child should be given a share in planning his life.
2. All questions should be answered honestly.
3. Since his activity needs a chance to broaden he should have such an opportunity provided.
4. Rhythmic exercises, dances, swimming and such activities should be provided to help establish the new physical adjustments.
5. There is a tendency to cardiac dilation due to strain, which should be carefully watched.
6. Plenty of sleep, plain food, and outdoor exercise is necessary.
7. The desire for excitement should be satisfied with wholesome enthusiasms if development is to be normal and healthy.
8. Life should be full; a healthy body, mental occupation, and an abundant outlet for physical, aesthetic, social and ethical nature should be provided.

Miss Stapleton      Yes, Miss Hoover, those seem to me to be definite needs if we are to help the adolescent boy and girl make a fine adjustment.

Among the Sioux Indians in the frontier days there was a lovely custom. Always, when an Indian was to leave the frontier of his tribe and travel for a little while in the country of another Indian tribe, on the night before he left, he would be compelled to meet with the chiefs of his own tribe and sit with them around the campfire. And then, late at night, standing silhouetted against the dying flames of a dying campfire, he would be compelled to lift this prayer: "Great Spirit, help me never to judge another until I have walked two weeks in his mocassins."

Surely understanding is the paramount need of those who are teaching and working with the adolescent.