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Winifred R. Tilden
Iowa State College

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Shall We Have Universal Physical Education?

By WINIFRED R. TILDEN



Tennis Makes for Good Health

HAVE YOU heard so much about Health that you are no longer interested in it?

Have you really become tired of hearing about it or is it that you know so little about the subject that you avoid entering into any discussion for fear of exposing your ignorance?

It does seem sometimes that a large majority of people have been brought up to believe that the definition for health is the same as that one given by a little boy who wrote in his examination—"Health is what you have left after you have been ill."

There is a fair chance that a national physical education bill may be passed at the next session of Congress. Do you know about it?

The Fess-Capper bill (H. R. 12652—S. 350) proposes that the Federal Government cooperate with the states in providing physical education for all sexes between six and eighteen years of age.

The Fess-Capper bill, introduced in the House of Representatives by Congressman Simon D. Fess of the Seventh District of Ohio and in the Senate by Senator Arthur Capper of Kansas provides for two things:

1. "The opportunity for every child between the ages of six and eighteen years in the United States to have a periodic health examination, practical instruction in the principles of healthful living, and training in physical activities which promote a high degree of resistance to disease and a physically efficient body.

2. For the distribution of \$10,000,000 to the States for training and employing teachers of physical education, provided that each state appropriate an amount equal to the federal fund received. Each state must establish a system of physical education for every child in its borders between the ages of six and eighteen years as well as adequate training courses for prospective teachers."

Can anyone conceive of any possible objection to such a bill. Surely not!

There are many arguments strongly in favor of it.

Is there any homemaker who regrets the passage of the Smith-Hughes bill that has made possible the splendid work in home economics or who would abolish the good roads program now being carried out?

Educators realize that our educational systems have been a "glorification of the mind at the expense of the body." That a sound body must house a sound mind is just as true today as when John Locke said, "He that hath these two hath little more to wish for, and he that wants either of them will be but little better for anything else."

Medical inspection in scores of American cities has shown that no more than one-fourth of our school children are free from physical defects injurious to health. The common physical defects, as you know, are malnutrition, adenoids, enlarged tonsils, tuberculosis, defective vision and hearing, spinal curvature, organic heart and predisposition to nervous disorders. Don't think your children or your neices and nephews are not in this classification. Don't be too certain until you have had them examined. 75 percent are effected! Is that child you so love one of those 15 millions? Should a stranger be the only one working for your child's physical benefits? Can we afford the price we are paying for the lack of adequate measures to promote health and physical efficiency in the rising generation?

Let me present to you a few reasons that have been gathered together that will convince you that the Fess-Capper bill must no longer slumber in the committee of Congress:

1. Unprepared for defense. "The last mobilization showed a very alarming condition so far as the physical condition of the men of our country is concerned. The standards of the draft were dropped very low and we took perhaps in the neighborhood of 70 percent. Only about one in five or

about 20 percent would have passed the physical examination required for the regular army or the marines in time of peace."

—Major General Wood

"Many of the men accepted were not fully fit to face the rigors of modern warfare even after the military training in the camps. This fact is illustrated by the test made of a single regiment in training at St. Naziere. 28 percent were unable to jump a six foot trench, the general American test for grammar school boys."

—Dr. J. H. McCurdy, Sec. Am. Phys. Ed. Assoc.

2. Unprepared for peace. (a) Physical deficiency among school children. "75 percent—15,000,000 of the school children in the United States have physical defects which are potentially or actually detrimental to health. Most of these defects can be remedied."

—Dr. Thomas D. Wood, Chairman Joint Committee on Health Problems in Education of the National Education Association and the American Medical Association.

(b) Industrial efficiency undermined. "We have 30,000,000 workers in this country and according to the best statistics that I have been able to gather, those workmen average a loss of \$9.00 per year, costing \$675,000,000. They pay out in doctor's bills \$180,000,000 or a total of \$855,000,000."

—Dr. J. H. McCurdy, Sec. Am. Phys. Education Association.

(c) Country life no guarantee of health. "Bad health conditions in rural school children run from one-half percent all the way up to 20 percent higher than in city school children."

—J. A. Nydegger, Surgeon U. S. Public Health.

(d) Men in middle life cut off or enfeebled. "The health statistics of Massachusetts showed that the death rate from organic disease increased 86 percent in 30 years. At the age



These Girls Speak for Physical Education

of 40 the death rate is nearly three times what it is at 20."

—Dr. Eugene L. Fish, Life Extension Institute of New York.

You have read some startling facts and figures from men of national repute. In answer to your queries as to how physical education meets these conditions, I present these replies:

1. For national defense. "We must realize that physical education is as necessary to development of our young as mental training. A sound mind must depend upon a sound body and we should organize educational systems providing for physical development."

—Newton D. Baker, Sec. of War.

2. For peace time progress. "The defects of 286,649 New York state children were corrected during the past three years."

—Dr. John Finley, Commissioner of Education of New York state.

"Physical education is education for the purpose of promoting health and efficiency. Adequate physical education necessarily involves the teaching of hygiene and sanitation. It involves health and sanitary inspection and it involves the teaching and supervision of physical activities."

—Dr. L. W. Sargent, Cambridge, Mass.

With such a bill as the Fess-Capper

bill we can be more hopeful of more physically fit men and women out of this rising generation. This national plan will not duplicate the work of the state educational and health authorities. It will on the contrary stimulate and support them without creating new and expensive machinery. Do not think that this bill is demanding that all children be given a physical examination. It gives the state the opportunity of deciding whether such is necessary. It is not trying to make gymnastic performers of our children. It is to instruct all in the simple rules of health and training for organic efficiency.

It is most imperative that our states receive this federal aid. Physical education established exclusively by local boards has resulted in much waste and ineffectiveness. Programs are too often restricted to older students or are to produce only a few star athletes or they overlook the fact that leadership is far more important than equipment.

There are a few wealthy states that have already made appropriation for state wide physical education, but only a few. The majority of states need financial assistance.

There are in the country 25 million school children between the ages of six and eighteen and only about 5,500 trained leaders of physical education. That means that 45,000 trained leaders will be needed to give adequate

physical supervision (allowing approximately 500 to each leader.)

There are only seven normal schools and thirty-seven colleges and universities having special physical training departments. At present there are only 3,000 pupils in training in these schools!

The total amount of money appropriated annually by various state legislatures for physical education amounts to \$500,000 and this amount includes \$294,000 expended by the state of New York.

Iowa homemakers, are you satisfied to let the situation remain as it is? What are you going to do to help secure the passage of this bill? Don't delay for now is the time to act! Do at least these four things.

1. Have resolutions of endorsement passed by your own and other organizations and have copies mailed to your congressmen.

2. Have influential citizens write to your congressmen urging that they work actively to secure early consideration of this measure.

3. Secure local publicity.

4. Report on all action taken and expressions from congressmen to the National Physical Education Service, 309 Home Building, Washington, D. C.

"Why make children wait since federal action can save many years in establishing universal physical education."

Something New in Vegetables

By ERVINE F. PARKER

MANY, MANY, years ago, so history tells us, the inhabitants of the earth lived entirely upon fruits and vegetables which they gathered from the forests where they made their home. Then, someone's crude house burned down, so tradition tells us, and burned a pig belonging to the master of the house. In rescuing the roasted pig, the man burned his fingers and poked them into his mouth to cool them. He liked the taste, so tried it again and then called the family and the neighbors who relished the roast pork as much as he. And henceforward all peoples have been eating meat in ever increasing quantities to the elimination of the fruits and vegetables of former days.

During this decline in popularity many of the once common vegetables have almost passed out of the cookbooks and meal plans of the average housewife. The American housewife is the most delinquent user of vegetables. The French, the Peruvians and the Orientals use the less common vegetables and herbs to a surprising extent which is probably responsible for the delicacy and characteristic flavors of dishes prepared by the foreign cooks.

That vegetables hold a decidedly important place in the diet of the healthy man, woman or child has been proven conclusively by the leading dietitians and food specialists in the country. The problem confronting the housewife is not the preparation

of larger quantities of a few vegetables but a wider range of vegetables which her family will enjoy and not grow tired of before the season is over.

Our less common vegetables are often under-valued, for instance, witloof chicory, which makes a most delicious salad. Its velvety toothsome qualities sometimes put it in demand at sixty cents a pound in our Eastern markets. The roots taken up before heavy frosts can be forced during the winter in deep boxes of wet sand in a warm temperature, with the root crowns six inches below the surface of the sand. In about four weeks time tender heads will form and be ready to use as a salad with mayonnaise dressing. The green foliage in the summer make delicious greens.

Early in the spring the dandelion is a great appetizer. The improved thick leaved variety is far superior to the wild type. With some cultivation on good soil such a mass of succulent leaves are produced that only a few plants are needed for a meal.

Swiss chard supplies good greens all thru the season. The blades of the leaves are prepared like spinach while the midribs and stalks are cooked and served like asparagus. If the whole plant is not cut, new foliage will develop all summer. It is easy to grow even with adverse weather conditions.

The best greens during the heat of the summer can be obtained from the

tender shoots of the New Zealand spinach. Shoots about two inches in length are the most tender. The seed of this plant is slow to germinate so it is desirable to soak the seed in water a day or two before planting.

Savory cabbage, while little grown should have a place in the home garden because it has the most delicate flavor of all the cabbages. Red cabbage is also very fine and makes delightful salad when a color scheme of red is desired.

Another vegetable for the epicure is egg plant. The fruits are prepared for serving by slicing and frying them. This is a heat loving plant and needs to be started in a greenhouse or hot bed.

A vegetable of cabbage flavor appreciated by many people is kohlrabi. This looks like a cross between a turnip and cabbage. The edible portion is the swollen part of the stem just above the ground. It is of the highest quality when about two inches in diameter.

Endive, a salad plant, altho liking cool weather, makes a satisfactory growth in the summer. The curled and frilled leaves when blanched are a substitute for lettuce and make attractive garnishes.

A very good fall salad plant is Chinese cabbage, which has a very fine delicate flavor. It is as tender as head lettuce and may be used for salad, cold slaw or boiling.

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