Shall We Have Universal Physical Education?

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Shall We Have Universal Physical Education?

By WINIFRED R. TILDEN

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 have 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 nieces and nephews are not in this classification. Don't be too certain until you have had them examined. 75 percent are affected! 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. Nazaire. 25 percent were unable to jump a six foot trench, the general American test for grammar school boys."


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 workers average a loss of $3.00 per year, costing $675,000,000. They pay out in doctor's bills $180,000,000 or a total of $855,000,000."


   (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."


   (d) Men in middle life cut off or enfeebled. "The health statistics of Massachusetts showed that the death rate from organic disease increased 8.6 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
do.

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

You have some startling facts
and figures from men of national repu-
tate. In answer to your queries as
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 devel-
opment."

—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 educa-
tion involves the teaching and super-
vision of physical activities."

—Dr. L. W. Sargent, Cambridge,
Mass.

With such a bill as the Fess-Capper
plan will not duplicate
the work of the state educational and health
departments. At present there are
only 3,000 pupils in training in these
schools!

The total amount of money appro-
riated annually by various state legis-
latives for physical education amounts
to $500,000 and this amount includes
$294,000 expended by the state of
New York.

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

Something New in Vegetables
By ERVINE F. PARKER

MANY, MANY, years ago, so his-
tory 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 ascertain the taste. 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 quan-
tities 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 cook-
books and meal plans of the average
housewife. The American housewife
is the most dilletante user of vege-
tables. The French, the Peruvians
and the Orientals use the less com-
mon vegetables and herbs to a surpris-
ing extent which is probably respon-
sible for the delicacy and character-
istic 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 vege-
tables 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, wit-
loof chicory which makes a most de-
licious 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
the swollen part of the stem just
above the ground because it has the most delicate
flavor of all the cabbages. Red cab-
bage is very fine and makes de-
licate salads 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 hot loving plant and needs
the supports of a greenhouse or hot
bed.

A vegetable of cabbage flavor appro-
criably by many people is kohlrabi.
This looks like a cross between a turn-
nip and cabbage. The edible portion
is the swollen part of the stem just
above the ground. It is of the highest
culinary when about two inches in di-


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