1932

Posture Is a Problem...

Dorothy Burnett

Iowa State College

Follow this and additional works at: http://lib.dr.iastate.edu/homemaker

Part of the Home Economics Commons

Recommended Citation

Burnett, Dorothy (1932) "Posture Is a Problem...," The Iowa Homemaker: Vol. 12 : No. 1 , Article 7.
Available at: http://lib.dr.iastate.edu/homemaker/vol12/iss1/7

This Article is brought to you for free and open access by the Student Publications at Iowa State University Digital Repository. It has been accepted for inclusion in The Iowa Homemaker by an authorized editor of Iowa State University Digital Repository. For more information, please contact digirep@iastate.edu.
WOI Turns Story Teller . . .
By Gretchen Prouty

What child could fail to be charmed by such poetry as this?

“The camel’s hump is an ugly lump
Which well you may see at the zoo,
But uglier yet is the lump we get
For having too little to do.

The cure for this ill is not to sit still
Or froust with a hook by the fire
But to take a large hoe and a shovel also
And dig till you gently perspire.”

The camel’s hump is familiar to every child who has been to the circus and the idea of digging with a hoe and shovel will undoubtedly tickle the childish imagination.

In choosing literature for the twenty-minute children’s radio program given each Saturday afternoon over WOI, Iowa State College broadcasting station, it is especially important that the stories, poems and other bits, catch the imagination of the diminutive listeners, for of course, the personal contact between the story-teller and the child is greatly reduced. And so the group of women students which is sponsoring the broadcasts, must select material carefully. In the Nursery school, if a child’s attention wanders, the story-teller can adroitly lead back the flighty little mind by saying, “And what do you suppose happened next, Margery?” Naturally Margery at once renew her interest in what the story-teller is saying. In radio story telling the situation is different.

Another problem arises from the fact that the young radio listeners vary in age, sex and temperament, making it somewhat difficult to choose material with a suitable appeal. What pleases Junior might leave Jane unmoved. Likewise what proves absorbing to ten-year-old Ben is quite beyond three-year-old Brother. Thus it is necessary to include something for everyone.

No attempt is made to point any moral as this is nearly always irksome to children and entertainment is the chief aim. Of course, any bit of moral that reaches its mark is not neglected.

The work is not without its reward, for several of the story-tellers have received notes from members of their young radio audience assuring them that the little stories have been enjoyed. Most of the correspondence has been from mothers, however.

In working out the programs, an effort is made to have a central theme for each broadcast. Valentine’s day and Saint Patrick’s day offered splendid opportunities to tell stories of interest to many children. Sometimes the stories and poems of an author such as Kipling, whose poem about camel’s hump is quoted above, are used. Occasionally the girls write stories of their own to tell. A device that helps to bring about continuity in the programs is that of telling one of the fascinating and delightful episodes from “Winnie, the Pooh,” by A. A. Milne, each time, somewhat in the manner of a continued story.

Posture Is a Problem . . .
By Dorothy Burnett

If you’re a “lateral’ and wish you were a “linear” there isn’t much you can do about it. You’re going to remain the way you’re built. But if your posture isn’t correct you can do something about it.

The most important thing to remember is that what is the right thing for somebody else is perhaps the wrong thing for you. Walking around the floor in your stocking feet is good foot exercise for some people, but be wary of it if you have transverse arch trouble. So if you have a vague feeling that something is the matter with you, but you don’t know quite what, better find out about it from someone who knows and be “safe rather than sorry.”

However, there are things that everybody can and should do. It harms no one to form the habit of complete relaxation for a few minutes every day. Everyone should give the feet a good airing every day. And that isn’t an ethical matter alone. The feet, just as well as the rest of the body, need air and they will be in better condition if they get it.

Miss Winifred Tilden, head of the Physical Education Department for women at Iowa State College, says that there are four common posture defects found most among Iowa State College women. These are protruding head, round shoulders, curvatures of the spine, and flat and weak feet. Let’s get busy and correct them, if we are in any of those four classes.