

WILL PHYSICAL TRAINING ELIMINATE THE "BACKWARD" CHILD?

New Factor Introduced in the Grading of Public School Pupils.

By Dr. Loy McAfee Ingraham.

The teachers in the public schools of New York City are endeavoring to push up the intellectual hill more than one hundred and fifty thousand "backward" children. This means that of the six hundred thousand children in the public schools more than one-quarter have somewhere along the line fallen behind their respective grades and will therefore not graduate on schedule time.

It costs the city \$24.82 to carry a child through a school year. To carry one hundred and fifty thousand children over a year which has to be repeated means an outlay of \$3,723,000, which might have been expended in other ways. A large proportion of those on the "backward" or "retarded" list are dullards, whose mental faults are born of physical inefficiency. The story of this physical inefficiency is a long one. Investigated even casually, it reveals many civic wrongs which the educational forces of the city are trying to overcome.

DR. CRAMPTON'S THEORY.

Dr. C. Ward Crampton, director of physical training in the New York City public schools, holds that physiological age should be taken as a basis for all records, investigation and pedagogical, social or medical treatment of children.

"The child," said Dr. Crampton, "is essentially different from the adult as the larva is from the imago, yet we have not recognized this fact where it is most important—that we should. There are present at all ages from ten to seventeen years but we have without exception classified all children on the chronological age basis. It is vastly more important for us to know how far a child has developed, and what he is than to know merely how many years he has lived. The latter fact will always have a relative significance."

Unhygienic surroundings, insufficient nourishment, overwork, either mental or physical, worry, lack of neuro-muscular tone, physical abnormalities, such as curvature of the spine, strabismus, ocular defects, etc., may militate against the proper function of the splanchnic vasomotor mechanism. The general circulation is impaired, and with it that of the brain; the muscles become flabby; the child is listless, walks with a shuffling gait, sits with a curved spine, and the nature of his attention is a mental dullard and a physical misfit.

The vicious circle which is thus initiated may lead to all manner of conditions and acts. Mendacity and criminality are some of the extremes of this state of affairs, the more common, however, are those which are more or less familiar to all teachers of public schools.

And so it has come about that the teachers, as was said in the beginning, are pushing or trying to push up the intellectual hill a lot of dullards whose mental faults are born of physical inefficiency. The Board of Education and the teachers of physical training are doing the best they can under the circumstances to inculcate the principles of personal hygiene, and no doubt much good will result from including this branch among those in which the pupils must make a "passing grade" in order to be promoted.

MARKED ON EFFORT MADE.

And yet the teacher may be fully aware of the fact that a child who goes from a dark, poorly ventilated, imperfectly lighted home, in cold and damp in winter and hot and stuffy in summer, whose body is meagerly nourished and insufficiently clothed, whose bones are weak and whose muscles are flabby, is hardly to be blamed if he does not assume and maintain during the school hours what is called a "correct posture."

"Good posture," says Dr. Crampton, "is a sign of physical vigor. Depressing conditions result in bad posture; therefore posture is the key to that situation."

Let us consider for a moment some of the factors which are beyond the scope of a superficial examination, and probably unsuspected by the non-medical teacher, which may seriously affect the child's success in acquiring the physical efficiency necessary to win the "A" grade, and which may render him both mentally and physically unfit throughout his life.

NEED OF EXAMINATION.

Nervous reflexes from abnormalities in the sexual organs, particularly of the male, are known to be the cause of many of the faults of school children. The entrance physical examination should include these conditions, but the public at large will need to be educated up to the idea of allowing the teachers of physical training in the public schools to make the necessary physical examination which will lead to the detection and correction of such conditions.

CONGENITAL TROUBLES.

Congenital troubles, slight deformities of the spine, pelvis and lower limbs, and general lack of muscular tone, none of sufficient gravity to place the child in the category of the defective, may render him irritable, unruly, lacking in ambition and unable to assume, or, at least, to maintain, a correct posture. Under the new ruling, full cognizance is taken of such conditions, and fully three-fourths of the exercises are designed to overcome them.

DETECTING DEFECTS.

The third of the series of sonata recitals by Miss Carol Beecher and Edward Dethler will be given on February 3 in the Hotel Plaza. The programme is as follows: Sonata in E major, Brahms; Sonata in E flat minor, Brahms; Sonata in A minor, Chopin.

THE PROGRAMME.

The programme of the concert to be given by the Marum Quartet on Thursday evening in Cooper Union will be devoted entirely to the works of Schubert. The soloist will be Max Heinrich, barytone. This will be the programme: Quartet, Op. 29, A minor. Songs: Gruppe am See, Tatarus, Die Post, Frühlingstraue, Die Taubenpost. Quintet, Op. 163, C major for two violins, viola and two cellos. (Second Violin, Bernard Altschuler.)

STUDIO NOTES.

Isabel Arnold, a pupil of William C. Carl, and graduate of the Guilman Organ School, has been engaged as organist and director of music in the First Union Presbyterian Church, of New York. It is announced that Thomas Whitney Surette will lecture on Handel before Mr. Carl's students next Thursday.

MUSIC NOTES.

Ann's Church, Brooklyn: Warren R. Hedden, Mus. Bac., F. A. G. O., warden of the guild, musical director of the parish of the Incarnation, New York; S. Lewis Elmer, A. A. G. O., secretary of the guild, and Gottfried H. Federlein, F. A. G. O., register of the guild.

THE POINT OF VIEW.

The Man—Oh, well, one woman is just as good as another, if not better. The Woman—And one man is just as bad as another, if not worse.—Illustrated Bits

A FAMILY OF TUBERCULOUS TENDENCY. THE CHILDREN ARE COMPELLED TO GO TO SCHOOL, HOWEVER.



FATHERLESS CHILDREN WHO COME TO SCHOOL TOO ILL FED TO STUDY HARD.

A FAMILY OF CHILDREN SHOWING CLEARLY WHAT IS CALLED "THE ADENOID FACE."

Removable Bodily Defects Stand in the Way of Progress in Study.



Adenoids are a heavy handicap in the child's application to study.

now allows to exist in the lives of the children will be greatly lessened or entirely eliminated in future.

Dr. Crampton was the first to introduce this innovation. Superintendent Maxwell the first educator to give it official recognition, and New York the first city to witness its inception. In 1901, in the De Witt Clinton High School, physical training was for the first time placed upon a scholastic basis, and the students were graded therein. Dr. Crampton has worked steadily upon the idea for seven or eight years, and is to be congratulated upon having thus far accomplished his purpose.

In a document recently sent out by the Board of Education the principals of elementary schools are requested, in estimating the ratings for progress from grade to grade and for graduation, to consider in connection therewith practical hygiene, posture, cleaning (for boys) and folk dances and rhythmic exercises for girls.

"JOHNNY JONES'S" TROUBLES.

In practical hygiene the "effort and success of the student to follow out the instructions in hygiene on matters of cleanliness of the face and finger nails, mouth, teeth, hair and clothing" form the greater part of this item. The effort to encourage personal hygiene is commendable, despite certain serio-comic comments upon the grading of Johnny Jones on his attainments in the fine art of washing behind his ears, keeping his finger nails free from "morning" dirt, his hair brushed and his teeth clean. To be sure, no account may be taken of the fact that Johnny's personal belongings do not include comb and brush, that a toothbrush is an unknown quantity in his home, and that cold water and rough soap, even when diligently applied, may be ineffective in removing the grime acquired in some of the city's quarters. The Board of Education and the teachers of physical training are doing the best they can under the circumstances to inculcate the principles of personal hygiene, and no doubt much good will result from including this branch among those in which the pupils must make a "passing grade" in order to be promoted.

THE SOCIETY FOR IMPROVING THE CONDITION OF THE POOR IS DOING A GREAT DEAL TOWARD SUPPLYING THE DEFICIENCIES IN THE HOME LIFE OF THE CHILDREN OF THE POOR, THUS LESSENING THE HARSHIPS WHICH COMPULSORY EDUCATION WOULD OTHERWISE INFLICT UPON SUCH FAMILIES, AND MATERIALLY ASSISTING THE TEACHERS IN THEIR EFFORTS TO OVERCOME THE PHYSICAL SHORTCOMINGS OF THE PUPILS.

Of greater significance than the section referring to practical hygiene is the new ruling which deals with the grading of pupils in posture. "Good posture," says the above mentioned document, "is an expression of vigor as well as an evidence of correct physical habit. A student should be rated 'A' only when he or she can stand with head erect, chin in, chest forward, hips back, weight forward and knees well braced backward and habitually does so. Both the ability to assume a correct posture and the habitual posture should be taken into consideration, as should also sitting positions, particularly when writing or at rest, and posture when marking, walking, standing to recite or at the blackboard."

Very true, and very good. Dr. Crampton in his efforts to develop physical efficiency among the children of the public schools is laying the foundation for the "education of the grandparent," as recommended by Dr. Oliver Wendell Holmes. Here again no account may be taken of the underlying conditions which in many instances militate against the child's ability to assume a correct posture and to "habitually do so."

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YOUR BOY'S LIFEWORK — WHAT SHALL IT BE?

Sanitary Engineering Possesses Many Practical Advantages.

By C. W. Jennings.

CHAPTER XVI.

Sanitary engineer—the title sounds different from the old one of plumber, doesn't it? It wasn't so long ago, comparatively speaking, that a plumber didn't amount to much, at least in the public estimation, for it has been only recently—again speaking comparatively—that there has been much attention, other than the old rule of thumb sort, paid to plumbing per se, and the closely allied subjects of heating and ventilation. Modern conditions, however, have resulted in such tremendous advancement in building methods that there is now room for the exercise of the highest efficiency in the plumbing trade, so-called. Indeed, of the plumbing trade, so-called, indeed, of the most important subdivisions of building the most important and so increasingly intricate and important that the old trade of plumbing has become a veritable scientific profession—that of sanitary engineering.

Therefore, when you are casting about for a vocation for your boy and he doesn't care for any of the regular professions or other trades, try plumbing of the new brand, for there is opportunity for him to exercise all the brains he may possess, and also to advance as high in the world's rewards and esteem as he probably could in any other line.

When the young man makes his start, however, he will find that a mere drudge for five years as a helper at about \$125 a day for eight hours' work, and without opportunity to make substan-

plumbers; but they have the further advantage of being steadily employed, whereas ordinary workmen are more subject to the vicissitudes of the trade, generally losing time between jobs, or on account of bad weather, or having to wait for carpenters, bricklayers, or others to get out of the way. Also, the foreman receives extras in the way of overtime, etc., which may amount to considerable in the course of a year.

A foreman has anywhere from a few up to fifty or more workmen under him, according to the importance of the building or other work in hand. In case it is important work, such as a large hotel or office building, where fifty or more men are at work on the plumbing, your son might be head foreman, and make as much as \$10 a day, and might reach this important position before he is thirty years old.

The next step upward will be to a superintendency for a big construction or contracting firm, when he would have to make estimate of cost, etc., for the plumbing on large work, in addition to being the direct head of all foremen employed by that company. In this case his pay would be anywhere from \$2,000 to \$5,000, or even more, annually.

But long before this time your boy would have perhaps formed numerous valuable acquaintances among large contractors, architects and others engaged in building operations, and have plenty of opportunities to get into business for himself. Backing would not be lacking, for building is one of the most important and profitable lines of business nowadays, and there are plenty of moneyed men anxious to get into it, so that your able son would be just the one they needed to handle the plumbing and sanitary department of the firm.

The writer knows two members of one of the largest plumbing contracting firms in New York. One of them, the head, is only thirty-four years old, and he began as a plumber's helper in a small city when he

It Is the Old Trade of Plumbing Placed on a Scientific Basis.

plumbing, geometric drawing, principles of mechanical drawing, reading architect's drawings, steam fitting and its accessories, radiators and coils, heating and power boilers, principles of heating and ventilation, steam generation, steam heating pipe systems, exhaust and vacuum systems, hot water heating systems, central station heating, hot air heating, blower systems, drying and cooking by steam and engine room equipment.

This sounds like a tremendous course of study for your boy to be graduated from as the result of night study, but others who have gone before him have done it. It is necessary if your boy expects to reach the top of the trade and make it a scientific profession—to be anything more than a master plumber of the old-fashioned little shop variety, whose days are largely spent simply in repairing leaks, putting in new faucet washers and doing other jobs of a more or less trifling nature.

As in all businesses, a liking for the work is essential for one to reach the top, and this liking and the application that the liking brings should go a long way toward bringing him there. The day has gone by when he who learns a trade must always remain a tradesman, particularly in the much maligned and little understood trade of plumbing—now sanitary engineering.

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J. S. Bach. Two violin numbers will be played by Miss Louise Ellis Serra, of Boston. Gounod's motet "Gallia" will be sung by Mrs. Frances Hewitt Bowne and a chorus of forty-five, and solos will be sung by Mrs. Clarence Eddy, George C. Carrie and T. Austin-Ball.

A concert was given last Sunday evening at the Hotel St. Andrew, under the direction of William Gunther and his orchestra. Victorine Hayes, who is studying with Suzanne Macaulay, was the soloist. She sang an aria from "Traviata," also Harrier Ware's "Sunlight" and an "Ave Maria," by S. Macaulay.

Charles L. Van Baar's orchestra furnished the music last evening at the dinner of the Royal Insurance Company, which took place at the Hotel Astor. The orchestra will also play at Harvey Ladew's dance to-morrow evening at the Hotel Plaza.

Carrie Louise Dunning will give another demonstration of the Dunning system of improved music study next Friday afternoon at the Hunt's Point Presbyterian Church, in the Bronx.

The International Quartet, under the conductorship of M. H. Mattes, is preparing the "Stabat Mater" for a performance next month, weekly rehearsals now being held at the International Conservatory, No. 132 Lexington avenue. The quartet, which is considered one of the best in the city, will have advanced pupils of the conservatory to assist in the performance. The members of the quartet are Mme. Elsie Erdmann, soprano; Miss Margie Gooding, alto; Ford H. Doe, tenor, and William Hirschmann, bass.

Professor Navazio, of No. 245 East 112th street, has opened a studio at the above address, where he will teach stringed, music, including the violin, mandolin and the piano. Professor Navazio is an Italian graduate.

Zilpha Barnes Wood's Vocal and Operatic School last evening presented the "Last Will and Testament," a comic opera in one act, by Karl Mera, for the People's Institute, at the Hebrew Technical School for Girls, at 13th street and Second avenue. The following comprised the cast: Mary Richardson, Ethel Merritt, Belle Fromme, Mary Hrabo, Otto Weisel and Jennie Berkshire.

Yesterday afternoon at Mrs. Harold Godwin's home, No. 395 Lexington avenue, the pupils of Inga Hoegstro gave a piano recital, comprising leading Norwegian and Russian compositions. The following names appeared in the programme: Eleanor Naumburg, Valborg Rosenquist, Rosamond Sherwood, Diana Tweedell, Geraldine Nelson, Helen Hamilton, Alice Appleton, Mary Turner, Harriette Post, Elizabeth Turner, Tiny Godwin, Mary E. Watson and May Gallager.

Mary Elizabeth Cheney, soprano (Carnegie Hall), is on a two weeks' concert tour in the Middle West. She sang at the Westminster College of Music on January 24.

Miss Margaret Anderson, the English pianist, will give a recital in Brooklyn on Tuesday evening.

Miss Hanna M. Bodell, whose studio is in the Lincoln Square Court, northwest corner of 64th street and Broadway, has on her roll several ambitious pupils. Among them are Arthur Sommer, who will soon be heard in public, and who, it is expected, will earn favorable comment, and Gordon Mullen, a boy pupil who it is claimed has marked musical ability. Miss Bodelle studied under the tutelage of the well known master, George Sweat.

Last Sunday Mr. and Mrs. August Lewis gave a recital of Brahms's piano forte music and songs by Arthur Whiting, assisted by Mrs. Charles Rabold, at No. 112 East 16th street.

A piano recital by the younger pupils of M. Duple-Scheel, assisted by Mrs. Wilford Waters, mezzo soprano, took place yesterday afternoon at the Master Music Studio, No. 278 Broadway. M. Duple-Scheel, director. Among those who took part were Miss Loraine Sichel, Hulbert Bassett, Mrs. Walters, Miss Margaret Cone, Miss Virginia Veros, Master Maurice Gould, Miss Louise Dillingham and Master Arthur Terry.

Ames Sumner Geer, the monologist and child impersonator, will give her annual concert Thursday, February 24, at the Astor Gallery, in the Waldorf-Astoria. She will be assisted by Florence Martin Alkman, contralto; Eleanor Livingston Haley, soprano; Elizabeth F. Munson, whistler; and Mr. Richard Pierce at the piano, and by the Henry Liff trio.

Dr. N. J. Eisenheimer, who finished a series of the interpretation lecture-recitals at the Granberry Piano Studio on Thursday, is receiving hearty congratulations over the success of his cantata, "Consecration of Arts." He says it will be rendered in a festival concert before the German Emperor next May in Wiesbaden, the native city of the composer. Copies of the music have been shipped abroad, and rehearsals will be immediately under the personal leadership of the conductor of the city's orchestra.

A lecture recital of the opera "Elektra" by Amy Grant, reader, and Charles L. Sanford, lecturer and pianist, will take place this afternoon at 5 o'clock at Mrs. Grant's studio, No. 78 West 55th street.

Miss Gertrude Savage, the well known pianist, was the principal soloist at the 100th anniversary concert of the Newark Oratorio Society on Wednesday evening last in Wallace Hall. Miss Savage, besides playing a group of solos, including Brahms's "Rhapsodie" and some Chopin and MacDowell numbers, played the piano part in a Mozart trio, Beethoven's quintet for wind instruments and piano, and the Grieg sonata, Op. 45, for violin and piano. Miss Savage, who had a hearty reception, has been under the instruction of Louis Arthur Russell for the last five or six years at the Normal Institute, and is considered an excellent exponent of the Russell system of piano forte study.

At this same concert Mrs. Jessie Marshall, soprano, also appeared as soloist. Mrs. Marshall, who is also a graduate from the Russell studios at Carnegie Hall, David Sanders, violinist of this city, also made a deep impression on the attentive audience present.

J. O. Prochaska announces at the Prochaska Studio, Nyack (branch of Carnegie Hall), a Bach-Debussy recital, to take place after Easter. Mr. Prochaska makes a specialty of Bach courses.

Claude Warford and Mary Handel, contralto, one of Mr. Warford's artist pupils.

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