Oh, if only we all had the fixed and unceasing habit of praising people for the good things they do! What a kindlier world we all would live in!

The Birmingham Eccentric

PART TWO

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Correspondence Work Available to All In U of M-WPA Plan

Ninety college and preparatory credit courses, and 96 vocational and hobby courses are offered by the Correspondence Department of the University of Michigan.

Information regarding these courses, which cover fields including home economics, art, agriculture, aeronautics, diesel engines, television, etc., may be had from Mrs. Margaret Stringham, Birmingham Supervisor, whose office is in the Baldwin Public Library.

These courses are sponsored by the Birmingham Board of Education and the Work Projects Administration.

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What Your Public Schools Are Doing . .

(Editor's note—This article on Birmingham schools is the second in a series prepared monthly by the schools' administrators and teachers. The third article will appear in a February issue of The Eccentric.)

What is the health program in Birmingham schools? What are its aims, and how could it be bettered?

The accepted philosophy of education on which the Birmingham Public Schools are administered states: "The fundamental purpose of education is to make the individual socially efficient in all phases of life activities through continuous growth." It shall then be the responsibility of the schools to equip each individual with these specific efficiencies: health, civic, avocational, vocational, and moral. A big order!

This article will concern itself with the development of the health efficiencies or the health education program in the schools. It will not only attempt to point out what is being done in the present program, but also to suggest some things that should be done according to best accepted practices.

Checking students' weights is a regular part of the school health program.

If an individual is to become "socially efficient in all phases of life activities," he must be physically and mentally sound. Hence, the schools have undertaken a broad program of health education that concerns itself with both the physical and mental health of the pupils. The objective of this program is to create right attitudes toward health and healthy living.

Physical Health Program

In the Birmingham Public Schools, physical education begins indirectly in the kindergarten and extends through the high school. Activity in the kindergarten centers around play. In the early elementary grades definite work and play attitudes are fostered. The games at this level are of the simple, rhythmic and imitative type. Beginning in grade five, boys and girls are segregated for special instruction in a higher type of organized play. This instruction is limited to two periods per week.

Play during the daily recess periods in the elementary school is supervised by the teachers.

In the junior high school three periods per week are devoted to the physical education program. The boys' program is made up of the more vigorous sports. The girls' program includes seasonal sports, basketball, track, baseball, field hockey, etc., as well as character and folk dances, mass games, relays, and efficiency tests.

Children at this level have the opportunity of taking part in various inter-class games, depending upon the season. Participation in this activity is encouraged as a means of developing a sense of loyalty, in addition to building healthy bodies. Many times this is a means of helping the individual to find his place in the group. As the present time in other of the junior high schools there are some 14 different class teams competing in this intra-mural program. In addition and as a part of the junior high school program, transfer various sports are organized. This is done primarily to foster the development of school spirit.

At High School Level

At high school level the physical education program centers around team sports—football, basketball, track, baseball, golf and tennis. Lack of personal time and adequate facilities make it impossible to have the type of program that most high schools today consequently, regular physical education classes for all boys and girls. The recent survey completed in the high school pointed out this lack of adequate opportunity in physical education.

Besides the necessity of an expanded high school program is the recognized need of corrective gymnastic work at all levels. Some special instruction is given. However, lack of proper equipment and teacher time prevents the type of activity from becoming a reality.

Nursing Service

Another important phase of the physical health program in the schools is the nursing service. This service works closely with and has the splendid co-operation of the city health department in the isolating, the checking, the controlling, etc., of communicable diseases. Periodic checks on all pupils are made by the school nurse. These include checking for defective vision and hearing as well as routine health procedures. Immunization programs are carried on. Tuberculin tests are administered at regular intervals. Dental checks are made and clinical work provided for those who need it. These are a few of the many activities of the amazing

Physical Examinations

Physical examinations are given to all pupils in the public schools. Following the serving of meals, which is made possible in some of the schools by the Parent-Teacher Associations, is another important part of the physical health program. Several hundred bottles of milk are dispensed weekly to those who need or want it.

Hygiene Instruction

Still another phase of this whole program is the classroom instruction in health and hygiene. Much of this instruction is incidental. However, periods should be had with trained teachers in charge. Where adequate staff would make it possible as the schools possess teachers at the present time who are capable of giving this type of instruction.

Throughout the elementary school, pupils' weights are checked at two-week intervals. This information is a part of the school's regular report to parents. Grade teachers make the weight check and their aim is to report any abnormal gains or losses to the nurse, who in turn makes an investigation to determine the cause if possible.

Health education also implies the concept of proper clothing, food, etc. The schools provide for this phase of the work in the homemaking departments of the secondary school. These departments give instruction in food preparation, meal planning and serving, the making of clothing, the study of textiles, clothing, costume design, etc.

MENTAL HEALTH PROGRAM

At last everyone will agree that it is important to have mental health as well as physical fitness. Mental illness is often times more difficult to detect and diagnose than physical illness. Diagnosis, treatment, etc., must be in the hands of specialists, just as physical maladies are.

The Birmingham Public Schools recognized the need of a mental hygiene program and several years ago established the Bill Center. This provided the schools with the services of trained specialists from the Children's Center of Detroit. However, we are able to have these services only one day each week. This is only a minimum program which should be expanded as soon as adequate funds make it possible.

An all-inclusive program of health education must be the aim of our schools in Birmingham, as well as of all the schools in the nation. The development of sound minds and healthy bodies of youth form the first line of national defense. Can we accept this responsibility? WE MUST!

Masonic Chapter To Receive Detroit Degree Unit Jan. 20

Richard W. Lewis, Detroit industrialist and newly-installed High Priest of Birmingham Chapter No. 93, Royal Arch Masons, announces that the famed degree team of King Cyrus Chapter No. 1, R. A. M., of Detroit, will come to Birmingham Monday, Jan. 20, for the purpose of conferring the past and most excellent degrees. The degree work will commence promptly at 7:30 p.m. and it will be followed by a banquet at Masonic Temple.

An Event of Years

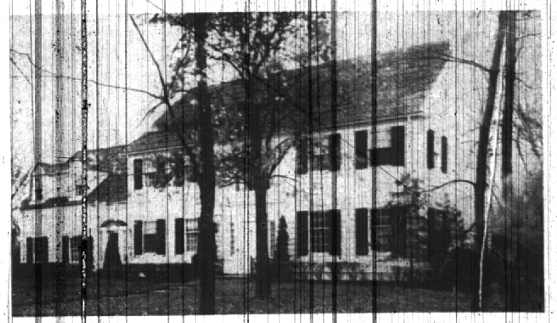
It is many years since Birmingham Chapter, which is the third oldest Capitular unit in Oakland county, entertained an out-of-town degree team. The Detroit contingent will be headed by High Priest Sam K. Stephens and the visitors are expected to number at least 30. The sponsoring of such an event is exciting a good deal of interest among Royal Arch Masons in this community, particularly so since Birmingham's Mayor, John E. Martz, is a past High Priest of the Detroit Chapter. In addition to this, High Priest Lewis holds dual membership in the same organization.

Birmingham Chapter showed a net gain of four members for 1940 and the indications are that an equally prosperous year during 1941 will be enjoyed. Some ten new petitioners will become members during the next two months.

Entertainment Jan. 30

Birmingham Lodge No. 44, F. & A. M., and the Chapter will sponsor a joint ladies' entertainment Thursday, Jan. 30, at the Temple. The program will consist of musical entertainment, dancing and a buffet luncheon.

We Repeat: IT'S . . .



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Envy of many is the location—the substantial nature of supporting properties proves the point. Well back from the quiet street there is room (*more than an acre*) for the children's own playground beside the roland gardens viewed from the broad terraced porch—library and dining rooms.

Enough family bedrooms, baths and servant's quarters for an average family—*the solid comfort*—peace and contentment this property provides will *set you up* and make *Life* in this hurly-burly world of ours really worth living. And—oh! yes!—we almost forgot—(ample garage too)

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This delightful old solid brick farmhouse has kept abreast of the times—yet retained its charm and dignity. Situated on a knoll with 10 acres of land a superb view of downtown Detroit—and plenty of ground for recreation, a horse or two and ponies for the children, fresh vegetables and fruit.

The maid's room and bath are on the first floor with four charming family bedrooms and two baths upstairs. From the pine panelled reception hall, it is but a step to the big living room, the dining room with its sunny bay and the sparkling, up-to-date kitchen.

Automatic air conditioning has replaced Grandfather's furnace. A new well and automatic equipment supplants the old doorstep pump. Insulation and storm windows keep it warm and lower fuel costs. The taxes are still negligible—only $45. The price is $18,500. Surprised? Let's see it today!

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Cab Driver Hits Car in His Path

Paul Mulanix, 25, of 1459 Holland, driving a taxicab, and Miss Florence R. Wall, of 456 Park street, crashed last Friday afternoon when Miss Wall, going north on Bates, essayed to cross Maple. Mulanix could not stop in time to avoid hitting the other car in its path, according to the police report.

Playing Safe

She read the family recipes.
Each one a tempting winner.
Then, dashing to her kitchen fixed
Some ham and eggs for dinner.

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