

During this year I have seen the greatest general postural improvement among the children of any year in these schools. As you know each child is weighed and measured and examined posturally early in October and then again in May. The fall exams have always been a pleasure to me, the children have been at their best, outdoor sunshine and fewer colds, less climatic strain, and the May ones had grown to be less pleasant because of a general slump ^{in posture} from the opposite conditions and I have always thought from a ^{child's} ~~child's~~ ^{point} of view that exercise in play.

The improvement of the year is evidenced by ^{postural} better coordination and by stronger straighter posture.

The work the teachers and I have been doing with the children has been in the form of play that encouraged some form of the rolling crawling and squawling activities. These activities have ^{been} associated with the child of under two years and therefore games have not been built around them. ^{Only} The same activities after a space of years come back to the children in some of the sports - football - swimming - tennis - etc. What ^{the} world really does is to rush a child through these activities in a few months - discourage the continuance of them for several years, and then expect good performances all at once.

Childrens games have been built largely on adult folk games and those positions that involved the upright posture have predominated.

It has been my experience that the young child who rolled, crawled, and squatted well continues to use these positions as he grows older whenever he can take an opportunity. (Ure. B.) The child who never did them with great ease disceards them the soonest.

The reason is this.

Rolling, crawling, squattling favor the development of the deeper muscles of the body. The ones closest to the bones. Examples are the spinal muscles surrounding the spinal column, the ones inside the lower body called pelvic m., those close to the leg and arm bones, and those in the center of the foot.

To sit, stand, or walk well involves good development of these deeper muscles. To sit, stand or walk less well means ~~inefficient development of these deeper muscles.~~ The child would depend too much on muscles nearer the surface of his body.

I hope some day to have the play that would be especially helpful printed so that it will be available to all of you. But it takes time and experience to put together ideas that a child accepts and that

measure up to approved postural, muscular, psychological standards. The Puggles of through wise chandler. H.D. Toy Laboratory In a general way

Toys that would help the child posturally would ^{take into consideration these deep muscles} encourage one or more of these _{and is} rolling - crawling - squatting positions.

a low sand box like the beach involves squatting large blocks use the deeper muscles - child forced to be more active which means to use more of himself

rocky foot - use lower body - not much made of the tunnel toy - involve - crawling - sitting outside

lying on fore - toe down - chin in - elongate spine - straighten knee - ankle - develop inner thigh m. sitting position toy horse