

Health of the Pupils in Secondary Schools

Another in the Series of Articles Sponsored by the Ontario Secondary School Teachers' Federation in its Campaign for National Fitness. "The Foot of the Class."

Below will be found another in the series of articles in the campaign for National Fitness, sponsored by the Ontario Secondary School Teachers' Federation:

How About the Foot of the Class

(By Mrs. Isabel Sillis)

The health inspection and health supervision of students intensifies the growing emphasis on the health building program in the Secondary Schools. Health instruction in the Secondary School is primarily an educative process. To be truly effective, the Collegiate student must be lead to develop an intelligent and unaffected attitude toward health. He must abandon a complacent feeling that he is just naturally free from all physical defects. On the other hand it is equally important to dispel any tendency to become hypochondriac.

The inspection should inspire an active desire for a complete physical examination and the correction of physical defects.

The collegiate student at an age when outstanding physical defects should already have been corrected, often finds himself handicapped by early parental negligence of such factors. Among other defects found frequently in collegiate students, are flat feet, foot deformities, etc.

In February, 1924, an experimental survey of the feet of five hundred collegiate students indicated a definite need for education in the matter of foot health. The original experiment was carried on under difficulties, equipment being primitive and inadequate. Encouraged by the interest of the students and their parents, the work has been continued. Podo-graph equipment was acquired, and Podo-graphs or foot impressions were made of the feet of each student entering the collegiate.

Many and various types of feet were discovered. There were high-arched and low-arched feet, short, broad ones, long toes and short toes, thin feet and thick flabby feet. In addition to minor feet defects major weaknesses of the feet were discovered, many of them hitherto unsuspected. It was quite evident that the Collegiate student needed instruction in foot hygiene.

The survey revealed that out of the five hundred students inspected two hundred wore shoes which were too short or too narrow or had heels which were too high: Seventy-five wore gymnasium shoes all day; twenty-five had abnormal nail conditions; one hundred had corns, callouses, blistered heels, pressure points and bunions; three had hammer toes; thirty-seven had overlapping toes; thirty had fallen arches or flat feet; fifty-six had foot strain or weak arches; sixty had fungus infection. As a result of this survey, a planned campaign based on cause, prevention and correction was immediately started.

One hundred cases of corns, callouses, bunions, etc., of which thirty-five required treatment by a competent chiropodist, could be directly traced to poorly constructed and ill-fitting shoes. Besides, from lack of proper shoe support, fallen arches also appeared in overweight students, or in those with poor muscular development. These cases were referred to the family physician to determine the extent of the disability. Records revealed that in thirty cases nineteen were successfully treated by means of a properly regulated diet, corrective exercises and corrective shoes. Ingrowing nails were due to improperly fitted shoes and stockings and incorrect cutting of the nail. In twenty-five cases, ten required surgical treatment. Two hammer-toe cases were hereditary and failed to respond to treatment, but one case was successfully treated by the use of a mechanical appliance. The overlapping toes were not complicated by shortened

tendons and as a result of early observation correction was simplified by the proper fitting of shoes and stockings. Fungus infections cases were separated from those having no infection and received immediate medical attention. All treatments proved satisfactory.

Also, it was found that many cases of headache, backache, digestive disturbance, rheumatism or sciatic-like pains in the feet and legs, fatigue, nervous irritability, etc., frequently causing absence, could be directly traced to disabilities of the feet.

As a follow-up, it was recommended that cases requiring care be inspected at stated intervals during school hours. The inadequacies of shoes causing foot troubles were pointed out to the students, and advice was given as to the proper types of shoes which should be worn during the period of foot development. The ideal of better health and greater efficiency from bodies where feet were properly and healthfully shod was upheld, and students were taught to distinguish between beauty of fashion in shoes, and the beauty of shoes well-fitted and properly supporting the foot. Home visits were made by the school nurse to acquaint the parents with the foot health program and to persuade them to co-operate.

The results of following this plan of:

- (1) Making podo-graph prints of all student's entering the collegiate for the first time.
- (2) Careful inspection of infected feet.
- (3) Referring to the family physician all cases requiring attention have been most satisfactory.

Students have developed ability to care for minor foot ills. There is evidence of a desire to choose shoes fitted to individual needs and requirements, and to recognize the wisdom of immediate repair of faulty heels and soles of shoes. The almost complete elimination of foot defects in the upper forms, proves that the foot has come into its own. It is now receiving as much attention as is given other parts of the body or, in other words, the attention it deserves.

Bergeron's Hi-Light Revue Thursday, Friday, Dec. 15, 16

This week, Thursday and Friday evenings, Dec. 15th and 16th, Henry Bergeron will present his Hi-Light Revue, showing a notable collection of juvenile talent. Among the features on the programme are the following:—Therese Perron, the Mousseaux Sisters and the Columbus Brothers, Jack and Jill, the Hamlin Sisters, Helen and Claire, the Liddell Sisters, June Whorley and others in captivating dance numbers; Tony, the Magician, in sleight of hand and mystery work; Les Barrette, in solo work, accompanying his golden voice with his own guitar; Bill Godin, the singing imitator; and other equally happy items on a programme good from beginning to end. Mr. W. Kenney will preside at the piano for the evening, and Mr. Emile Bernier will be master of ceremonies. The events will commence each evening at 8.15. There will be a special matinee for children on Thursday, Dec. 15th, at 4.15 p.m. Tickets may be obtained at H. Bergeron's studio, 39 Fourth avenue. The Bergeron Hi-Light Revue is a worth while event.

Globe and Mail: Further groups of English public and private school pupils are to come to Canada next summer. As a plan for getting the Empire's youth acquainted, this is commendable, and its effects will be seen in the years to come.

Being a husband is like any other job—it makes it a lot easier if you learn to like your boss.

Funeral To-morrow of Mrs. L. Thibeault

Died on Saturday After Illness of Six Months.

Funeral services will be held to-morrow (Tuesday) morning at 9.30 o'clock at the Notre Dame des Lourdes Roman Catholic Church, for Mrs. Louis Thibeault, who died at her home, 82 Commercial avenue, on Saturday.

The late Mrs. Thibeault was born in Massey, Ontario, and was formerly Miss Olivine Mousseau. She came to Timmins sixteen years ago, and during her residence here was very popular and made numerous friends. About six months ago, Mrs. Thibeault was taken ill, and did not recover from this illness.

Surviving are her husband, Mr. Louis Thibeault, three sons, Adelard, Leo and Florien, all of Timmins; eight brothers, James, Edmund, Thomas, Theophile, Gustave and Gedeon, all of Timmins and Paddy, of Powassan, and Edward of Massey. Two sisters, Clara-belle (Mrs. Camille Robicheau) and Lea (Mrs. B. Rahan) also reside in Timmins.

Hold-Ups in Toronto Increasing in Number

The number of criminal occurrences in Toronto this year has soared away above a corresponding period for 1937. In particular there have been a large number of hold-ups.

Up until Saturday night there had been 196 hold-ups. In 65 cases messenger boys had been robbed or in some way involved. Police are not optimistic that the holiday season will pass without at least several other messenger boys being held up and robbed.

Central School Event Delights Crowds

(Continued from Page One)

Koretz, Howard West, Carlyle Dunbar, Kay MacLeod, Alben Fisher and Bruce Helperin.

A group of Christmas trimmings then showed their attractive-appearance on Christmas decorations, and "Teddy Bears" followed with a suitable song. The bears wore brown full length costumes, and were Roderick Baker, Gary Blake, Peter Galachuk, Lawrence Harding, Clair McConnell, Seymour White, John Mitchell and were assisted by Dorothy Devine as Goldie Locks, Beverley Silver as Mother Bear, and Bill Malinowsky as the Father Bear. The Candy Canes wore striped costumes with high striped hats. They were Eno Jones, Doris Longmore, Annie Gasparic, Jackie McDowell, Norman Lillie, Rosemary Dougherty, Barbara Fleming, Zora Kezle, Myrtle Thomson, Fern Colbourne, Esther Kozak. The Candles, Doreen McArra, Diane Bownd, Gwenthyn Springman, Joan Jeffries, Annie Fedak, Elizabeth Bauman, Doreen Whittam, and Beryl Menear, and the Trees, a group of students dressed in green crepe paper costumes, with high pointed hats to represent the top of the Christmas tree (Nadine Brown, Diane McCallum, Constance Pickering, Marjorie Platts, Marjory Gibson, Annie Kobsiek, Libby Petchersky, and Mary Slak), also ably took part in the performance.

The Sambos, a group of students in Negro attire, were especially popular with the audience, and were followed by the dolls. The Sambos were Herbert Chulak, Eric Rud, Harry Tyndall, Jack Tyrrell, George West, Billie Drew, Ronald Turner, and Tony Hut, and the dolls were Eda Slack, Kathleen Lake, Gwendolyn Lake, June Blackmore, Patricia Coulas, Mary Huekerby, Agnes Smith, Mary Allen, Doris Greiner, Beverley Shantz, Joyce Thornburn, Willa McCallum, and Veronica Caesar. The Dolls presented several dancing numbers, and were attired in costumes of different lands. They were very charming little ladies, and were very doll-like in their appearance.

After the display, it was found that one of the dolls was missing, and two shoppers, Barbara Jacobs, and Elsie Shephard, reported the loss to the floor walker. A search was conducted and Doris, the little buyer, came back with a pretty "party dress" doll that she had decided to purchase. The entire cast then joined in singing "We're On Our Way to Your House."

The Christmas Trimmings were displayed by a group of Shopper, Eugene Wilk, Stanley Franklin, Calvin Craik, Herbie Schroeder, Gwen Nippers Zdenka Ciridini, Joyce Cox, Henry Clutchey, Mary Kukula, Annie Buvala, and Marion Whitam.

The following was the bells and bows chorus: Julie Coulas, Diane Dunbar, Bertha Franklin, Beatrice Franklin, Joan Lauder, Marjorie Mitchell, Jenny P. Neuch, Vera Palach, Betty Rose and Margaret Tanner.

Eart Drew, whose beautiful voice has been heard on the school broadcasts, sang "It Came Upon a Midnight Clear," in a very pleasing style, and proved that the musical direction at the public schools had been well worthy of the time and effort spent at the schools.

A puppet play, telling the story of Good King Wenceslas and the peasant, was a feature of the programme. This puppet play was entirely arranged by the students, the scenes and the puppets being made by the students. Those taking part in the play were Jack Murphy, Roy Howlett, Arnold Teit'o, Elizabeth Jamieson, Ray Jacobs, Bobby Chase, Billy Goddings, Helen Channen, Bill Sherwood, Doris Archer, Dora Anderson, Ruth Mustard.

A drill and pantomime about the shepherds as they saw the star, was well taken by Russell Alkan, Gerry

Glatworthy, Jack Craik, Armand Del-Monte, Mario Gallino, John Gibson, Stewart Grafton, Donald Honey, Lawrence Johnson, Eddy Kastango, Clarence Martin, George Malymish, Albert Mascarello, and Wandelin Suneja. These boys were dressed in peasant attire made of sacks, with coloured head gear and sashes.

Victor Shulakov played a violin solo, and the pupils of Miss Ramsay's room presented "The Great Guest Comes," a dramatization. This was the story of a cobbler who dreamed that the Lord would visit his humble home, and during the evening he had three visitors whom he helped. Each of the three were the Lord, as a voice which came to him later, told him.

The following is the cast of the dramatization: The Cobbler—Gerald Caswell. Neighbors—Stella Shorups and Ellen Youlten. The Beggar—John Kukula. The Old Lady—Edyth Golden. The Child—Eva McLeod. Voice—Frank Williams. Music—Janet Fisher.

Bobby Gordon played a violin solo, and this was followed by the campfire chorus. The campfire chorus presented a number of boys singing and playing mouth organs. They were Teddy Carroll, Glen Code, Filberto D.Sano, Jack Douglas, Hart Drew, Frank Hartley, Marcel Hayes, Terry Kelly, Frank Palmer, Jack Radda, Robert Skelly,

Billy Tanner, Allan Tindal, Kalvero Vesala, Robert Wheeler.

A physical training demonstration, featuring Danish and Swedish physical exercises, was carried through by the boys in perfect timing. Each boy kept in time with the other. The boys in the Swedish group were: Arnis Joki, Peter Kolaski, Allan Stanley, Larry Lake, Ross Church, Mattie Luhtanen, George Mitchell, Jack Chalmers, Ernest Mason, Stanley Cohen; and in the Danish group: Billy Tanner, Aatos Haivala, Don MacDonald, Don McCullough, Happy DeMarco, Bertie Smith, Lincoln Rondeu, Morris Feldman, George Stefanich, Alex Barilko, and Jack Sween.

The programme was brought to a close with the singing of three vocal selections: "Call'er Herrin," "Ho, the Boating," and "Silent Night," by sopranos, Mary Babela, Bernice Bridgeman, Helen Connolly, Glory Grocco, Peony Demchuk, Edith Filppula, Jean Freeman, Anne Jamieson, Beatrix Pennington, Vivian Pezetta, Patricia Rhude, Elizabeth Lomison, All Salminen and Peggy Stronman, and altos, Bevy Anderson, Shirley Sroverder, Nancy Bertolo, Dorothy Gibson, Sylvia Greco, Nancy Jamieson, Margaret Lapointe, Jesse McGillis, Adella Pellizzari, Juliette Penzola, Helen Rogers, Claire Shields, Jean Shields and Peggy Wetmore.

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CHRISTMAS BEAUTIFUL



Elizabeth MacRae Boykin, who writes the feature, "Pleasant Homes," appearing in The Advance each week pictures a corner of a specially "Christmasy" room.