

Health a Key to Conduct

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concern with tools, not products. Rhetoric should be taught as a tool to be used, not as information to be stored away.

A person trained to respect his own solutions

to problems; a person trained to exercise his own judgment; and finally, a person trained in the skilful use of tools with which he may create his own products—these are the leaders of tomorrow.

## Health a Key to Conduct

By JAMES EDWARD ROGERS

National Physical Education Service, New York City

**G**OOD citizenship is oftentimes a matter of good health. Much of crime, disorder and misbehavior comes from physical disorders, defects and degenerations. The biologists, the psychologists and the sociologists know this to be true. The record of our courts, broken homes and sanitariums testify that good health is essential to good citizenship.

There is a close correlation between physical fitness and personal efficiency in business, success in human relationships and happiness at home and abroad.

A physically fit person is more likely to be efficient, happy, and useful. A physically fit nation is better prepared to meet any emergencies either from within or without. Industrial waste from inefficiency and illness can be substantially reduced through better physical fitness programs.

Physical education promotes good citizenship through its games and sports. It teaches sport

not for sport's sake, but for the sake of sportsmanship. It teaches boys and girls to obey the rules, keep their heads up in defeat and their noses down in victory, the value of teamwork, the necessity of keeping one's temper and regard for the other fellow. The world needs sportsmanship. We need it badly in international affairs and in our business relationships.

Therefore the great value in games and sports lies in teaching those traits of character that are essential to good citizenship. They are:—

Keep the rules.

Keep faith with your comrade.

Keep your temper.

Keep yourself fit.

Keep a stout heart in defeat.

Keep your pride under in victory.

Keep a sound soul, a clean mind, and a healthy body.

Play the Game.

## Why Lip Reading?

By CAROLINE F. KIMBALL

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**L**IP reading is training the eyes to help the ears by watching the face of the speaker and reading his lips. Hard-of-hearing pupils should not be taught with wholly deaf pupils. They need the stimulation which the environment of normal speech provides.

Lip reading is best taught when the loss of hearing is not very great. "Children do not grow out of deafness, they grow into it." It is an insidious progressive disease. Too often it is ignored and neglected. Adult deafness has its beginning in early childhood. The person who is taught lip reading in the early stages of deafness unconsciously learns to depend upon it as his deafness increases. It is the best provision for overcoming the handicap of deafness that we know of at the present time.

Scientific research has estimated that there are three million pupils with imperfect hearing in the schools of our country. To provide a scientific

standardized method of testing the hearing, a new instrument, the 4-a-phono-audiometer, has been developed. This instrument is being used in an increasing number of cities, and has been approved by the education authorities of some states.

Children are sometimes considered lazy, mentally deficient, difficult, and queer, but after proper testing imperfect hearing is found to be the cause of their backwardness. A thorough training in lip reading and a good foundation in school work is the best insurance against increasing deafness. With this training the mind keeps alert, self-confidence and self-reliance are retained, and adjustments necessary as the loss of hearing becomes greater are made with less difficulty.

First, a proper test of the hearing should be made. Second, medical treatment to correct conditions as far as possible should be provided. Third, lipreading should be taught those to whom it would be a benefit now or in the future.