

- (3.) Course of personal hygiene, with special reference to the several physiologic systems of the body; the formation of daily habits relating to their functional activity; the influence of the latter upon physical development and personality.
- (4.) A course of organized games, and their relation to mental and physical forces employed.
- (5.) Course of swimming, life-saving, and resuscitation drill.

To give one lesson to a class of children in an efficient manner a teacher must have sufficient practical ability and knowledge of the continuity of the system, and this cannot be acquired in less than twelve days' continuous training. As this training necessitated closing the schools concerned for a fortnight, the Boards of seven of the largest districts were consulted and invited to co-operate with the Department in the matter. Little or no objection was raised to the closing of schools, and eventually most valued assistance was offered by the Hawke's Bay, Auckland, and Southland Boards, who agreed to assemble large numbers of their teachers for a start in June, July, August, and September, 1913, respectively. Wanganui, Wellington, and Otago arranged to assemble theirs in 1914, in the order stated.

Up to the 31st March, 1914, a total of 1,469 teachers (879 women and 590 men) were trained in the system, which was thus introduced to 629 schools attended by 61,655 children in these districts, including private and other schools subject to inspection in the Auckland District.

#### TRAINING CLASSES AND CAMPS.

With a view to increasing the efficiency of training the men were assembled in camps whenever possible, and the women's classes held in suitable halls and buildings. The objection of the latter to wearing suitable costume for the purpose of training has generally vanished with the first day's experience, and practically every one has appeared in costume for the remainder of the course.

Camps were held in three centres prior to the 31st March, and in six centres to date, in Hawke's Bay, Wellington, and Wanganui Districts—viz., at Hastings, Hawera, Petone, Feilding, Wellington, and Masterton. The course of training under camp conditions was introduced with a view to increasing the efficiency of training and effecting economy in management.

The allowance made to teachers for maintenance during training is £2 per head, but by maintaining the male teachers in camp, at an average cost of 12s. per week each, a saving of 16s. per head has been effected.

*Result of Classes.*—The most noticeable and encouraging result of these classes is the keen interest and appreciation of the work shown by teachers of both sexes. The training has led them to understand that this subject is of primary importance in the education of the young. Their experience of its common-sense methods of applying physiologic facts and principles to daily life has increased their own practical ability and aroused their enthusiasm in the subject. A good result is the average increase in the lung-capacity: that of the women teachers made during the two weeks' training was 25·8 cubic inches and of the men 19·10 cubic inches, and as a result chiefly of the practice of a proper method of breathing, indicating the need that exists for improvement.

#### CLASSIFICATION.

To assist in future progress, and with a view to future selection of instructors from the ranks of the teachers, a method of classification, according to their proficiency shown during training, was arranged before the classes began in June, 1913, and 1,823 of those trained to date have been temporarily classified into three groups. Only 6 per cent. of the women and 7 per cent. of the men secured inclusion in the first group, which represents good instructors. The chief prevailing faults were—(1) Failure to command discipline; (2) lack of attention to detail and thoroughness. These are most serious faults in a teacher, and it is therefore very necessary (for the sake of efficiency) that facility for proper inspection of the work should be made at an early date, and "refresher" courses of training given where necessary.

At the conclusion of every course held to date the teachers as a body have been loud in their praise of the system, the quality of the instruction given, and of the practical usefulness of the training, in spite of the fact that considerable antipathy and indignation was expressed by many at the prospect of undergoing two weeks' physical drill. The opportunity for exchange of professional thought and social intercourse has also been greatly appreciated by them. Many have individually expressed their pleasure at the personal benefit and immediate physical improvement resulting from the course, and this is supported by the high increase recorded in the lung-capacity.

#### INSPECTIONS.

During the months of October, November, and December, an itinerary of inspection was arranged in the Hawke's Bay, Auckland, and Southland Districts, and all the schools which were represented at the teachers' training classes were visited. This was done with a view to advising and assisting teachers under local conditions in establishing the system to the best advantage, and noting adverse influences in the local environment. The total number of schools visited was 446, as follows: Auckland, 220; Wanganui, 1; Hawke's Bay, 64; Southland, 161.